Physical Activity: An Everyday Way to Improve Health

One of the most important health recommendations I give my patients is to engage in some type of physical exercise every day. Physical activity is particularly important for older adults, because staying active can help you stay healthy and independent.

Why do I recommend physical activity? Exercise has long-term health benefits, like a stronger heart, lungs and joints. In some cases, exercise can help improve some medical conditions. For example, studies show that people with arthritis, heart disease, or diabetes benefit from regular exercise. Exercise can also help people with high blood pressure, balance problems or difficulty walking. Additionally, physical activity stimulates certain brain chemicals—called endorphins—that can help improve your mood.

Your first goal should be simply to get started. I recommend that you start slowly and build from there. Pick activities that are comfortable, enjoyable, and realistic. For example, if you babysit your grandchildren, try walking to the park or inside a mall instead of playing video games or watching TV.

Also, many physical activities—such as walking, gardening, or taking the stairs—are free and don’t require special equipment. You could also check out an exercise video from the library, or use the fitness facilities at a local community center. Once you find some activities you enjoy, include them in your regular routine, and gradually increase your level of activity. Over time, little changes can add up to real benefits.

My patients who are active on a daily basis tell me they feel better, both physically and mentally. I encourage all senior adults to get active and stay active, so you can enjoy your retirement for many years to come!

Donnie Aga, MD, KelseyCare Advantage Medical Director

Share Your Story!

Tell us how regular exercise has improved your life. For each story submitted, you’ll receive a free pedometer! Submit your story to house.call@kelseycareadvantage.com. (Be sure to include your name and address.)
Protecting Your Privacy

Medicare requires one of the following for us to share your medical information with someone besides yourself.

• A member must provide verbal or written authorization for KelseyCare Advantage to discuss protected health information with someone other than the member.

• If a member is incapacitated, an appointee that handles the member’s healthcare affairs (through a power of attorney or similar document) can access the member’s information.

Five Reasons to be Glad You Chose KelseyCare Advantage

KelseyCare Advantage is now one of the highest rated Medicare Advantage plans in the Houston area! Out of a possible 5-star rating, KelseyCare Advantage earned 4.5 for the overall plan, and five out of five for customer service and preventive medicine. Additionally, we have earned a 91% member satisfaction rating in the 2013 “Medicare and You Handbook,” the highest rating in the Houston area.

KelseyCare Advantage received a five-star rating in the following areas:

• Member Experience with Our Health Plan

• Staying Healthy

• Managing Chronic Conditions

“We are so proud that our members continue to be pleased by KelseyCare Advantage’s care and customer service,” says Donnie Aga, MD Medical Director. “I am especially proud of our successes in the area of prevention and managing chronic conditions, because it helps our patients live healthier, more satisfying lives.”

Keep updated on KelseyCare Advantage! “Like” us on Facebook and follow us on Twitter.
Ask Denise! Q&A
Part D Benefit and Formulary Changes

Question #1: How do I get more information about drugs that will be covered by KelseyCare Advantage in 2013?

Denise: Around the end of September, you should have received a package from us with the 2013 Annual Notice of Changes/ Evidence of Coverage documents. That package includes the 2013 Abridged Formulary, which will identify changes that may have been made to the drugs you are taking. These changes include copay increases and decreases, the addition or removal of drugs and/or restrictions on drugs. The Abridged Formulary is a partial formulary and includes only some of the drugs covered by KelseyCare Advantage.

For a complete listing of all prescription drugs covered by KelseyCare Advantage, please visit our website at www.kelseycareadvantage.com or call Member Services to request a copy of the Comprehensive Formulary.

Question #2: What if coverage for my drugs have changed in 2013?

Denise: At the beginning of each calendar year, the plan can provide you with a one-time temporary transition supply of a drug when the drug you are taking is no longer on the Formulary, and/or the drug has a new restriction. Before this supply ends, you should speak to your physician to discuss whether you should change the drug you are currently taking, or request an exception from KelseyCare Advantage to continue coverage.

Don’t Leave the Pharmacy Without your Medication - You may be eligible for a transition supply. You or your pharmacist can call the Catalyst Rx number on the back of your ID card 24 hours a day, 7 days a week to determine if you qualify for a temporary transition supply.

Question #3: Have the Part D benefits changed for 2013?

Denise: Yes, beginning January 1, 2013, Rx and Rx+Choice plans will have a Deductible Stage. You begin in this payment stage when you fill your first prescription of the year. During this stage, you pay the full cost of your drugs. You stay in this stage until you have paid $50 toward the cost of your drugs. $50 is the amount of your deductible. Another important change is that some of the copays have increased and some have decreased. Please refer to the chart below.

### 2013 Part D Copays for Rx and Rx+Choice

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<table>
<thead>
<tr>
<th>Non-Preferred Pharmacy</th>
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Avoiding the Dangers of Overmedication in Seniors

Modern medicine and prescription drugs have made our lives better in many ways. However, there are risks that come along with drugs, such as overmedication. Overmedication occurs when a patient takes unnecessary or excessive medications. Overmedication can lead to dangerous drug interactions, increased side effects, and unnecessary costs. Below are some tips to help you prevent being overmedicated.

Request a review of all medications with a Kelsey-Seybold Clinic pharmacist or physician if you think you are on too many medications. This review is an opportunity to have all of your medications evaluated by a doctor or pharmacist, who can then screen them for appropriate dosages, duplications and potential interactions.

Fill your medications at a single pharmacy. This allows the pharmacist to keep track and review your medications for duplications or interactions, which is not possible if drugs are filled at different pharmacies.

Keep an up-to-date log of all your medications. List all prescriptions, over-the-counter medications, supplements, and multivitamins, including the doses and frequency of each one. This log can be helpful in many situations. For example, if you have an emergency medical situation, a list of your medications can be extremely helpful for your family or emergency medical personnel.

Bring all medications (or your medication list) with you to all doctors’ appointments. When you have an appointment with any doctor, it’s important that the doctor accurately understands your medications.

Following these guidelines can reduce your risk of having problems that may be caused by overmedication. To speak with a pharmacist on the KelseyCare Advantage team, please call (713) 442-4820.

Suggestions?

Thank you for reading our quarterly House Call member newsletter. Do you have topics you would like to read more about in our newsletter? We invite you to email us at House.Call@Kelseycareadvantage.com with ideas and/or topics you would like to see in future editions. If you have a personal issue and would like a personal response, please contact the KelseyCare Advantage Concierge at 713-442-9540.

Important Phone Numbers to Remember

KelseyCare Advantage Concierge
713-442-9540
For personalized assistance with physician selection, benefits issues, billing questions

To speak with a pharmacist on the KelseyCare Advantage team, please call 713-442-4820. The pharmacy team can review all of your medications and help you identify cost savings opportunities.

Fraud, Waste and Abuse Hotline
713-442-9595
A Friendly Reminder…
Always continue to pay your monthly Medicare Part B premium!

This premium is what you pay directly to Medicare to have Part B coverage, and you need it to stay enrolled in KelseyCare Advantage.

If you have questions about your Part B premium, please call Social Security at 1-800-772-1213.

Moved Recently?

If so, it’s very important to let KelseyCare Advantage know about your change of address. Having your current information on file helps us to:

- Communicate with you about important benefit information
- Properly advise you on provider services in your area
- Keep you up-to-date on KelseyCare Advantage news
- Ensure you are enrolled in a county in the KelseyCare Advantage service area. If you ever move out of Harris, Fort Bend, Montgomery or Galveston (Mainland) county, you can enroll in another Medicare plan that serves your new county.

To update your address or phone number, just call 713-442-CARE, option 2 or toll-free 1-866-535-8343 (TTY/TDD 1-866-302-9336), 8:00 a.m. to 5:00 p.m., Monday through Friday.

Provider and Pharmacy Directories

If you need a complete provider list or a pharmacy directory there are two ways to get them:

- Go online to www.kelseycareadvantage.com, and click on “Find a Provider, Pharmacy or Drug.” You can search for providers from these links or you can download complete lists from there.
- Call Member Services and request the directories be mailed to you. Call 713-442-CARE (2273), option 2 toll free 1-800-663-7146, or TTY/TDD: 1-866-302-9336.
Dear KelseyCare Advantage Members

Welcome to the latest edition of House Call, our exclusive member newsletter. I invite you to read more about the important topics in this issue:

- Medicare gave KelseyCare Advantage an overall plan rating of 4.5-out-of-five stars. That makes us one of the highest-rated plans in the Houston area!
- Our Medical Director, Dr. Donnie Aga, discusses the importance of physical activity.
- If you want a family member to call KelseyCare Advantage on your behalf, we need your permission. Learn how to designate an “appointed representative.”

If you have any questions about KelseyCare Advantage, please call our Concierge Service at 713-442-9540. Our trained staff can offer you personalized assistance in resolving a wide range of questions and issues.

In good health,

Marnie Matheny
President, KelseyCare Advantage

Important Plan Information

Donnie Aga, MD, KelseyCare Advantage Medical Director

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