

The Advantage

A NEWSLETTER FOR OUR MEMBERS | ISSUE 3 | 2021



MARTIN'S POINT[®]
MEDICARE ADVANTAGE PLANS

GENERATIONS ADVANTAGE

In this edition:

- New Benefit Supports Healthy Eating
- Medication-Reminder Apps
- Medications to Help Quit Smoking
- Women's Health Resources
- Students Win Community Service Scholarships
- Take Steps to Prevent Falls



Brent,
Member
Services

A Message from the Heart: Please Take Care of Yourself

Dear Neighbor,

As your health plan, we are committed to supporting your best health. As part of that commitment, each year we remind our members to take full advantage of the excellent, \$0-copay preventive care benefits included in their Generations Advantage plan. We'd like to say that this year is no different, but, due to rising numbers of COVID-19 variant cases and slowing rates of vaccination, we're feeling extra concern for the health of our members.

So, this year, our reminder is one of heartfelt urgency: ***Please take care of yourself.*** If you haven't yet received a COVID-19 vaccine, please do so as soon as you can. And, if you haven't yet scheduled your annual preventive care visits, please do so soon. Your health is too important to skip these simple steps you can take to protect it!

As always, if you have any questions about your benefits, please don't hesitate to give us a call. We are here for you!

Wishing you the best health,

Member Service Team

New Foodsmart™ Personal Nutrition Benefit

Eat healthy and save money with the support of a registered dietitian. This NEW BENEFIT is included in your Martin's Point Generations Advantage plan at no additional cost to you!

Martin's Point Health Care has teamed up with Foodsmart™ to provide you with free, unlimited chats with a registered dietitian—plus much more—to support healthy eating from the comfort of home by telephone or online.

You don't need to use your health plan's Wellness Wallet reimbursement program to take advantage of this benefit as your Generations Advantage plan covers 100% of the program cost.

The Foodsmart program is tailored to your individual needs and preferences—from nutrition tips for managing a medical condition, to simply wanting to eat healthier, or just trying to save on groceries.

Your Foodsmart dietitian and other resources can make healthy eating easier and more affordable.

To get started, call 1-888-837-5325 to schedule an online appointment with a registered dietitian.

If you prefer to set up the appointment yourself online, you can:

- Visit MartinsPoint.Zipongo.com to sign up.
- Send an email requesting an appointment to telenutrition@foodsmart.com.
- Download the Foodsmart app in the App Store or Google Play. Click on "Sign Up." Your Group is "Martin's Point Generations Advantage."



If you are having online difficulties signing up, call 1-888-837-5325 for technical support.

Do you have a friend *who deserves benefits like you have?*

Refer them!

If you're pleased with your Generations Advantage plan, we hope you won't keep it a secret. **Please let your friends and family know they can start enjoying the highest-quality Medicare benefits and service by joining one of our 5-Star plans right NOW.**

**Ask them to call
1-866-544-7502.**

*They will thank you,
and so will we!*

Medication Reminder: There's an App for That!

Have you ever been so busy that you forgot to take your medication? Did you know your phone can help you remember? Yes, there's an app for that!

If you use a smartphone and could use some help tracking your prescriptions, over-the-counter drugs, and supplements, all you need to do is click over to your phone's app store.

In February, technology writer Caroline Treichler reviewed the best medication reminder apps for 2021 on the website [onlinedoctor.com](https://www.onlinedoctor.com). Her top three recommendations were:

Medisafe

Best Overall

MangoHealth

Best for Android Users

RoundHealth

Best for Apple iOS Users



She noted several other top performers as well, including one for non-English speakers. If you're looking for help remembering to take your medications, you might find one of these apps to be a convenient option!

To read the full app review article, see <https://www.onlinedoctor.com/best-medicine-reminder-apps/>.

“I used my Wellness Wallet to buy my first kayak. I love how my health plan is helping me try new activities!”
Judith, Keene, NH

Remember to use your Wellness Wallet benefit!

Don't leave money on the table! **Your Wellness Wallet dollars can now be used toward many new outdoor items.**

To learn more—like how much your plan reimburses each year or what items are eligible, visit Martinspoint.org/WellnessWallet.

Medicare evaluates plans based on a 5-star rating system. Star Ratings are calculated each year and may change from one year to the next. Generations Advantage 2021 HMO Contract H5591 received an Overall Rating of 5 out of 5 Stars. Visit www.Medicare.gov for more information. Martin's Point Generations Advantage is a health plan with a Medicare contract offering HMO, HMO-POS, HMO SNP, PPO, and Regional PPO products. Enrollment in a Martin's Point Generations Advantage plan depends on contract renewal.

Do you need help to quit smoking?

Smoking-cessation products are covered by your health plan!

Cigarette smoking is the leading cause of preventable death in the United States.¹ Although cigarette use has gone down greatly, CDC data from 2017 tells us that around 34 million American adults (or 14% of the population) admit to daily or occasional cigarette use.²

Quit attempts using medications tend to have better outcomes than those done “cold turkey,” or without medication. Products that help you quit smoking include nicotine-replacement medications (for example, gum and patches), varenicline (Chantix®), and bupropion. A 2020 US Surgeon General's Report suggests that combining medications may increase the likelihood of quitting.³ One strategy for combining medications is to use a long-acting medication that you take on a regular schedule with a short-acting medication to help with cravings, as needed. Examples of long-acting medications include

varenicline, bupropion, and the nicotine patch. Short-acting medications include gum, lozenges, inhalers, and nasal spray that contain nicotine.

On all Generations Advantage plans with Part D Prescription Drug coverage [excludes Alliance (HMO) plan], the following medications available by prescription are covered:

- Bupropion is covered at a Tier 2 copay.
- Chantix®, Nicotrol® inhaler, and Nicotrol® nasal spray are covered at a Tier 4 copay. (Chantix® requires a prior authorization request from your doctor.)
- Although over-the-counter products are not covered by Medicare, nicotine patches, gum, and lozenges can be purchased using the Generations Advantage over-the-counter (OTC) benefit, which allows members a quarterly amount to spend on eligible CVS-brand products.

Medication	Rx/OTC	Generations Advantage
LONG-ACTING MEDICATIONS		
Bupropion SR (Zyban®)	Rx	Tier 2 Copay
Varenicline (Chantix®)	Rx	Tier 4 Copay with Prior Authorization
Nicotine Patch	OTC	Use OTC Benefit
SHORT-ACTING MEDICATIONS		
Nicotine Gum/ Lozenge	OTC	Use OTC Benefit
Nicotine Nasal Spray/Inhaler (Nicotrol®)	Rx	Tier 4 Copay

If you need help to quit smoking, ask your doctor if using medication may be a good next step for you.

1. U.S. Department of Health and Human Services. Adult Cigarette Smoking in the United States: Current Estimate. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2012.
2. Wang TW, Asman K, Gentzke AS, et al. Tobacco Product Use Among Adults—United States, 2017. MMWR Morb Mortal Wkly Rep. 2018;67:1225-1232. doi: <http://dx.doi.org/10.15585/mmwr.mm6744a2>.
3. Department of Health and Human Services. Smoking Cessation: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention; 2020.

Myths and Facts About Urinary Incontinence

Here are some facts—and some fiction—about urinary incontinence (UI), when your body accidentally leaks urine.

Bladder problems are common.

FACT

About half of women and one-third of older men leak accidentally from time to time. It's even more likely for women during and after pregnancy, childbirth, or menopause.

It happens to everyone with age.

MYTH

Urinary incontinence affects people as they age, but it is not an inevitable part of aging. If you do accidentally leak urine, tell your doctor.

Drink less to stop leaks.

MYTH

Without enough fluids, your urine can irritate your bladder. Staying hydrated throughout the day is important, but it may help to limit drinks before bedtime to prevent problems when you sleep. Your doctor might suggest avoiding caffeine or alcohol.

It's permanent.

MYTH

Incontinence is often a symptom of another health problem. Exercise, lifestyle changes, medication, surgery, and devices can help treat UI.

You don't need to be embarrassed. If urinary incontinence affects your daily activities, talk to your doctor. Adapted from www.webmd.com

Living with Diabetes?

Schedule Your Yearly Dilated-Eye Exam Today!

The American Diabetes Association recommends that those living with diabetes get a dilated-eye exam at least once a year.

How is a dilated-eye exam different from a routine vision exam?

During a dilated-eye exam, your eye care provider puts drops in your eyes to make your pupils bigger. This makes it easier to see the inside of your eye and check for signs of eye disease caused by diabetes. You may need to wear sunglasses after the exam until your pupils can adjust to bright light. Often, eye doctors will provide a pair, if needed.

Why do people living with diabetes need a dilated-eye exam every year?

Diabetes can cause vision problems including blindness. Often, there are no symptoms in the early stages of diabetic eye disease. Because there are no warnings—no pain, no loss of vision—getting a dilated-eye exam is the best way to catch eye disease early.

If you are living with diabetes, call your optometrist or ophthalmologist today to schedule a dilated-eye exam. To find an eye doctor, or to make sure your current provider is in our network, visit our website or call Member Services



\$0

Annual Breast Cancer Screenings

All Generations Advantage plans cover an in-network screening mammogram each year at no cost. And, no PCP referrals are needed for this screening.

Talk to your PCP about how frequently you should have this screening and take advantage of a benefit that could save your life.

Women's Health Resources

Catch Up on Your Preventive Care

If you're like many people, you may have skipped important preventive health visits during the pandemic. We are urging all Generations Advantage members to schedule any health care appointments that may have been missed in the past year. We've added a new women's health resource on our website which includes information about recommended screenings for cervical, breast, and colorectal cancers, in addition to chlamydia screening and other important women's health topics. Check out our Spotlight on Women's Health section on our website at MartinsPoint.org/WomensHealth

Rewarding Young Scholars for Outstanding Community Service

In June, Martin’s Point and How to Help in Maine were pleased to award inaugural scholarships to Maggie Amman of Scarborough and Madison Humphrey of Winterport. The 2021 high school graduates each received a check for \$1,500 in recognition of their volunteering efforts and dedication to their communities.

How to Help in Maine was created by 2021 Yarmouth High School grads Zoe Siegel and Parker Harnett. The pair wanted to both inspire Maine students to pitch in, and make it easier for them to find volunteering opportunities that matched their interests and schedules. This scholarship was a natural extension of their efforts.

“After an overwhelming year, we are thrilled to have the opportunity to celebrate the hard work and determination of two Maine high school students with the support of Martin’s Point,” said Zoe and Parker. “We were uplifted by the fierce spirit of community Maggie and Madison both possess, and we can’t wait to see how they continue to change the world through student volunteering.”

Meet the winners

Maggie, 18, a four-year member of the Scarborough Key Club and its president for two years, contributed to a number of projects, including securing a \$1,000 grant to provide backpacks full of food and supplies to homeless people in Portland during the pandemic. In addition to heading up the backpack project from start to finish, she also volunteered at Maine Medical Center for three years, served as class president, and participated in volleyball and track.

Madison, 18, a three-year member of the Key Club and its president for two years,



How to Help in Maine founders, Zoe Siegel (L) and Parker Harnett (R)

contributed to numerous community-based projects, including creating a file of children’s audiobook recordings for isolated elementary students during the pandemic. Additionally, Madison led projects for nursing and veterans’ homes, managed the basketball team, played volleyball, and contributed to both Junior Classical League and Latin Club.

Maggie and Madison plan to use their awards to bolster their college funds. Both start college this fall—Maggie at Bates College and Madison at the University of Maine.

LifeStation® Medical Alert Devices and Monitoring

Enjoy independence with peace of mind!

Your Generations Advantage plan includes discounts* on LifeStation medical alert devices and monitoring so you can feel secure that assistance is available if you should need it.

- Choose an in-home system—landline or cellular—that can be used in and around the home or a mobile system with real-time location services which can be used nationwide, wherever you are.
- Get discounted monthly costs ranging from \$19.95–29.95, depending on the unit (approximately 25% off regular consumer pricing).*
- Fall-detection option available for an additional fee (automatically alerts Lifestation that you have fallen, even if you do not press the emergency button).
- Product warranty on all service plans (a \$5 per month value at no charge).
- Spousal coverage available on all in-home units (a \$3.99 per month value at no charge).

*The Generations Advantage Alliance (HMO) plan offers 100% coverage for Lifestation medical alert devices and monitoring (no cost to members).

For more information, call LifeStation at: 1-866-220-0934.

Generations Advantage Contact Information

Member Services (for current members): We are available 8 am–8 pm, seven days a week from October 1 to March 31; and Monday through Friday the rest of the year.	1-866-544-7504 (TTY: 711)
Interested in becoming a member? Please call:	1-888-640-4423 (TTY: 711)
Generations Advantage Website:	MartinsPoint.org/MedicareMember

Material presented in this newsletter is not intended to replace your health care provider’s medical advice. Martin’s Point Health Care complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Four Fast Facts Preventing Falls at Home



Each year, thousands of Americans are seriously injured due to a fall at home. Here are four steps to take to help stop falls before they happen:

1 Focus on Floors

Always keep a clear walking path from room to room. Move furniture or other objects from the path, if needed.

2 Second is Stairs

Keep your stairs free of objects, have sturdy handrails on steps, and make sure stairways are well lit

3 Kitchen is Key

Move items in your cabinets so things you use are on lower shelves. Make sure your step stool is steady!

4 Best Bathroom:

If you need them, make sure to have grab bars next to your toilet and inside your tub.



Staying on Your Feet

A Fall-Risk Checklist

As we grow older, changes in health and medication can lead to falls. The good news is that there are steps you can take to prevent falls, and those steps can begin with taking a look at your personal risk for falling.

Use this checklist to help identify your fall risks and to learn more about what you can do to stay active, be independent, and prevent falls.

Check "YES" if you experience this (even occasionally)		If you checked "YES":	
Have you fallen at all in the last six months?	NO <input type="checkbox"/>	YES <input type="checkbox"/>	• Show your doctor this checklist and talk about your risks and how to protect yourself from future falls.
Do you take four or more prescription or over-the-counter medications every day?	NO <input type="checkbox"/>	YES <input type="checkbox"/>	• Keep an updated medication list and review it with your doctor or pharmacist at each visit. • Ask if side effects could increase your fall risk.
Do you have any difficulty walking or standing?	NO <input type="checkbox"/>	YES <input type="checkbox"/>	• Tell your doctor about any pain, soreness, weakness, or numbness in your legs and feet. Do not ignore these symptoms. • Tell your doctor about any difficulty walking. • Ask about treatment options like physical therapy.
Do you use a cane, walker, or crutches to help you walk?	NO <input type="checkbox"/>	YES <input type="checkbox"/>	• Ask for training so you can use equipment safely.
Do you have to use your arms to get up from a chair?	NO <input type="checkbox"/>	YES <input type="checkbox"/>	• Ask for ways to strengthen your legs. Physical therapy might help. • Exercise at least three times a week for 30 minutes.
Do you ever feel unsteady on your feet, weak, or dizzy?	NO <input type="checkbox"/>	YES <input type="checkbox"/>	• Tell your doctor and ask for treatment options. • Review all your drugs with your doctor or pharmacist.
Has it been more than two years since your last eye exam?	NO <input type="checkbox"/>	YES <input type="checkbox"/>	• Schedule an eye exam.
Has your hearing gotten worse or do people say you have a hearing problem?	NO <input type="checkbox"/>	YES <input type="checkbox"/>	• Schedule a hearing test. • If you get hearing aids, ask for training on their proper use.

The more "YES" answers you have, the greater your chance of falling. If you haven't seen your doctor recently, schedule an appointment and take this list with you and discuss it with your doctor.

This checklist was adapted from the Washington State Department of Health, Injury & Violence Prevention Program.

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Health and Wellness or Prevention Information



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Get Vaccinated Today!

If you have not yet received a COVID-19 vaccine, it isn't too late! The vaccine is highly effective in preventing serious illness, hospitalization, and death from the virus. We strongly urge you to receive a vaccine as soon as possible, if you haven't already.

New Hampshire residents can register at vaccines.nh.gov/ to receive the vaccine at one of the state-run clinics.

Maine residents have the option to get their vaccines through any CDC-approved vaccine site in Maine that is open to the public (see details at maine.gov/covid19/vaccines). Maine residents who are also patients at a Martin's Point Health Care Center may contact their provider's office to schedule a vaccine appointment.



As a reminder, please make sure to bring your red, white, and blue Medicare card when you receive the vaccine. Medicare covers

COVID-19 vaccines for Medicare Advantage plan members with no out-of-pocket costs in 2021.



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