



**CENTERS PLAN
FOR HEALTHY
LIVING**



**WINTER
2020**

DID YOU MISS A PHONE CALL FROM CPHL?

It may have been Member Services calling to remind you to get your flu vaccine.

In our Fall Newsletter we reminded everyone about the best ways to protect yourself from the flu. This winter Member Services supported your Care Manger by helping to call our members. Remember flu season peaks between December and February. If you receive a phone call from CPHL, it may be a friendly reminder to stay healthy this season!

Richard Rutherford

Director of Member Services



FRAUD, WASTE & ABUSE

Everyone's responsible to help in the fight against Fraud, Waste and Abuse. If you suspect a provider, member or CPHL staff is engaged in fraud, waste, abuse or any other questionable activity, report it by calling 1-855-699-5046 or by visiting www.centersplan.ethicspoint.com. Both modes support anonymous reporting and are available 24 hours a day, 7 days a week..

Contact Us:

MAPD: 1-877-940-9330

MAP: 1-833-274-5627

MLTC: 1-855-270-1600

Pharmacy Help Desk 1-888-807-5717

TTY: 1-800-421-1220 7 Days a Week 8am-8pm

www.centersplan.com

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LOW-DOSE ASPIRIN NO LONGER RECOMMENDED FOR MOST OLDER ADULTS

For many years, it was standard for aspirin to be taken daily for heart attack or stroke prevention. You may have been told that taking aspirin daily is good for your health, and will prevent you from having a heart attack or stroke, even if you have never had one before. However, recently, the American College of Cardiology/American Heart Association (ACC/AHA) reviewed studies of adults older than 70 years old taking aspirin who had never had a heart attack or stroke. Based on these reviews, in their most recent guidelines, they recommend that aspirin should NOT be used to prevent heart attack and stroke in people who have never had a heart attack or stroke in the past.

Aspirin thins the blood, and increases the risk of bleeding. The ACC/AHA stated that the risk of bleeding outweighs the benefit of taking aspirin. If you are currently taking low dose aspirin and have never been diagnosed with heart disease or stroke in the past, please discuss the risks and benefits of taking aspirin with your doctor.



Meet Amanda



Since joining the team in 2019, as a Member Services Representative, Amanda has been dedicated to providing quality service to our members. She works hard to follow up on any questions or concerns and always keeps her promises to our members. Both members and co-workers frequently praise her work because of her commitment to the best interests of our members. She has even been part of the select team of representatives that reminds you to get your flu shot. If you call and speak to Amanda - be confident that you are in good hands!

MAKE THIS YEAR ABOUT YOU- HEALTH SCREENING!

Start off this year with a goal to complete your Health and Preventative Screenings. These screenings are helpful in detecting a health condition early, even though there are no signs or symptoms. Recommended screenings include hearing, eye, dental, breast cancer and colorectal screenings. Although these are recommendations, it is important to speak to your doctor about what screenings are best for you.

In addition, it is not too late to get a flu or pneumonia vaccine from your doctor or your local pharmacy. The flu season starts between October and November and it can last through May. The Centers for Disease Control and Prevention (CDC) also recommends the pneumonia vaccine for all adults 65 years of age or older.

Hearing, Vision and Dental

According to the CDC, hearing loss is the third most common chronic health condition in the U.S. It is recommended that a hearing exam is completed every 2 years, and dental and eye exams are completed every year. Having a dental exam can help treat or prevent dental problems like cavities. If you have dentures, the dentist will check if your dentures still fit well and for any gum diseases. An eye exam is important to check your vision and screen for eye conditions like cataracts or glaucoma.



Breast Cancer Screening

Breast cancer is the most common cancer in women. Some signs include: new lump in the breast or underarm, any change in size or shape of the breast and swelling in a part of the breast. If there is a family history of breast cancer, it is important to speak to your doctor on how to lower the risks. Generally, a mammogram is recommended every 2 years for women aged 50 and above. However, this is also dependent on health condition and medical history.

Colorectal Screening

Colorectal cancer is the second leading cause of death by cancer and is found most commonly in people ages 50 and above. There are several ways to screen for colorectal cancer:

- The Fecal Occult Blood Test (FOBT), Fecal Immunochemical Test (FIT) and the FIT-DNA tests are stool tests;
- Flexible sigmoidoscopy and Colonoscopy are procedures that check for polyps and cancer;
- CT Colonography uses x-ray to produce images of the colon

It is important to have a conversation about any questions you have about your health with your doctor. Early detection results in better management and treatment. To speak to a Care Manager, or if you need help arranging an appointment with your doctor, call Centers Plan for Healthy Living at 1-844-CPHL-CARES (1-844-274-5227).

[Reference: Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/>]

COLORECTAL SCREENINGS

One of the most important tests you'll ever take are screening to find cancer early, when treatment is most likely to be successful. This is especially true about colorectal cancer. In fact, colorectal screenings can detect precancerous polyps (small growths in the intestines) so they can be removed before they turn into cancer. The most common screenings to detect colon cancer are:

- **Colonoscopy:** A colonoscopy can find polyps, which usually show no symptoms and can turn into cancer if untreated. You should get a colonoscopy every 10 years between ages 50 and 75. If you're at higher risk due to your medical or family history, you may need to start earlier.
- **FIT / FOBT:** A FIT (Fecal Immunochemical Test) or FOBT (Fecal Occult Blood Test) checks for blood in your stool. You can do this test yourself, in the privacy of your home, and then send it to a lab. You should get a FIT or FOBT done every year between ages 50 and 75. If you are at higher risk due to your medical or family history.
- **FIT-DNA test (Cologuard):** A Cologuard test checks for blood in your stool and includes a second test that looks for cancerous DNA in your stool as well. This test can be done in the privacy of your home and then sent to a lab. People between the ages of 50 and 75 should have this test done once every 3 years. If you're at higher risk due to your medical or family history, you may need to start earlier.

Speak with your doctor to learn more about these tests and find out which one/ones might be best for you.

DIABETES SCREENINGS

Everyone needs regular checkups. Routine tests are even more important when you have a chronic condition like diabetes. Diabetes can do damage to your body that you can't see, so consistent treatment is needed to help prevent that damage.

If you have diabetes, your doctor will tell you it's important to eat right, be physically active, and have regular checkups. Here are some guidelines for diabetic services you should schedule:

- At least one doctor visit a year to monitor diabetes;
- A urine test to check kidney function annually (once a year, every year);
- The hemoglobin A1c (HbA1c) blood test every 3 to 6 months;
- Have your blood pressure checked at every visit; and
- A retinal or dilated eye exam should be completed annually by an optometrist or ophthalmologist

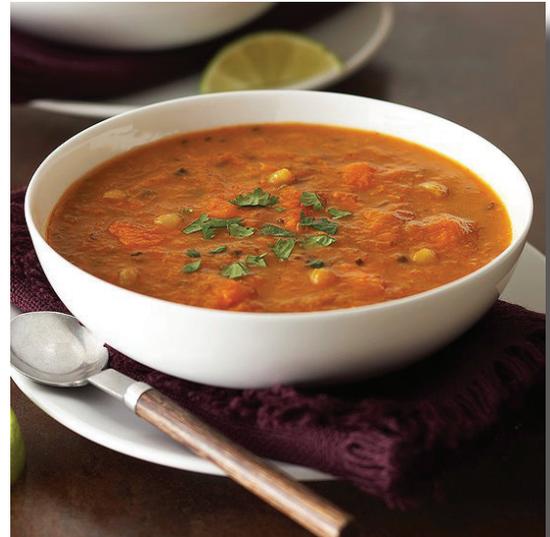
Work with your doctor to control your HbA1c through diet and medication and to keep your blood pressure under 140/90. Follow your doctor's advice to avoid irreversible damage to your body.



Southwestern Sweet Potato Stew

Ingredients:

- 2 cups of lower-sodium vegetable broth
- 2 cups water
- 1.5 pounds sweet potato, peeled, and cut into 2-inch pieces
- 1 medium onion, chopped (1/2 cup)
- 2 gloves of garlic minced
- 1.5 teaspoon dried oregano, crushed
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1 (15 ounce) can golden hominy, rinsed and drained
- 1 poblano chile pepper, roasted, seeds removed, and cut into thin strips
- Chopped fresh cilantro
- Lime wedges



* Tip: For a spicier chili, add 1/4 teaspoon cayenne pepper.

Directions:

1. Combine vegetable broth, the water, sweet potatoes, onions, garlic, oregano, chili powder, cumin, and salt in 3.5 or 4 quart slow cooker. Stir in hominy, beans and poblano pepper.
2. Cover and cook on low for 10 to 12 hours.
3. Use a potato masher to coarsely mash the sweet potatoes. Sprinkle individual servings with cilantro, and serve with lime wedges.



Some people with limited resources and income may be able to get Extra Help with paying for their Medicare prescription drug plan costs (e.g., monthly premiums, annual deductibles and prescription co-payments). The Extra Help (also known as the Low Income Subsidy program/LIS) is estimated to be worth about \$5,000 per year. Many Medicare beneficiaries qualify for these important savings and don't even know it. To qualify for the Extra Help, a person must be receiving Medicare, have limited resources and income, and reside in one of the 50 States or the District of Columbia. Please visit <https://www.ssa.gov/benefits/medicare/prescriptionhelp/> to find out if you are eligible for this program and/or apply.



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U	C	E	A	T	N	K	L	E	S
Q	R	U	L	E	V	O	H	S	X

WORD SEARCH

- Blizzard
- Earmuffs
- Fireplace
- Gloves
- Hot Chocolate
- Icicle
- Jacket
- Shovel
- Snowflake
- Sweater