



MyTru Advantage

Wellness Quarterly

Winter 2025



Your Health Risk Assessment

It's time to take your Health Risk Assessment!

The Health Risk Assessment is a short survey that will only take about 10 minutes to complete. It's an opportunity for our members to share more information about their overall health and well-being. We encourage you to take advantage. If you are unable to complete it on your own, another person who knows about your health may help you.

You can access the Health Risk Assessment by visiting MyTruAdvantage.ezonlineregistration.net or by scanning this QR code.



You will need your Member ID Card Information to access and submit the survey. The information you provide is treated with absolute confidentiality.

If you have any questions or would like to request a printed copy of the Health Risk Assessment for completion, please call Member Services at 1-844-425-4280 (TTY: 711).

Your Primary Care Provider (PCP)

A Primary Care Provider (PCP) is a healthcare professional such as a doctor, nurse practitioner, or physician assistant who serves as the first point of contact for your medical needs. A PCP knows your medical and family history, manages preventative care, provides referrals to specialists, diagnoses and treats common illnesses, and manages chronic conditions. A relationship with your PCP can allow you to be treated quickly and can prevent an urgent care visit when you are “sick.”

To find a PCP in the MyTruAdvantage network, you can contact our Member Services line at 1-844-425-4280 (TTY: 711) or go to our website at [MyTruAdvantage.com](https://www.MyTruAdvantage.com) and click on “Provider Directory.”



Your Preventative Health Services

MyTruAdvantage wants to help you stay as healthy as possible in 2025.

Your health plan covers many preventive screenings and services at no cost to you!

Talk to your primary care provider about any tests or immunizations that are right for you.

- **Annual Wellness Visit**
- **Breast Cancer Screening**
- **Colorectal Cancer Screening**
- **Lung Cancer Screening**
- **Cholesterol Screening
(Lipid Panel)**



For a complete list of all preventative services covered by your plan, please contact MyTruAdvantage member services at (844) 425-4280.

Annual Wellness Visit

Your Medicare Annual Wellness Visit is not a physical exam, but a review of your overall health risks, medications, and preventive care.

Your visit is covered at 100% if your provider accepts Medicare. However, during your visit, if you require further tests or screenings other than those listed below, a co-payment co-insurance expense could occur.



A medical and family history review and discussion.



An update to any current providers and prescriptions you may be taking.



Routine measurements such as height, weight, and blood pressure.



Individualized health advice.



Cognitive assessment.



Review of your risk factors and treatment options that may be appropriate for you.



Recommend appropriate preventive services such as: screenings, shots, etc.



Advanced care planning discussion & resources available.

Breast Cancer Screening

Breast cancer is the most common cancer among women, but early detection can make a life-saving difference.



The best way to screen for breast cancer is with a mammogram, which can detect cancer even before a lump is noticeable. Regular screenings increase the chances of finding breast cancer at an early stage, when treatment is most effective.

Early detection means more treatment options and a better chance for a successful outcome.

Source:

<https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/american-cancer-society-recommendations-for-the-early-detection-of-breast-cancer.html>

Colorectal Cancer Screening

Colorectal cancer is the fourth most common type of cancer in the United States.

The earlier it's found, the better the chance of successful treatment. While there are multiple types of screening for colorectal cancer, a colonoscopy remains the gold standard for screening. Some of the other types of screenings include stool tests (FIT, Cologuard), a flexible sigmoidoscopy, and a CT Colonography.



Talk to your medical provider to determine which is best for you.

Lung Cancer Screening

Lung cancer is the third most common cancer in the United States, affecting thousands of individuals each year.

One of the primary methods for early detection is a low-dose CT scan, which is recommended for those with a history of smoking, even if they are not experiencing any symptoms.



These scans can help detect lung cancer at an early stage when treatment options are more effective and less invasive.

As with most cancers, early detection is key to providing more effective treatment options.

Cholesterol Screening (Lipid Panel)

Having your cholesterol (lipid) levels checked regularly is an important tool for you and your provider to determine your heart health. This is a simple blood test that can easily be done in your provider's office or at a lab.

The National Institutes of Health (NIH) has set the following recommendations for how often to have your cholesterol levels checked.

- Adults aged 20-45 – every 5 years
- Men aged 45-65 – every 1-2 years
- Women aged 55-65 – every 1-2 years
- Over 65 – every year



Remember these are just recommendations. You and your primary care provider are best suited to determine how often you should have screening tests based on your personal and family health history.

Taking Medications Appropriately

If you have chronic medical conditions, it's important to take your medications correctly so that you minimize your risk of complications or worsening of your condition.

Taking medications as prescribed sounds easy enough, so why is it a challenge?

Problem 1: Cost.

- The cost of medications can be a significant burden for many people. Often, the cost of medication can create barriers if it is no longer affordable.

Problem 2: Unclear Understanding of Medication Purpose.

- Managing chronic health conditions requires an understanding of the condition, including the role that medication plays in treatment. People who don't understand the role and importance of medications are less likely to take them as prescribed.

Problem 3: Complexity of medication regime.

- As the number and frequency of medications increase, it can become difficult to remember what to take and when to take it.

How can these problems be addressed?

Problem 1: Cost.

- Know your prescription coverage. Talk with your provider if certain medications are causing cost issues. There may be lower cost alternatives. You can check the manufacturer websites for financial assistance. While we cannot guarantee coverage at this level, there are other options available.

Problem 2: Understanding Your Care.

- If you can, take someone you trust with you to your doctor's appointments. They can take notes, remind you of what questions you want to ask your provider, and help you keep track of answers.
- Before you make any changes to your medication, talk to your doctor first. Some medications have specific requirements to change or stop them safely.
- Be realistic about what the meds can and can't do for you. Talk to your provider about the goals of the treatments.

Problem 3: Medication Regime Confusion.

- Talk to your provider or pharmacist about your medications to make sure you understand how to take them. If you are having problems remembering to take your medications, try the following:
 - Set an alarm on a watch or phone as a reminder.
 - When you take a medicine, flip the bottle over so you know you've taken it.
 - Use a pill organizer or see if your pharmacy will pre-package medicine that is taken at the same time.
 - Keep medications where you can see them.
 - To remember to refill your medicine, mark the refill date on your calendar or set up auto-refill with your pharmacy. Allow at least a week for the pharmacy to have it ready when you need it.



Sources:

<https://online.nursing.georgetown.edu/blog/improving-medication-adherence-in-older-adults/>
<https://www.childrensmemory.org/siteassets/media-documents-for-depts-section/departments/gastroenterology/ibd/ibd-remembering-medication.pdf>
<https://www.cdc.gov/mmwr/volumes/66/wr/mm6645a2.htm>

Contact Us

Member Services:

Phone: 1-844-425-4280 (TTY: 711)

Email: MemberServices@MyTruAdvantage.com

- **October 1 – March 31: 7 days a week, 8:00am – 8:00pm, Local Time**

On Thanksgiving and Christmas Day, leave us a message and we'll return your call within 1 business day.

- **April 1 – September 30: Monday – Friday 8:00am – 8:00pm, Local Time**

On weekends and holidays, leave us a message and we'll return your call within 1 business day.

MyTruAdvantage has HMO and PPO plans with a Medicare contract. Enrollment in MyTruAdvantage depends on contract renewal. MyTruAdvantage complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.425.4280 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1.844.425.4280 (TTY: 711) Y0150_4001_MM0063_M