

## Your Health Roadmap

**First Name**  
**Long Last Name**

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# My Health Roadmap





Hello <Name>,







Your health matters to us. That's why we've created a personalized health roadmap. It shows the actions you have taken in **green**, and actions recommended to protect your health in **red**.

- Share this information with your primary care provider and talk about your health goals.
- Tell your doctor about any changes in your weight or mood, new symptoms, or concerns about new treatments.
- Follow your provider's advice about your treatments as well as preventive care.

Staying on top of all your health needs can be a bit of work. We're here to help.

## Your Health Roadmap

Screening	Additional Details	Your Status
<b>Annual Physical Exam</b> Earn a \$50 reward for completing your annual physical exam.	<b>EXCELLENT!</b> By completing your yearly wellness checkup, you're taking steps for a healthier, longer life.	
<b>Flu Vaccine</b> Earn a \$10 rewards for getting your annual flu vaccine.	<b>GET YOUR SHOT.</b> Flu vaccines can keep you from getting the flu. They also help reduce severity in people who get vaccinated but still get sick. Talk to your PCP or pharmacist if you have questions.	
<b>Covid Vaccine</b> Covid vaccines are available at no cost. Call 211 from anywhere in the state to get info about the vaccine.	<b>PROTECT YOURSELF.</b> All the FDA-authorized Covid vaccines have shown to protect against serious illness, which could lead to hospitalization or even death. Getting vaccinated helps protect your loved ones and slow the spread of new variants.	
<b>Colorectal Cancer Screenings</b>	<b>WELL DONE!</b> Many colon cancers can be prevented or treated, if found early. That's why regular colon cancer screenings are key.	

Mammogram (Breast Cancer Screening)	<b>DON'T WAIT.</b> Regular screenings can catch breast cancer in the early stages when it may be easier to treat. Find a contracted provider at <a href="https://azblue.com/madoc">azblue.com/madoc</a> or you can call SimonMed® at <b>1-866-614-8555</b> to schedule your screening.	
Bone Health Osteoporosis Screening	<b>AWESOME!</b> Getting your bones checked after a recent fracture or fall lets your doctor know if you have osteoporosis. Ask your doctor how to prevent future fractures.	
Blood Sugar Screening (HbA1c Test)	<b>WAY TO GO!</b> Checking your blood sugar (glucose) level at least twice a year can help prevent serious health problems sometimes caused by diabetes.	
Cholesterol Management	<b>REMINDER.</b> It's important to follow your doctor's instructions for taking your cholesterol medicine to help protect your heart and blood vessels.	
Eye Health	<b>LOOKING GOOD.</b> Getting your eyes checked can prevent long-term damage over time. Early diagnosis and treatment can go a long way to protecting your eyesight.	
Kidney Health Check	<b>SMART!</b> Kidney diseases often develop slowly and with few symptoms. Regular testing is most effective and can help prevent additional health problems.	

# Tips for Getting the Most from Your Doctor Visits



**My Doctor/PCP's Name Is:** \_\_\_\_\_



**My Next Appointment Date/Time Is:** \_\_\_\_\_

Your doctor is your partner in health. The more prepared you are for your visit, the more your doctor can help you. Here are some tips to help you get the most value from your visit.

## 1. Prepare for your visit

- Make a list of all your health conditions and updates since you last saw a doctor, including information from specialists or visits to the emergency room or hospital.
- Write down any changes in a health condition or any new diagnoses, and questions about your health issues.
- Bring a list of your prescription medications and any over-the-counter medications you are taking, including vitamins and herbal supplements.
- Be ready to share your personal and family history.
- Bring this folder and note-taking items or have a family member or friend join you.

## 2. Trust your doctor to help you manage

- Chronic conditions (such as diabetes or high blood pressure)
- Preventive screenings
- Medications
- Any specialists you should see

## 3. Bring a list of questions like

- Am I due for any screenings?
- Do I need any vaccines?
- What lab tests do I need? (If you've had a lab test recently, are there any concerns?)
- What changes or warnings should I look for based on my health?
- What are the side effects of the medications I'm taking?
- When should I schedule my next appointment?

## 4. Update your doctor about

- Changes in your weight, mood, or energy level
- Any other symptoms you may have, no matter how minor
- Concerns about your current treatments or medications

## 4 Important Topics to Talk about with Your Doctor



**1. Your Emotional Health**—We all go through things that can affect our emotional well-being. That's why it's important to talk to your doctor if you're feeling anxious, stressed, or depressed. These feelings can affect your overall health and must be treated with the same urgency as your physical health.



**2. Physical Activity**—Exercise doesn't have to be strenuous to be helpful. All kinds of movement and exercise helps your body and mind. Ask your doctor for exercise advice such as:

- What exercise is right for me?
- How much activity should I do?
- Are there any exercises or activities I should avoid?
- How does my current health affect my ability to exercise?



**3. Bladder Control**—Urinary incontinence, or sudden loss of bladder control, is not an easy topic to discuss. But millions experience it daily. Ask your doctor about treatments and basic lifestyle changes that can help!



**4. Fall Prevention**—The risk of a fall resulting in a fracture increases with age. Many things can cause a fall. Your eyesight, hearing, and reflexes might not be as sharp. Diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance. Some medicines can cause you to feel dizzy or sleepy, making you more likely to fall. Watch for things that could cause you to trip in your home or when you are out. Ask your doctor about fall prevention advice and classes.



## Keep Track of Your Medications

Keep a list of current prescriptions, over-the-counter medications, vitamins, and herbal supplements to share with your healthcare providers. When you change doctors or your living status (home, hospital, nursing facility), have your medication list reviewed by your doctor or pharmacist.



## Medication List

Make a list of medications, herbal supplements, and vitamins, how much you're taking, why you're taking it, and how it makes you feel to discuss with your doctor. Cross out medications when you no longer use them and note why you're no longer using them.

[illegible]

**List any drug allergies:** \_\_\_\_\_

# Helpful Resources & Services from Trusted Partners

Your Medicare Advantage plan includes services from trusted partners to help manage your healthcare needs. For questions, contact the **Member Outreach team at 602-313-7135, TTY: 711, Monday-Friday from 8 a.m. to 4:30 p.m.**



## IN-HOME PREVENTIVE CARE AND SCREENINGS

### In-Home Health Assessment

More than ever, it's important to stay connected to care; but it's not always easy. As a valued member, you have access to comprehensive health assessments in the comfort of your home. You may also schedule a telehealth video comprehensive health assessment.

### Covered Services

#### Comprehensive Health Assessment:

- Comprehensive Exam
- Medication Review
- Review of Chronic Conditions
- Blood Pressure Check

#### Preventive Screenings:

- Blood Sugar
- Microalbumin
- Osteoporosis
- Colorectal Cancer
- Peripheral Artery Disease



If you'd like to get connected with one of our in-home assessment providers, call the **Member Outreach team for more information at 602-313-7135, TTY: 711, Monday-Friday from 8 a.m. to 4:30 p.m.**





## At-Home Screening Kits

Provided by Sonora Quest Laboratories™



We partner with Sonora Quest to offer A1c and colorectal cancer at-home testing kits. You should ask your primary care provider if these at-home screenings are right for you. You will only be sent the test kit or kits for which you are eligible.



### A1C Test Kit

This simple blood test shows your average blood sugar levels over the past 2 to 3 months, and no fasting is needed. It can help tell you if you are at risk for diabetes or help you manage your condition.



### Colon Cancer Screening Kit

The InSure® ONE™ test looks for bleeding in the digestive tract, which may be a sign of colon cancer. InSure ONE is a fecal immunochemical test (FIT) kit that can be done at home. It only needs water-based sampling of one bowel movement. FIT testing is supported by medical guidelines, including the American Cancer Society, the American College of Gastroenterology, and the U.S. Preventive Services Task Force for early detection of colon cancer.

Order your screening kits from **Sonora Quest** at [azblue.com/kitrequest](https://azblue.com/kitrequest) or by calling the **Member Outreach team** at 602-313-7135, TTY: 711.



## HELP MANAGING MEDICATIONS

### Medication Care Management

Provided by Curant Health



Managing your health can feel like a lot, especially when having to keep up with new or changing medications. You have access to a no-cost Medication Care Management® program from Curant Health, which provides:

- A nurse and pharmacist who can help you manage your medications and their side effects as well as answer health-related concerns
- A dedicated nurse care manager whose focus is to support you and provide guidance as needed
- A resource for health and medication education
- A comprehensive review of your medications and health conditions to identify potential drug-related problems and ways to save you money.
- Personalized health coaching and support from a team of pharmacists, nurses, and patient care coordinators.

To learn more, call **Curant Health at 1-866-200-0215, Monday through Friday, 8 a.m. to 5 p.m. Arizona time. TTY users may call TTY: 711.**

### Medication Review Services

Provided by MedWiseRx™

**MedWiseRx™**

MedWiseRx provides no-cost services for those who qualify. MedWiseRx will review your medications and health conditions one time per year to find ways to improve your health.

Pharmacists are on call to suggest helpful ways to take your medications, help lower the risk of drug-related problems, and look for ways to save you money.



To talk to a pharmacist, **call 1-844-866-3735, Monday through Friday 8 a.m. to 6 p.m. MST. TTY/TDD users, please call 1-800-367-8939.**

Visit [sinfoniarx.com/patientexperience](https://sinfoniarx.com/patientexperience) to learn more about the benefits of having MedWiseRx help manage your medications.

MedWiseRx is a separate company contracted by BCBSAZ to provide Medication Therapy Management program services.

## MORE WAYS TO TAKE CARE OF YOUR HEALTH

### MyBlue Medicare Wellness Rewards<sup>SM</sup>

Earn Rewards for Taking Care of Your Health

Helping you get the healthcare you need to feel your best and do life the way you want is our top priority. That's why you earn rewards for taking care of your health through the MyBlue Medicare Wellness Rewards program. You'll receive a prepaid Mastercard® for the following preventive care services completed by December 31, 2022.

- Annual Physical Exam \$50
- Annual Flu Shot \$10
- In-home assessment \$50

For more information, call the **Member Outreach team at 602-313-7135, TTY: 711.**

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### Healthy Living Virtual Events



Caring for your health takes a little work and know-how. You have access to virtual seminars on a range of topics, such as healthy eating, diabetes management, plan benefits, and more. Look for emails and text messages about upcoming events. Or go to [azbluemedicare.com/TBD](https://azbluemedicare.com/TBD) to see the schedule and sign up.



# Information for Healthier Living

## PLAY IT SAFE. TAKE STEPS TO PREVENT FALLS.

Tripping on a rug or slipping on a wet floor can cause real harm. One in five falls result in a serious health issue, such as fractures or head injuries. There are many things that can raise your risk of falling.

- Lower body weakness
- Difficulties with walking and balance
- Medicines that affect balance, such as tranquilizers, sedatives, or antidepressants
- Vision problems
- Foot pain or poor footwear
- Vitamin D deficiency (not enough vitamin D in your system)
- Home hazards such as uneven steps, throw rugs, or slippery surfaces

**CHECK YOUR HEALTH SCORE**  
Complete the Health Scorecard to find your activity level.



### Watch for Osteoporosis

The word *osteoporosis* means porous bones. It causes a higher risk for bone fractures. That's why it is so important to get screened for osteoporosis if you have had a fracture. Ask your doctor about checking your bone health.

## More Ways Your Doctor Can Help You

Always tell your doctor if you have fallen since your last visit, even if you didn't get hurt. A fall can alert your doctor to a new medical problem or problems with your medications or eyesight that can be corrected. Your doctor may suggest physical therapy, a walking aid, or other steps to help prevent future falls.

## TIPS TO PREVENT FALLS




1. Stay active – Try to add exercises to keep strong
2. Check your eyes and ears
3. Know your medication side effects
4. Get enough sleep
5. Limit alcohol intake
6. Stand up slowly
7. Use standing and walk support if needed
8. Watch for wet or icy surfaces
9. Wear "safe" shoes

## MAKE YOUR MOVE FOR A HEALTHIER YOU

Everybody benefits from physical activity. Exercise can help prevent, delay, and manage many health issues and conditions. Keeping active is good for our minds, keeps us strong, and is a natural energy booster. Think of it as a prescription for staying independent.

### How Much Is Enough?

Here's what experts recommend for all adults.

	<b>90 to 150 minutes a week</b> of moderate exercise. Walking, swimming, or biking are good.
	At least <b>two days a week</b> of activities that <b>strengthen muscles</b> .
	Activities to <b>improve balance</b> , such as standing on one foot.

**CHECK YOUR HEALTH SCORE**  
Complete the Health Scorecard to find your activity level.

### It's Never Too Late to Start

Some activity is better than none. There are ways to exercise even if you have limitations. There is chair yoga and strength training. Exercise in the swimming pool if you have arthritis or joint pain. Walking at any speed is good for you.

### Keep Active and Safe

Ask your doctor which activities are best for you. Talk to your healthcare provider before starting a new exercise routine. It's always best to take it slow.

### Support for Your Goals

Your Blue Cross Blue Shield of Arizona Medicare Advantage plan includes the Silver&Fit<sup>®</sup> Healthy Aging program. It offers something for everyone.

- No-cost memberships to a wide choice of fitness facilities in your area
- Variety of home exercise kits
- Workout videos for every ability and fitness level

For more information and to sign up, visit [silverandfit.com](https://silverandfit.com).

Here are some activities you can do to help your endurance, strength, balance, and flexibility.

#### Endurance

Walking  
Biking  
Dancing  
Swimming  
Water aerobics

#### Strength

Lifting weights  
Resistance bands  
Bodyweight exercise  
Heavy gardening  
House cleaning

#### Balance

Walking backward  
Standing on one leg  
Tai chi  
Some yoga moves

#### Flexibility

Stretching  
Pilates  
Yoga

<sup>1</sup> <https://www.nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability>



## DON'T LET BLADDER PROBLEMS DISRUPT LIFE

Urinary incontinence, or leaking urine by accident, is more common than people think. Bladder control problems can happen for many reasons, such as infections, weak pelvic muscles, nerve issues, and more.

### There Is Help

The good news is there are more treatments than ever to stop or control incontinence.

### When to See a Health Provider

Talk to your healthcare provider if you have urinary incontinence or any signs of a bladder problem, such as:

- Needing to urinate more frequently or suddenly
- Cloudy urine
- Blood in the urine
- Pain while urinating
- Urinating eight or more times in one day
- Passing only small amounts of urine after strong urges to urinate
- Trouble starting or having a weak stream while urinating

**CHECK YOUR  
HEALTH SCORE**  
Complete the  
Health Scorecard  
to find your  
activity level.

Start with your primary care provider, and they will refer you to a specialist if needed.



## CHECK YOUR HEALTH SCORE

Keeping healthy is about protecting yourself from injuries, staying strong, and managing health issues that can affect your quality of life. Answer the questions below to see if you should seek help from your PCP to help you feel your best.



### WHAT'S YOUR RISK OF FALLING?

1. Have you fallen in the past year?

Yes	No	Score
+1	+0	

2. Does poor vision affect your balance or ability to walk?

Yes	No	Score
+1	+0	

3. Do you worry about falling?

Yes	No	Score
+1	+0	

4. Add a point for the activities you do and total the score.

Climb stairs	Use bathroom without grab bars	Walk on slippery or uneven surfaces	None	Score
+1	+1	+1	+0	

5. Select the number that reflects how often dizziness affects your balance or walking. Add the score that describes you.

Daily	Once a week	Once a month	Never	Score
+4	+3	+2	+1	



### WHAT'S YOUR PHYSICAL ACTIVITY LEVEL?

1. Do you have a hard time climbing up or going down the stairs?

Yes	No	Score
+1	+0	

2. Do you experience pain while engaging in activities?

Yes	No	Score
+1	+0	

Additional questions on back...



## WHAT'S YOUR PHYSICAL ACTIVITY LEVEL?

3. Select the weekly physical activity level that describes you.

<b>Not active</b>	Seated for most of the day with <b>less than 30 minutes of physical activity per week</b>	<b>+4</b>
<b>Light</b>	Stretching, tai chi, or slow walking <b>less than 75 minutes a week</b>	<b>+3</b>
<b>Moderate</b>	Brisk walking, low-impact exercise <b>at least 90 minutes a week</b>	<b>+2</b>
<b>Very active</b>	Brisk walking, jogging, swimming, or stair climbing <b>at least 150 minutes per week</b>	<b>+1</b>
<b>Score</b>		

4. Are you able to complete living tasks such as grocery shopping, bathing, and cooking?

<b>Cannot do any tasks</b>	<b>Can do some tasks with effort</b>	<b>Can do all tasks with effort</b>	<b>Can do all tasks with little effort</b>	<b>Score</b>
<b>+4</b>	<b>+3</b>	<b>+2</b>	<b>+1</b>	



## HOW'S YOUR BLADDER HEALTH?

1. Select the option that reflects how often you have experienced urine leakage in the past 6 months.

<b>Once a day</b>	<b>Once a week</b>	<b>1-4 times per year</b>	<b>Never</b>	<b>Score</b>
<b>+4</b>	<b>+3</b>	<b>+2</b>	<b>+1</b>	

2. Does urinary incontinence affect your daily life (such as leading to depression, social withdrawal, or sleep deprivation)?

<b>Very much</b>	<b>Moderately</b>	<b>Slightly</b>	<b>Not at all</b>	<b>Score</b>
<b>+4</b>	<b>+3</b>	<b>+2</b>	<b>+1</b>	

**Add Up Your Total Score and Share This with Your Provider**

<b>Risk of Falling</b>	<b>Physical Activity</b>	<b>Bladder Health</b>	<b>Score</b>