

HOUSE CALL

KelseyCare Advantage

July 2021

NEW & IMPROVED ELECTRONIC NEWSLETTER!

We're excited to announce a new and improved KelseyCare Advantage House Call electronic newsletter delivered right to your in-box! Now, it's easier than ever to find and read the articles that interest you.

Visit our website to receive the quarterly electronic version of House Call as well as your upcoming 2022 plan benefits and value-added benefits.

- 1 <https://www.kelseycareadvantage.com>
- 2 Already a Member?
- 3 Member Forms
- 4 Scroll down and click on the Email Opt-In Form

We have some exciting new benefits for 2022 that will offer you more plan options and flexibility. We can't wait to share those details with you!

When you sign-up to receive your newsletter and documents electronically, you'll be the first to know about any enhanced benefits and plan changes. Sign up today!


To view this email as a web page, [click here.](#)

KelseyCare Advantage Enroll Today!



The second edition of the 2021 KelseyCare Advantage quarterly member newsletter **House Call** is now available!

This edition of **House Call** includes the following topics:



A COVID-19 Vaccine Update

We know that many of our members have questions about when you will begin receiving the COVID-19 vaccine. Although we have requested the vaccine from the State of Texas, and will continue to do so, ultimately it is the State's decision where the vaccine is distributed.

NOW THAT YOU'RE FULLY VACCINATED, WHAT CAN YOU DO?

We're not completely out-of-the pandemic woods, yet. However, with more people getting vaccinated for COVID-19 every day, things are looking brighter. Now that you're fully vaccinated, what exactly can you do?

THINGS YOU CAN DO

Per the Centers for Disease Control and Prevention (CDC), "You can resume activities that you did prior to the pandemic."

- You can resume activities without wearing a mask or staying six feet apart, except where required by law, local businesses, and workplace guidance.
- If you've been around someone who has COVID-19 you don't need to quarantine or get tested unless you have symptoms.

TRAVEL

- You will still be required to wear a mask on planes, buses, trains, and in U.S. airports and stations.

- You do not need to get tested before leaving the U.S. unless your destination requires it.
- When traveling internationally, make sure you know all airline and destination requirements related to travel which may differ from U.S. requirements.

THINGS YOU NEED TO KNOW

- You should continue to watch out for COVID-19 symptoms, especially if you've been around someone who's sick. If you have symptoms, you should get tested, stay home and away from others.
- People who have a weakened immune system due to a condition or medication will need to speak with their Kelsey-Seybold Clinic physician, as they may need to continue taking all precautions to prevent COVID-19.

The CDC is learning more about the COVID-19 vaccines every day and will continue to update their guidelines accordingly.



TRANSPORTATION HOURS OF OPERATION UPDATE



If you would like to schedule transportation to your medical appointments, the hours of operation are:

- **MONDAY THROUGH FRIDAY FROM 6 a.m. to 7 p.m.**
- **SATURDAYS FROM 8 a.m. to 1 p.m.**
- **CLOSED ON HOLIDAYS**

The phone number is
(713) KCA-RIDE or (855) 931-7433.

Please make note of changes to the hours of operation for scheduling transportation to medical appointments. If you have a planned appointment on a Saturday or Sunday, please make sure to schedule your rides ahead of time, including return trips!

If you have any question, please call our Member Services Department at 713-442-2273 option 2, TTY users can call 711.

MENOPAUSE SYMPTOMS

Can Affect Women in Their 70s and 80s

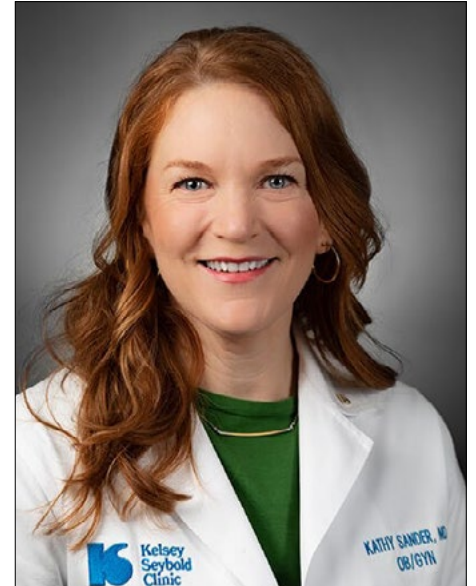
Most women in the U.S. typically experience menopause between the ages of 45 and 55. Often referred to as “the change of life,” menopause is when the menstrual cycle ends as the body produces less of the hormones estrogen and progesterone. However, a Mayo Clinic study found that many women experience hot flashes, night sweats, insomnia, mood changes and other menopause symptoms beyond mid-life and into their 60s, 70s and even their 80s.

The study involved roughly 5,000 women, a majority of whom said they had menopause related symptoms long after what is considered the natural menopause window. Researchers found that women 60 and older who reported moderate to severe hot flashes were likely to be married or in a committed relationship, they were also less likely to self-report their health as “excellent.”

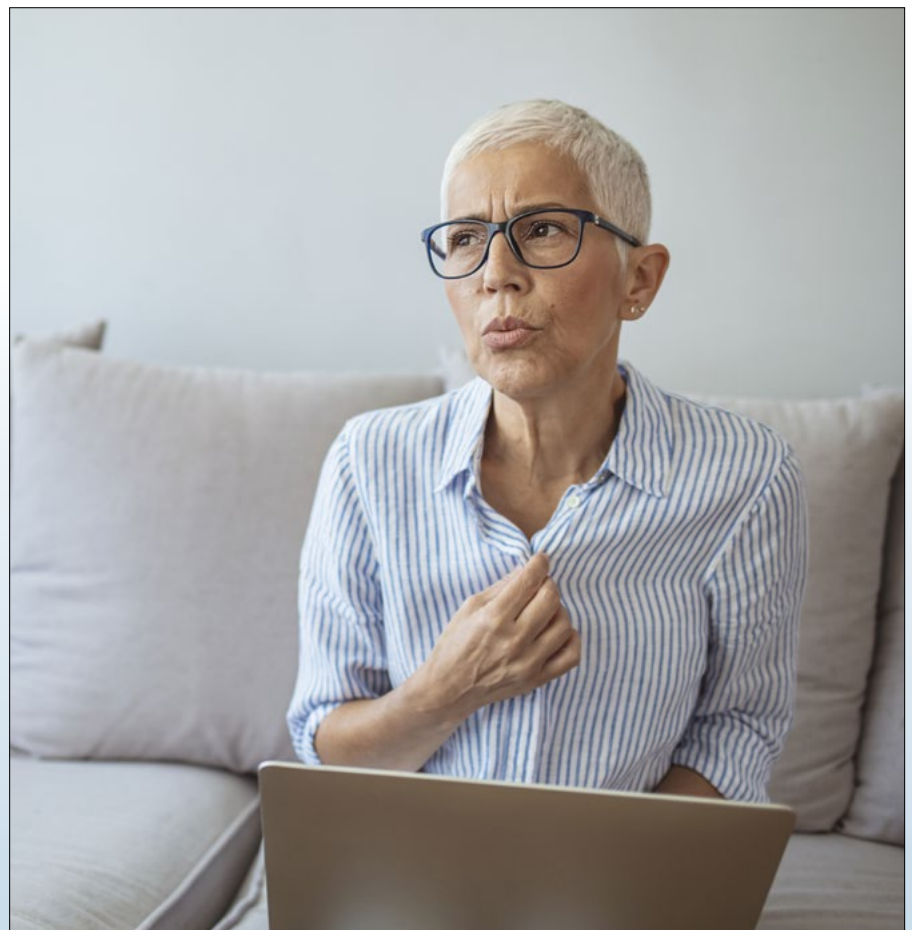
Caffeine appears to increase the chances of menopausal symptoms in women over 70. In addition, the study found that women who used hormone replacement therapy were less likely to report moderate or severe hot flashes, which did not come as a surprise to researchers.

It is recommended that women in their 60s, 70s and 80s who continue to experience menopause symptoms talk to their doctors to put together a treatment plan that provides relief and improves their quality of life.

In most cases, medical experts find that if individuals maintain an active lifestyle that includes regular exercise, it can help alleviate hot flashes and other menopause symptoms and also contribute to better emotional health and mood. Dr. Kathy Sander, MD FACOG practices Obstetrics & Gynecology at multiple Kelsey-Seybold locations where she engages with patients and believes that “understanding and best controlling menopausal symptoms are an important part of any plan to grow old gracefully.”



Kelsey-Seybold Clinic's Kathy Sander, MD, FACOG OB/GYN, Gynecology



TIPS FOR A GOOD NIGHT'S SLEEP

Everyone wants it ... a good night's sleep. The question is how do you get it? In fact, sleep deprivation has been shown to put you at risk for conditions such as daytime drowsiness, weight gain, heart disease and stroke.

Here are some Kelsey-Seybold Clinic recommendations to help you unwind after a long day and get your mind and body ready for bed.

SET A SCHEDULE

This means wake up and go to bed at the same time everyday as your body loves a regular sleep schedule.

DRESS FOR SUCCESS

Wear something cool and comfortable as body temperature does rise during the night.

UPGRADE YOUR MATTRESS

Evaluate your mattress and consider that it might be time for a new one. With so many mattress options, take your time to find the one that feels right for your body and offers the support that you need.

DON'T GET BUZZED

In order to get a quality night's sleep, it's best to avoid caffeine and alcohol four to six hours before bedtime.

WATCH WHAT YOU EAT

Pay special attention to what you eat for dinner and try to avoid things that may cause heartburn or indigestion. You also don't want to go to bed hungry, as that can make it hard to fall and stay asleep. So, consider a small, heart healthy snack before bed that's high in protein such as a serving of nuts or yogurt.



DETOX YOUR BEDROOM

Give your bedroom a small make-over by removing the TV, which for many can be a distraction from falling asleep. Make sure your blinds are effectively keeping out the light and remove anything from your room that might be disturbing you with light or sound. You might consider getting a white noise machine (to drown out distracting noises or using a white-noise app on your phone). Make sure you turn down your thermostat to a comfortable temperature as cooler temps produce a better sleeping environment for the body.

Finally, if you continue to have problems sleeping make sure you talk to your Kelsey-Seybold Clinic physician. They can help you figure out the next steps which may include a visit to our state-of-the art Sleep Center for further evaluation. Here's to a good night's sleep!

MAKE HEALTH & WELLNESS YOUR TOP PRIORITY

Eating a nutrient-rich diet and staying active are two important lifestyle choices that can help you feel your best at any age. It's never too late to replace old, unhealthy habits with new ones so you can feel better and do more of the things you love to do. This is the perfect time to commit to taking care of yourself – mind, body, and spirit.

HERE ARE THREE WAYS YOU CAN IMPROVE YOUR QUALITY OF LIFE, STARTING TODAY:

1. **Make healthy choices at every meal.** A nutrient-rich diet can increase your energy, improve cognitive function, help manage weight, and reduce your risk for certain diseases.^{1,2} Also, remember to stay hydrated by drinking water throughout the day.
2. **Get moving.** The Centers for Disease Control and Prevention recommends that seniors get at least 150 minutes of moderate aerobic activity a week – about 30 minutes a day, five days a week. A brisk walk, exercise class, or bike ride are great options. Even 10 minutes of exercise can deliver health benefits!³
3. **Stay connected.** Engaging with other people is important to our physical and mental health.⁴ Sometimes social opportunities slow down as we age, but it's important to find ways to connect with others in ways that are enjoyable to you.

Ready to get on board, but not sure where to start? **Your SilverSneakers benefit** from KelseyCare Advantage is a great first step. SilverSneakers® is the nation's leading fitness and lifestyle program for seniors, and eligible KelseyCare Advantage members get it at no additional cost. SilverSneakers members have access to classes⁵ and workshops on fitness, nutrition, stress management, recipes, health articles, social opportunities, and more. You can participate in person or from the comfort of home. For many members, SilverSneakers is a life-changing decision. Last year, 86% of members said SilverSneakers improved their quality of life.⁶ Now it's your turn!

PARTICIPATE IN SILVERSNEAKERS EVENTS ONLINE OR IN PERSON

You can join live SilverSneakers fitness classes from home, or by taking your member ID number to a participating location near you.⁷ Either way, SilverSneakers offers something for members of all fitness levels and abilities, and it's a great way to meet new people!

Join a live class from home by visiting www.SilverSneakers.com/Live or choose from a library of fitness and nutrition videos at www.SilverSneakers.com/OnDemand. It's the perfect way to celebrate a healthier new you. Get Started Today! Remember to always talk with your doctor before starting an exercise program.

Sources:

1. National Institutes of Health, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4983622>, Accessed 3/4/2021
2. U.S. National Library of Medicine, <https://medlineplus.gov/nutritionforolderadults.html>, Accessed 3/4/2021
3. American Heart Association, <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>, Accessed 12/2/2020
4. Centers for Disease Control and Prevention, [cdc.gov/features/social-engagement-aging/](https://www.cdc.gov/features/social-engagement-aging/), Accessed 12/2/2020
5. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
6. 2019 SilverSneakers Annual Participant Survey
7. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.

SilverSneakers® is a fitness program for seniors that is included at no additional charge with qualifying Medicare health plans. Members have access to 16,000+ fitness locations¹ across the country that may include weights and machines plus group exercise classes² led by trained instructors at select locations. Access online education on SilverSneakers.com, watch workout videos on SilverSneakers OnDemand™ or download the SilverSneakers GO™ fitness app, for additional workout ideas. Members often get together for social activities and create a sense of community.

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FRAUD ALERT: COVID-19 SURVEY SCAMS

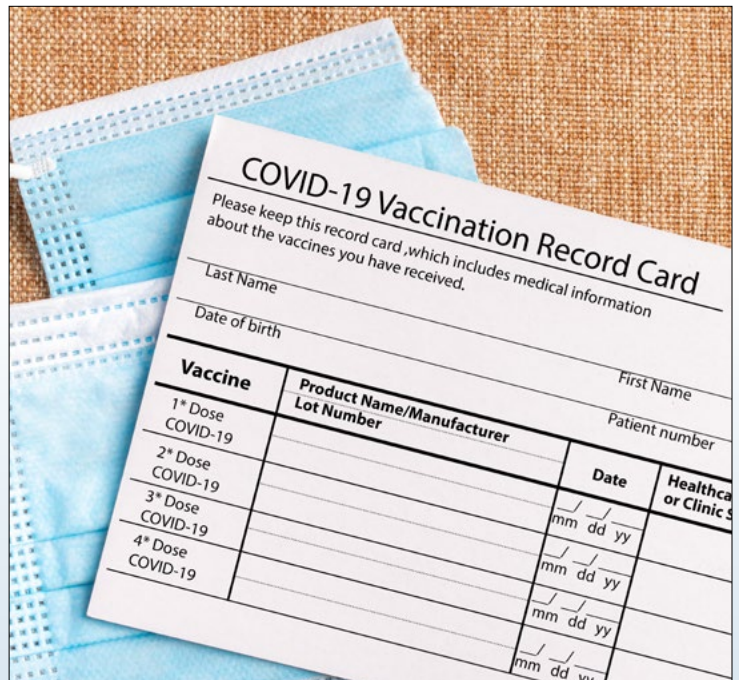
The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes related to the novel coronavirus (COVID-19). Scammers are using telemarketing calls, text messages, social media platforms, and door-to-door visits to perpetrate COVID-19-related scams.

PROTECT YOURSELF

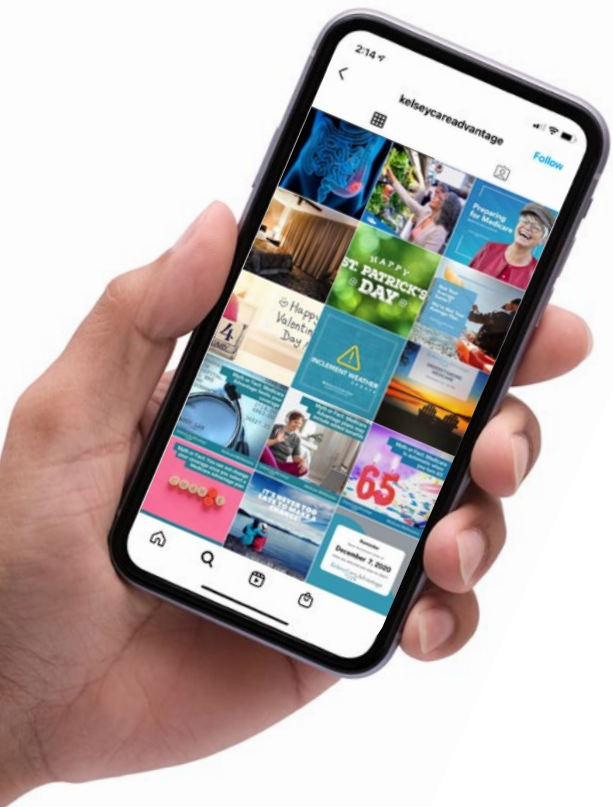
- Be cautious of COVID-19 survey scams. Do not give your personal, medical, or financial information to anyone claiming to offer money or gifts in exchange for your participation in a COVID-19 vaccine survey.
- Offers to purchase COVID-19 vaccination cards are scams. Valid proof of COVID-19 vaccination can only be provided to individuals by legitimate providers administering vaccines.
- Photos of COVID-19 vaccination cards should not be shared on social media. Posting content that includes your date of birth, health care details or other personally identifiable information can be used to steal your identity.
- Be aware of scammers pretending to be COVID-19 contact tracers. Legitimate contact tracers will never ask for your Medicare number, financial information, or attempt to set up a COVID-19 test for you and collect payment information for the test.

If you suspect COVID-19 health care fraud, report it immediately by calling 800-HHS-TIPS (800-447-8477) or call the KelseyCare Advantage fraud hotline at 713-442-9595.

For more information visit: <https://oig.hhs.gov/fraud/consumer-alerts/fraud-alert-covid-19-scams/>



CONNECT WITH US ON SOCIAL MEDIA!



Don't forget to stay social with us ... If you haven't already then please connect with us on Facebook, Twitter, and Instagram! On our social media sites, you'll see a variety of health and life-style features, KelseyCare Advantage plan updates, and you can see Kelsey-Seybold Clinic updates such as clinic closures or changes to hours of operation, due to bad weather.

- See what's new with SilverSneakers, which is included in your KelseyCare Advantage plan
- See cutting edge health and fitness information and share it with your friends and family
- Contact us with questions that you have about the plan

We hope to connect with you soon!



Important Plan Information

11511 Shadow Creek Parkway | Pearland, TX 77584

KelseyCare Advantage