

HOUSE CALL

KelseyCare Advantage

January 2021

NEW ID CARDS FOR 2021!

You should have already received your new 2021 KelseyCare Advantage ID card! If you have not received a card, please call Member Services at (713) 442-CARE (2273) or toll-free at 1-866-535-8343. Your personal KelseyCare Advantage member ID number has not changed. Please be aware that no action is needed to stay enrolled in your current plan.

WHAT IS DIFFERENT ABOUT THE NEW CARDS?

- Copay amounts have been updated to reflect the 2021 benefits
- The back of the card layout makes it easier to read

WHAT DO I DO WITH MY OLD KELSEY-CARE ADVANTAGE ID CARD?

- Cut it up and throw it away!

As always, keep your red, white, and blue Medicare card in a safe place in case you need it later.



COPING WITH GRIEF DURING COVID-19

People usually think of grief happening from the loss of a loved one. But grief can happen from any major change or loss. The COVID-19 crisis has interfered with people's normal routines. Most people get a sense of relief having a routine and knowing when something is expected. All that has changed for the time being and we are left with a sense of not knowing what comes next. Many people are also worried about what the "new normal" will look like once the crisis is over.

Grief can be experienced as feelings of shock, sadness, anger, and confusion. It can make people feel overwhelmed, lose interest in activities they used to enjoy, sleep less or more, or have changes in their appetite. These are normal responses to loss or change.

Below is a list of some things that you can do to help get through the grief:

- Reach out to family, friends, or co-workers by phone, text, email, or video calls. It helps to talk about it. Part of grief is thinking that no one else is feeling the same things. When you talk about it, you see that you are not alone.
- Exercise at home to music, an online video, or yoga. Exercising can help your mind and body stay healthy. This may be a great time to learn relaxation or visualization techniques. There are many sources for these online.
- Try to limit the amount of time watching negative content on television. Stick with credible sources for health information such as the CDC (Center for Disease Control) or WHO (World Health Organization).
- Walking and riding a bike are safe ways to exercise. Just be sure to talk to your doctor first before significantly increasing your activity and remember to follow social distancing rules, staying at least six feet apart.

- Try to keep up a healthy diet and eat regularly. Taking care of your body helps your mind stay well too. During times of grief, many people will turn to food. More than ever, please be mindful when nourishing your body.
- Talk together as a family about the changes and sacrifices we are being asked to make. Help young children such as your grandchildren to talk out their feelings or fears and let them know that it is safe to do so. Be open to answering questions and concerns that they may have and how to work together to cope with those feelings.

Reach out for professional help. Many counselors and therapists are offering phone or video call appointments. Professionals can help you handle strong feelings. Finally, be kind to yourself and others and find ways to connect as much as possible.



NEW! MEMORIAL & RIVER OAKS CLINICS OPEN 2021



We are excited to announce the opening of our brand-new Kelsey-Seybold Clinic – Memorial City in January 2021!

The Clinic will offer primary care visits and additional specialties will be added in the Spring of 2021 including Cardiology (general/interventional), and Pulmonary Medicine.

At 12,500 square-feet, the Kelsey-Seybold Clinic – Memorial City will be located inside the Memorial Hermann Tower with convenient skywalk access from Garage 5 and will offer comprehensive care for adults.

Patients will have immediate access to an on-site laboratory, X-ray, and diagnostics soon after opening. Patients will also have access to an extensive referral network for various specialists with offices at neighboring clinics, including Downtown at The Shops, Tanglewood, Meyerland, and Berthelsen Main Campus.

Welcome to our new clinic in Memorial City!

COMING IN THE FALL 2021 - NEW RIVER OAKS CLINIC!

The 12,500 square foot River Oaks Clinic will be located at the corner of West Gray and Shepherd. More details coming soon!

DISPATCH HEALTH

If you are homebound and find yourself in need of urgent care, KelseyCare Advantage offers Dispatch Health.

Dispatch Health is a mobile urgent care that can be deployed to the home of our members who are homebound. **This service is not for patients who can come to the clinic to be seen or can do a video visit or E-visit.**

On average, Dispatch Health can be in the patient's home within an hour to give urgent care level of service. In the home the patient will be assessed by a nurse practitioner and an EMT. The Dispatch Health team can perform on-site diagnostics such as a urine and blood test, EKG, and they can test and treat COVID-19 and the flu. They

can also give IV fluids, IV antibiotics, IV Lasix, place a Foley catheter, and even replace a peg tube that has fallen out.

If you are a KelseyCare Advantage patient who is homebound and has an urgent need then you can self-refer. Please call the Dispatch Health intake line at **713-422-2920** to start the process. Once the visit is complete, Dispatch Health will send a report of the visit to add to your Kelsey-Seybold Clinic medical record.

Currently Dispatch Health has only one vehicle and does not cover the entire Houston area. The intake nurse will let you know if they will not be able to come to your home. Dispatch Health is open daily from 8 a.m. to 8 p.m.

PLANNING AHEAD WITH AN ADVANCE DIRECTIVE AND LIVING WILL

It's not something we like to think about, but the fact is, none of us will live forever. With that in mind, the best time to make decisions about your medical care is not during a health crisis that leaves you too sick or injured to express your wishes. Rather, the ideal time is when you can think clearly and can carefully weigh different options and discuss them with family members or trusted friends.

Once you have come up with a plan, you need to put it down in writing in what is known as an advance directive. The advance directive is a legal document containing written instructions for the kind of medical care you want if you cannot make decisions for yourself. It helps guide doctors and caregivers if you become terminally ill, seriously injured, lapse into a coma or are in the late stages of dementia or near the end of life.

Consider preparing this document sooner than later, as end-of-life situations can happen at any time and age. By planning ahead, you can get the medical care you want, avoid unnecessary suffering and relieve caregivers of difficult decision-making during moments of crisis or grief. You also help reduce confusion or disagreement about the choices you would want people to make on your behalf.

Another option is something called a living will. A living will is also a legal document, but it spells out medical treatments you would and would not want used to keep you alive, as well as your preferences for other medical decisions, such as pain management or organ donation. If you go this route, you'll want to consider how important it is for you to be independent and self-sufficient. You'll also need to think about



situations that might leave you with no quality of life. Would you want treatment to extend your life in any or all situations? Would you want treatment only if a cure is possible?

The living will should address a number of end-of-life care decisions. Be sure to talk to your doctor if you have questions about any of the following medical decisions:

- **Cardiopulmonary resuscitation (CPR)** restarts the heart when it has stopped beating.
- **Mechanical ventilation** takes over your breathing if you are unable to breathe on your own.
- **Tube feeding** supplies the body with nutrients and fluids intravenously or via a tube in the stomach.
- **Dialysis** removes waste from your blood and manages fluid levels if your kidneys no longer function.
- **Antibiotics or antiviral medications** can be used to treat infections.
- **Palliative care or comfort care** includes interventions that may be used to keep you comfortable and manage pain while respecting your other treatment wishes.
- **Organ and tissue donations** for transplantation can be specified in your living will.
- **Donating your body** for scientific study also can be specified.

While this may seem like a grim topic, it is important to think about it before you ever find yourself in a medical crisis.

COVID-19 & HEALTHCARE FRAUD

Scammers are hard at work using COVID-19 as a way to take advantage of the unsuspecting. According to the U.S. Department of Health and Human Services Office of Inspector General, fraudsters are using fake COVID-19 telemarketing calls, text messages, social media platforms, and door-to-door visits for their scams.

The information gathered from you is valuable because it can be used to bill federal health care programs and to commit medical identity theft.

Here are some ways to protect yourself and loved ones:

- Be aware that scammers are pretending to be COVID-19 contact tracers. They are also contacting people unexpectedly to offer COVID-19 tests and supplies. **Do not respond to calls from or engage in visits with unknown individuals.**
- Be cautious of unsolicited requests for personal, medical, or financial information.
- Be vigilant and protect yourself from potential fraud concerning COVID-19 vaccines.
 - You will not be asked for money to enhance your ranking for vaccine eligibility.
 - Government and State officials will not call you to obtain personal information for you to receive the vaccine.
 - You will not be solicited door-to-door to receive the vaccine.

If you suspect COVID-19 healthcare fraud, report it immediately at 1-800-447-8477.

Important Plan Information

11511 Shadow Creek Parkway | Pearland, TX 77584

