

# *Enjoy* Life

A Newsletter for VIVA MEDICARE Members

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# Have you scheduled your *Annual Wellness Visit yet?*



Your Primary Care Provider (PCP) is the provider who manages your care. If you need a vaccine, screening or exam, or new medicine, your PCP will let you know during your Annual Wellness Visit. This yearly appointment is covered by your VIVA MEDICARE plan at no cost to you. Call to book this visit today and see if it's time for you to have these screenings or exams:

- ☐ **Colon cancer screening**
- ☐ **Diabetic eye exam**
- ☐ **Cholesterol screening**
- ☐ **Hearing exam**
- ☐ **Thyroid exam**
- ☐ **Skin cancer screening**
- ☐ **Prostate cancer screening (men)**
- ☐ **Breast cancer screening (women)**
- ☐ **Cervical cancer screening (women)**
- ☐ **Bone density screening (women)**

Your AWW is a great time to talk to your PCP about an advance directive. An advance directive, or living will, is a form that lets your providers and family know what kind of medical care you want. You must be in a state of mind where you are able to make decisions for yourself when setting up an advance directive. Whether or not you have an advance directive, you have the same right to get the care you need, but having one will help loved ones who will already be facing a stressful time.

If you would like to have an advance directive mailed to you, call Member Services at 1-800-633-1542 (TTY: 711). You can also find the form in your VIVA HEALTH member portal (see page 3) or online at [VivaHealth.com/medicare/member-resources/#plans](https://VivaHealth.com/medicare/member-resources/#plans). Choose your plan and click 'View PDF' next to Advance Directive for Health Care.

# Have you registered for the VIVA HEALTH Member Portal yet?

## Member Portal and Member App

24/7 Access to Your Health Plan at Your Fingertips

**The Member Portal gives you easy, secure access to your health plan.**

- ✓ See your claims
- ✓ View or download your ID card
- ✓ Get your plan documents, like Copay Sheets and Summary of Benefits
- ✓ Opt-in to get plan information by email instead of regular mail
- ✓ Track your spending, and more!

To login to your Member Portal account or register, go to **[VivaMembers.com](https://VivaMembers.com)** today!



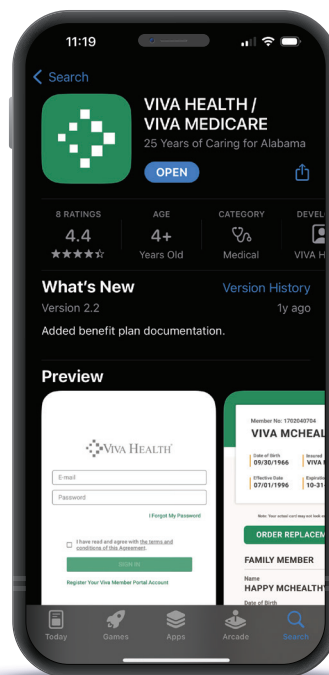
## Member App

The VIVA HEALTH Member App shows everything in your online member portal, right from your smartphone or tablet.

To check out the VIVA HEALTH Member App, visit the Apple or Google Play store. Download the app and register.

*If you have any trouble, please call 1-800-633-1542.*

For a step-by-step guide on how to sign up for the VIVA HEALTH member portal, go online to [VivaHealth.com/Medicare/Member-Resources](https://VivaHealth.com/Medicare/Member-Resources).



# Where to Find Trusted Health Information

If you or a loved one has ever been told a medical procedure may be needed, your first step is probably to seek more information. What will happen during the procedure? How long does it last? Is it painful? What is it hoping to find or not find?

If your first thought is to type the procedure into Google, you will most likely get hundreds of sites and reviews served to you. Some sites may say the procedure saves lives, while others say it is a waste of time and money. Some reviews may state the procedure is quick and painless, while others say it is awful. Online sources and social media sites have been known to share stories about health-related topics that may not have been vetted by health care professionals or trusted agencies. **So, how can you be sure your research can be trusted?**

## How to find trusted information:

- Always check the source when you find health information online. Look for websites that end in “.edu” or “.gov”. These websites are usually reliable and trustworthy.
- Check the date that the information was written. If it was written several years ago, it may be out of date.
- Keep in mind that something you hear from friends and family may not be right.
- If you’re not sure about something you find online or hear from others, ask your health care provider.

## Where to get your health information:

Your Primary Care Provider (PCP) is the best source for reliable health information. You can also find reliable health information in this newsletter, from mail we send to you, and on our website at [VIVAHealth.com/Medicare](http://VIVAHealth.com/Medicare).

## If you want to get health information online:

We suggest these websites:

- The Alabama Department of Public Health (ADPH): [alabamapublichealth.gov](http://alabamapublichealth.gov)
- The American Cancer Society: [cancer.org](http://cancer.org)
- The Centers for Disease Control and Prevention (CDC): [cdc.gov](http://cdc.gov)
- The National Institute of Health (NIH): [nih.gov](http://nih.gov)

Whether you need more information about a surgery, test, vaccine (shot), or virus, it is important to do the research to learn as much as you can. Getting health care education from places that may not be reputable or are misinformed can keep you from getting the medical care you need and be harmful to your health.

We’ve had a lot of calls lately about what vaccines we suggest for members 65 years and older. Always ask your Primary Care Provider (PCP) which ones are right for you, but see the next page for our recommendations.

# Protect Your Health:

## *Stay Up to Date on Your Vaccines (Shots)*



Staying up to date on your shots is an easy way to protect your health and the health of your family and friends. Even healthy people can get sick out of the blue, so it's important for everyone to get their shots.

**COVID-19 & Flu:** These two viruses can cause breathing and lung problems. You should get a flu shot every year (typically in the fall) and two of the 2024-2025 COVID-19 shots if you are 65 years and older. If you are under 65, you only need one COVID-19 shot.

**RSV:** This virus also causes breathing and lung problems. Those 75 years and older should get one shot and those aged 60–74 years old who have certain medical conditions, like chronic heart disease, chronic lung disease, or a weak immune system, should also get one shot.

**TDAP:** This shot protects you from Tetanus, Diphtheria, and Pertussis. All adults should get this shot every 10 years.

- The bacteria that causes Tetanus can get into your body from breaks in the skin like when you step on a nail or get dirt in a wound. It causes your muscles to stiffen and can make swallowing and breathing difficult.
- Diphtheria is spread from being near people who are infected. It can make it difficult to breathe and cause heart failure or paralysis.
- Pertussis is also spread from being near people who are infected. It can cause out-of-control coughing that makes it hard to breathe, eat, or drink.

**Shingles:** This virus is caused by the same virus that causes chicken pox. If you had chicken pox as a child (or an adult), you could get shingles. Shingles causes a painful rash. Adults 50 years and older should get two of these shots.

**Pneumococcal:** This virus can cause pneumonia, which can make it difficult to breathe. Adults 50 years and older should get one or two shots, depending on your health.

# Easy, Immune-boosting Sheet-pan Recipes

## *Honey-Garlic Chicken Thighs with Carrots and Broccoli*

**Cook time: 20 minutes | Serves 4**

**1/3 cup** honey

**1 1/2 tablespoons** reduced-sodium  
soy sauce

**4** cloves garlic, minced  
(about 1 1/2 tablespoons)

**1 tablespoon** apple cider vinegar

**1/4 teaspoon** crushed red pepper

**8** (5 ounce) bone-in, skin-on chicken thighs

**1 pound** small carrots, sliced into  
1/2-inch pieces

**2 tablespoons** olive oil, divided

**4 cups** broccoli florets (about 1 pound)

**1/2 teaspoon** salt

**1/2 teaspoon** ground pepper

**1 teaspoon** cornstarch

**1 teaspoon** water

**Step 1:** Preheat oven to 400 degrees F. Line a baking sheet with foil and coat with cooking spray.

**Step 2:** While oven is preheating, mix honey, soy sauce, garlic, vinegar, and crushed red pepper in a bowl. Place half the mixture and chicken in a zipper bag and coat the chicken well. Place in refrigerator for 30 minutes.

**Step 3:** Place carrots and 1 tablespoon of oil in a bowl and toss well. Spread carrots in an even layer on one side of the baking sheet. When chicken has finished marinating, place on the other side of the baking sheet and put in oven for 15 minutes.

**Step 4:** Coat the broccoli in 1 tablespoon of oil. Place broccoli over the chicken and carrots after removing from oven. Sprinkle salt and pepper on all.

Bake 15 to 18 minutes, until vegetables are tender and a thermometer in the thickest part of the chicken reads 165 degrees F.

**Step 5:** Mix cornstarch and water in a pot, then add the rest of the mixture. Bring to a simmer over medium-low heat. Stir until the sauce is clear and thick, about 2 minutes. Drizzle over the chicken and vegetables.





## *Mini Meatloaves with Green Beans & Potatoes*

**Cook time: 20 minutes | Serves 4**

**½ teaspoon** paprika  
**½ teaspoon** garlic powder, divided  
**¾ teaspoon** salt, divided  
**¾ teaspoon** ground pepper, divided  
**1 pound** Yukon Gold or red potatoes, scrubbed and cut into 1-inch wedges  
**2 tablespoons** extra-virgin olive oil, divided  
**1 pound** lean (90% or leaner) ground beef  
**1** large egg, lightly beaten  
**¼ cup** finely chopped onion  
**¼ cup** Italian-seasoned panko breadcrumbs  
**3 tablespoons** ketchup, divided  
**1 tablespoon** Worcestershire sauce  
**1 pound** green beans, trimmed



**Step 1:** Preheat oven to 425 degrees F. Line two baking sheets with foil and coat with cooking spray.

**Step 2:** Mix paprika and 1/4 teaspoon each of garlic, salt, and pepper in a bowl. Add potatoes and coat with mixture. Drizzle with 1 tablespoon of oil and toss. Place potatoes in single layer on baking sheet and roast on lower rack in oven for 10 minutes.

**Step 3:** Mix beef, egg, onion, breadcrumbs, 2 tablespoons ketchup, Worcestershire, and 1/4 teaspoon each of garlic powder, salt, and pepper in a bowl. Form equally into 4 small loaves. Place on the second foil-covered baking sheet with cooking spray. Spread ketchup on top of each loaf. Take potatoes out of oven and put meatloaves on the lower rack.

**Step 4:** Mix green beans with 1 tablespoon oil and 1/4 teaspoon each of salt and pepper. Push potatoes to one side of the baking sheet and add green beans to the other side. Roast vegetables on upper rack until tender and thermometer reads 165 degrees F in the center of the meatloaves, about 20 to 30 minutes.

# RAS Medications:

## What are they, who needs them, and how do they help?

If you have high blood pressure or heart failure, you may be taking an RAS medication. RAS drugs block the renin-angiotensin system (RAS). The RAS is a hormone system that controls blood pressure and fluid levels in the body. These drugs also reduce protein loss in the urine for some kidney disorders and lower the risk of cardiovascular (heart) and renal (kidney) events. They may also be prescribed for people with diabetes to help with nephropathy.

Examples of RAS medications are Ramipril, Telmisartan, and Valsartan. It is very important to take these drugs as prescribed and make sure you're set up to get refills when you get close to running out.

## Here are 5 tips to help:

- 1. Join a refill reminder program at your pharmacy.** Most pharmacies will set you up for auto-refill or call or text you when it's time to refill a prescription. Some offer home delivery and will package all your daily drugs together for you.
- 2. Use an online retail pharmacy that offers delivery or multi-dose packaging,** like Amazon Pharmacy, Select Rx, and Simple Meds. While these retail pharmacies may charge you a fee, they make it much easier to take your medications.
- 3. Set an alarm** to take your drugs at the same time every day, and reminder on your phone or calendar when refills are due.
- 4. Use a pillbox** and fill it for the week every Sunday.
- 5. Let your provider know if you have any side effects**—like feeling sleepy during the day or losing your balance—that may be stopping you from taking your drugs as directed.





# Save Time & Money

## *When Using Your Eyewear Allowance*



With your VIVA MEDICARE plan, you get a routine eye exam every year and an exam to diagnose and treat diseases and conditions of the eye (including a yearly glaucoma screening) at no cost to you. You also get a yearly eyewear allowance to help pay for prescription glasses, contact lenses, or contact lens fittings.

### DID YOU KNOW?

**You can buy your eyeglasses or contacts at any online or retail store, and get reimbursed up to your allowance amount.**

You can usually get glasses for a low price by visiting online stores, like Warby Parker, Glasses USA, and Zenni. These online sites offer high-quality frames and lenses, at-home or virtual try on of your glasses, and affordable prices. For contact lenses, sites like 1 800 Contacts at 1800contacts.com have fast, free shipping and good return policies.



[warbyparker.com](https://warbyparker.com)



[glasses.usa.com](https://glasses.usa.com)



[zennioptical.com](https://zennioptical.com)



[1800contacts.com](https://1800contacts.com)

You can also go to stores like Walmart, Sams Club, and Costco to buy glasses or contact lenses. Just pay for your items, and fill out the reimbursement form found at [vivahealth.com/medicare/member-resources](https://vivahealth.com/medicare/member-resources). Click on “Plans,” your plan name, then “Reimbursement Claim Form.” Mail your form and the receipt for your eyeglass or contacts purchase to the address shown on the claim form or drop it off at any VIVA HEALTH Café. You will get a reimbursement check in the mail for the amount you paid, up to your allowance amount.

# Spring Brain Games

Keep Your  
Mind Sharp



## Word Search

BEES	CHICKS
WORMS	BREEZE
TULIP	SHOWERS
GREEN	RAINBOW
GRASS	LADYBUG
BUNNY	BLOSSOM
SPRING	UMBRELLA
PUDDLE	SUNSHINE
PICNIC	DAFFODIL
CLOUDS	BUTTERFLY

O D B P U D D L E P S T K O A O H  
 H O B E E S S O N O R L R E C B C  
 H Q S Y D Z H B G R A S S J Q I L  
 H Z B D U D A F F O D I L K O F O  
 T W T P X R I P B R M A Y W S T U  
 O H H V T K T G C A L S Z A Q C D  
 X T S H O W E R S I E U N R O E S  
 E B R E E Z E B U N L N F T X A S  
 X N E S T L L U M B L S Q Q C S C  
 J T U L I P A T B O R H X U H T S  
 P G R E E N D T R W C I A Q I E P  
 I W J X U W Y E E G B N Z V C R R  
 C O U T X G B R L Y D E G C K B I  
 N R H P J E U F L R R F P Z S L N  
 I M X Q H P G L A C B R Q W X E G  
 C S L E A F L Y B L O S S O M R I  
 I P P A Q B J B L E P H B U N N Y

### Answer Key:

I P P A Q B J B L E P H B U N N Y  
 C S L E A F L Y B L O S S O M R I  
 I M X Q H P G L A C B R Q W X E G  
 N R H P J E U F L R R F P Z S L N  
 C O U T X G B R L Y D E G C K B I  
 X T S H O W E R S I E U N R O E S  
 E B R E E Z E B U N L N F T X A S  
 P G R E E N D T R W C I A Q I E P  
 J T U L I P A T B O R H X U H T S  
 X N E S T L L U M B L S Q Q C S C  
 H Z B D U D A F F O D I L K O F O  
 H Q S Y D Z H B G R A S S J Q I L  
 H O B E E S S O N O R L R E C B C  
 O D B P U D D L E P S T K O A O H

## Word Scramble

1. ORSOCL \_\_\_\_\_

2. EFRSH SAGSR \_\_\_\_\_

3. AWRM EARHWET \_\_\_\_\_

4. DUELDSP \_\_\_\_\_

5. IRNA \_\_\_\_\_

6. DRGNEA \_\_\_\_\_

7. UEINHSSN \_\_\_\_\_

8. SFRLWEO \_\_\_\_\_

9. UTRSP0 \_\_\_\_\_

10. EPLONL \_\_\_\_\_

### Answer Key:

- |                                |                      |
|--------------------------------|----------------------|
| 1. ORSOCL = COLORS             | 5. IRNA = RAIN       |
| 2. EFRSH SAGSR = FRESH GRASS   | 4. DUELDSP = PUDDLES |
| 3. AWRM EARHWET = WARM WEATHER |                      |
| 6. DRGNEA = GARDEN             | 10. EPLONL = POLLEN  |
| 7. UEINHSSN = SUNSHINE         | 9. UTRSP0 = SPROUT   |
| 8. SFRLWEO = FLOWERS           |                      |





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## It's survey season!

You may get a survey in the mail soon that asks about your health and how well VIVA MEDICARE is taking care of you. We want to make sure we're doing a good job. Please fill out the survey and send it back. Thank you for being a VIVA MEDICARE member!



## Notice of Privacy Practices

VIVA MEDICARE is committed to protecting your privacy. Our Notice of Health Information Practices tells you how your medical information may be used and how you can get that information.

**See this notice at [VIVAHealth.com/Privacy](http://VIVAHealth.com/Privacy) or call Member Services at 1-800-633-1542 (TTY: 711) to get a printed copy in the mail.**

We are happy to take your call 7 days a week, 8am - 8pm, October 1 - March 31.  
From April 1 - September 30, we are open Monday - Friday, 8am - 8pm