



VIVA MEDICARE
2024 Calendar

VISIT US AT ONE OF OUR
VIVA HEALTH Cafés

The **VIVA HEALTH Cafés** are in Alabama neighborhoods across the state.

Attend a café event, stop by to ask a question, or get help signing up for the member portal, NationsBenefits, home delivery pharmacy, and much more.



DOTHAN

Southeast Health Medical Center
1118 Ross Clark Cir., Ste. 101
Dothan, AL 36301
334-259-8482

MOBILE

3059 Dauphin St.
Mobile, AL 36606
251-380-2222

FLORENCE

North Alabama Medical Center
1751 Veterans Dr., Ste. 290
Florence, AL 35630
256-787-8482

MONTGOMERY

8101 Decker Lane, Ste. C
Montgomery, AL 36117
334-272-8882

HOOVER

1550-K Montgomery Hwy.
Birmingham, AL 35216
205-978-4911

**BIRMINGHAM
CORPORATE OFFICE**

417 20th St. N, Ste. 100
Birmingham, AL 35203
205-933-8482

Hours: Monday - Friday, 8am - 5pm
(Closed for lunch, 1pm - 2pm, except for October 1 - December 7.)

Visit us online at [VivaHealth.com/Medicare/Cafes](https://www.vivahealth.com/Medicare/Cafes)

January

Notes + To Dos

“The best and most beautiful things in the world cannot be seen or even touched—they must be felt with the heart.”

– Helen Keller, Writer, Born in Tuscumbia, AL

Start the new year off right by seeing your Primary Care Physician (PCP) for your Annual Wellness Visit. Your PCP is the doctor who manages your care. His or her name and phone number are on your VIVA MEDICARE ID card. Call today to make your appointment.

Your Annual Wellness Visit is covered by your VIVA MEDICARE plan at no cost to you. This is a great time to have one-on-one time with your doctor to talk about the drugs you’re taking, any problems you’re having, and tests or screenings you need to be as healthy as you can.

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Reminder: *Dental Allowance Benefit*

You have a dental allowance to use this year
for cleanings, fillings, implants, and much more.

Find a network dentist near you by going online to vivahealth.com/medicare/provider-search or call Member Services at 833-760-0657 (TTY: 711).

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New Years Day
VIVA HEALTH offices closed



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Martin Luther King Jr. Day



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New to VIVA MEDICARE? Join us to learn about your 2024 benefits - Call your closest café for dates and times.



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Refill your pillbox



February



“Life is fragile. We’re not guaranteed a tomorrow, so give it everything you’ve got.”

– Tim Cook, CEO of Apple, Inc., Born in Robertsdale, AL

It's American Heart Month! Keeping your blood pressure under control is one of the best ways to lower your risk of a heart attack or stroke. To do this:

- ✓ Lower your stress level
- ✓ Exercise
- ✓ Stop smoking
- ✓ Eat a heart-healthy diet with fruits and vegetables
- ✓ Stay away from foods that have a lot of salt

Notes + To Dos

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Reminder: *Over-the-Counter Benefit*

If you don't have a blood pressure monitor in your home, you can order one using your over-the-counter allowance or flex card (depending on your plan).

Order online at Viva.NationsBenefits.com or call 877-209-5189, 8am - 8pm, 7 days a week, except on federal holidays.

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Groundhog Day



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Valentine's Day 14

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National Caregivers Day 16

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Heart Health Event @ the VIVA HEALTH Café - Call for dates and times.



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Presidents Day



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Refill your pillbox



Four horizontal lines for notes.



March

“In playing ball, and in life, a person occasionally gets the opportunity to do something great. When that time comes, only two things matter: being prepared to seize the moment and having the courage to take your best swing.”

– Hank Aaron, Professional Baseball Player, Born in Mobile, AL

It's National Colorectal Cancer Awareness Month. Colorectal cancer often begins when abnormal growths, called polyps, form in the colon (large intestine or large bowel) or the rectum (the passageway that connects the colon to the anus). Over time, some polyps may turn into cancer. Colorectal polyps and colorectal cancer don't always cause symptoms, especially at first. That is why getting screened regularly for colorectal cancer is so important.

Notes + To Dos

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Reminder: *Wellness Benefits*

VIVA MEDICARE pays for many types of **screenings to help you stay healthy and catch diseases early.**

Talk to your doctor to see what screenings you have due this year.

- ✓ Colonoscopy ✓ Diabetes ✓ Depression ✓ Cholesterol
- ✓ Breast and Cervical Cancer (for women) ✓ Prostate (for men)

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Daylight Savings Time Begins



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St. Patrick's Day



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31 Easter

Good Friday



Refill your pillbox



April

“Piedmont, Alabama is a place where grandmothers hold babies on their laps under the stars and whisper in their ears that the lights in the sky are holes in the floor of heaven.”

– Rick Bragg, Journalist, Writer, Born in Piedmont, AL

April showers bring May flowers and fruits and vegetables, too!

Planting flowers and vegetables in a small outdoor garden is a great way to add some exercise and fun into your day.

The Farmer’s Almanac says April is a great time to plant okra, green beans, zucchini, and watermelons. Not only will you end up with fresh, healthy foods, but you’ll also gain flexibility, better motor skills, and strength.

Notes + To Dos

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Reminder: *Gym Benefit*

If you haven’t signed up for the Silver&Fit® Healthy Aging and Exercise Program, spring is the perfect time.

This program is designed for older adults and people on Medicare. Best of all, membership is included with every VIVA MEDICARE plan. Visit SilverandFit.com to search for a gym near you and learn more about at-home fitness kits and online classes. You can also call 1-877-427-4788 (toll-free) | TTY users: 711, Monday - Friday, 7am - 8pm.

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Café Days/Ask Your Medicare Questions Event - Call your closest VIVA HEALTH Café for dates and times.



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Refill your pillbox





May

“Remember, if people talk behind your back, it only means you’re two steps ahead!”

– Fannie Flagg, Author, Actress, Comedian, Born in Birmingham, AL

May Is Better Hearing Month! Hearing loss is common as you age.

Diabetes, poor circulation, or living or working around loud noises can make hearing loss even worse. The good news is that hearing loss can be managed through the use of hearing aids, and you have a hearing aid benefit included in your VIVA MEDICARE plan.

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Reminder: *Hearing Aid Benefit*

Your plan covers one prescription hearing aid per ear, each calendar year or one pair of over-the-counter (OTC) hearing aids from NationsHearing.

While OTC hearing aids may not work for everyone, if you only have mild hearing loss, this may be a great lower-cost option. Find out more by calling 877-209-5189 (TTY: 711) or going online to Viva.NationsBenefits.com today.

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Mother's Day

Armed Forces Day



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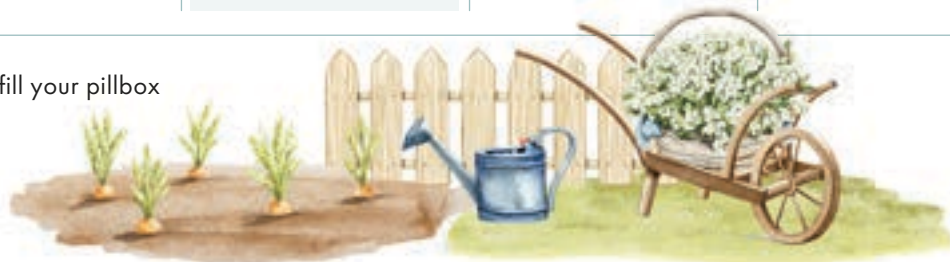
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Memorial Day
VIVA HEALTH offices closed



Refill your pillbox



June

“I like to think of ideas as potential energy. They’re really wonderful, but nothing will happen until we risk putting them into action.”

– Mae Jemison, Astronaut, Physician, Born in Decatur, AL

June is Alzheimer’s & Brain Awareness Month! Worldwide, 50 million people are living with Alzheimer’s and other dementias. Alzheimer’s is a brain disease that causes a slow decline in memory, thinking, and reasoning skills. It is the most common form of dementia. If you or someone you love is showing any of these early signs of Alzheimer’s, contact your Primary Care Physician.

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| ✓ Memory loss that disrupts daily life | ✓ Misplacing things |
| ✓ Challenges planning or solving problems | ✓ Avoiding social activities |
| ✓ Confusion with time or place | ✓ Changes in mood or personality |
| ✓ New problems speaking or writing | |

Notes + To Dos

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Reminder: *Eyewear Allowance Benefit*

Your plan comes with a yearly eye exam and an allowance to use for prescription eyeglasses, contact lenses, or contact lens fittings.

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Flag Day **14**

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Member Appreciation Event - Call your closest VIVA HEALTH Café for dates and times.

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Father's Day

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Juneteenth
VIVA HEALTH offices closed

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 Refill your pillbox



July



“You can’t sit on the sidelines of life.”

– Charles Barkley, Professional Basketball Player, Born in Leeds, AL

According to the Skin Cancer Foundation, over half of skin cancer related deaths are people over the age of 65.

Even if you are only going outside to water plants or pick a few flowers, apply sunscreen with a 30 SPF or higher. Sunscreen sticks are good for ears and noses. Sprays and creams can cover larger surface areas, like your back, arms, and legs better. Don’t forget to put gels or sprays in your hairline and scalp to keep you protected head to toe.

Notes + To Dos

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Reminder: *Home Delivery Pharmacy Benefit*

If you have Part D prescription drug coverage, you can get most of your prescriptions in **90-day supplies and sign up for free home delivery** through our mail-order service. This saves you time, money, and ensures you won’t run out of your medications.

Call CVS Caremark, Monday – Friday, 7am – 9pm and Saturday 8am – Noon at 1-866-788-5146. TTY users call 1-800-231-4403.

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Independence Day
VIVA HEALTH offices closed



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Refill your pillbox



August



“You never really understand a person until you consider things from his point of view... Until you climb inside of his skin and walk around in it.”

– Atticus Finch in *To Kill a Mockingbird* by Harper Lee, Author, Born in Monroeville, AL

It's a great time to make sure you're getting the most out of your benefits.

Have you had your Annual Wellness Visit to see if you need any preventive screenings, like a colonoscopy? Have you used any of your yearly dental or eyewear allowance? What about your over-the-counter allowance (some plans use a flex card) to buy bandages, vitamins, or cold medicine?

Notes + To Dos

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Reminder: *24-hour Nurse Line Benefit*

The 24-hour Nurse Line is a great resource

to get answers to many basic health questions about illnesses or injuries any time, day or night, 365 days a year. If you have mild symptoms or have questions about a drug you are taking, there's no need to wait or worry.

The 24-hour Nurse Line can help.

Call toll-free: 833-605-1511 | TTY users, call: 711.

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Healthy Living Event - Call your closest VIVA HEALTH Café for dates and times.



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Refill your pillbox



September

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“Set your goals high, and don’t stop ‘til you get there.”

– Bo Jackson, Professional Football and Baseball Athlete,
Born in Bessemer, AL

Now’s the time to get your flu shot! The flu virus changes every year, so you need to get a flu shot every flu season. The flu shot not only protects you from getting sick, but it also protects the people around you. The flu shot takes about two weeks to start working in your body, so it’s important to get your flu shot early.

Reminder: *Wellness Benefit*

**Your flu shot is covered at no cost to you.
Just go to a network doctor or pharmacy.**

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Labor Day
VIVA HEALTH offices closed



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Grandparents' Day

World Mental Health Day

Patriot Day



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Four horizontal lines for notes.

August

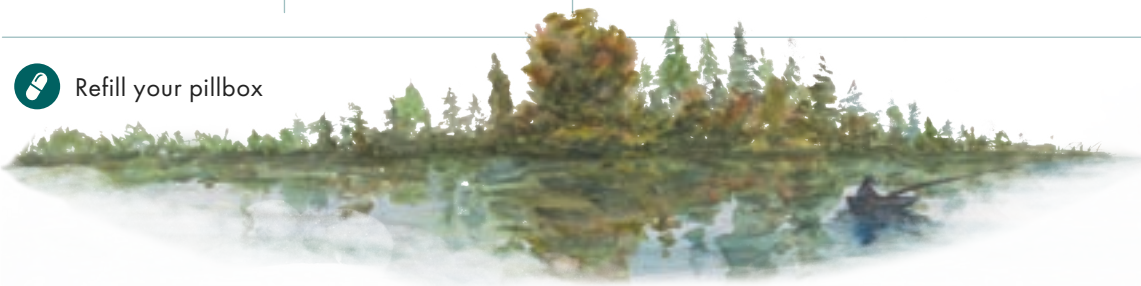
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Refill your pillbox



Four horizontal lines for notes.

October

“The essence of America—that which really unites us—is not ethnicity, or nationality, or religion. It is an idea—and what an idea it is: That you can come from humble circumstances and do great things.”

– Condoleezza Rice, Former United States Secretary of State,
Born in Birmingham, AL

World Mental Health Day is October 10!

This day is about educating people that mental health is as important as physical health. No one should be embarrassed to seek help if feeling sad, lonely, or depressed. No one should suffer in silence. If you need help finding a mental health professional, call Member Services at 1-833-760-0657 | TTY users, call 711.

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Reminder: *Primary Care Physician (PCP) Benefit*

You never have to pay a copay when you see your PCP.

Your PCP is the doctor 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.

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Member Appreciation Event & New Benefits Overview - Call your closest VIVA HEALTH Café for dates and times.



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Columbus Day



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September

November

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Halloween



Refill your pillbox



November

“You have to free your mind to do things you wouldn’t think of doing. Don’t ever say no.”

– Carl Lewis, Track and Field Athlete, Born in Birmingham, AL

VIVA MEDICARE has an entire department focused on your pharmacy benefits. The pharmacy team is made up of pharmacists and pharmacy technicians who are experts on prescription and over-the-counter drugs. If you have questions about your copays, drug list, or drugs you’re taking and would like to talk to someone on the pharmacy team, call Member Services at 833-760-0637. They will take your name and number and a pharmacy team member will call you back.

Notes + To Dos

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Reminder: *VCare Benefit*

VCare is a free wellness program

that helps members with chronic conditions, like diabetes or high blood pressure, stay as healthy as possible. Your doctor may refer you to VCare, or you can refer yourself. Call VCare at 855-MY-VCARE (855-698-2273), Monday - Friday, 8am - 5pm. VCare is available at no cost to you.

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Daylight Savings Time Ends



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Veterans Day



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Thanksgiving
VIVA HEALTH offices closed



Refill your pillbox



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Christmas Day
VIVA HEALTH offices closed



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New Year's Eve

November

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