

MyTru Advantage

Wellness Quarterly

Winter 2024



Your Preventative Health Services

Welcome! MyTruAdvantage wants to help you stay as healthy as possible in 2024. 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**

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 in women.

The best way to test for breast cancer is to have a mammogram, which can help find breast cancer early, even before a lump can be felt.

Early detection means earlier treatment.



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 4th most common type of cancer in the US.

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 3rd most common cancer in the US.

Low-dose CT scans are used to test those who have a history of smoking, even if there are no symptoms of lung cancer.

As with most cancers, early detection makes for more effective treatment.



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.

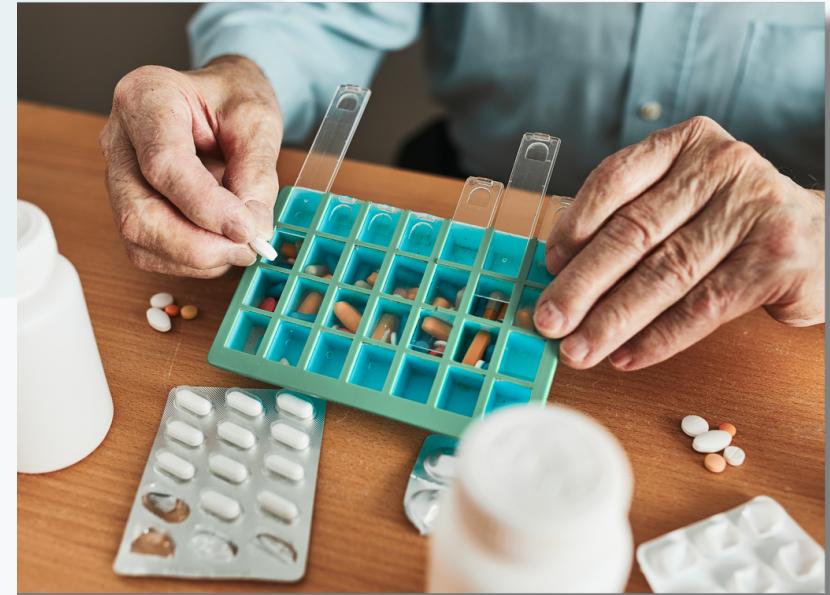
- Know your prescription coverage. If you have questions, call your Pharmacy Benefits Manager at Medimpact Customer Care at 877-403-6035. Talk with your provider if certain medications are causing cost issues. There may be lower-cost alternatives that your provider could order. Finally, check savings programs such as GoodRx, SingleCare, or HelpRx to see if these may be options as well.

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.
 - Keep medications where you can see them.
 - Set up a medication box or see if your pharmacy will pre-package medicine that is taken at the same time.
 - To remember to refill your meds, mark your refill date on a calendar or set up an auto-refill with your pharmacy. Allow at least a week prior to be sure the pharmacy can 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>

Your Over-The-Counter Benefit

At MyTruAdvantage, we understand your health is important. We also understand that the cost of medicine is on the rise.

To help supplement the cost of non-prescription coverage, we are offering a supplemental benefit to help with the costs of your over-the-counter purchases. In 2024, each member will receive a \$75.00 quarterly allowance (with the option to roll over up to \$75.00, not to exceed \$150.00) to purchase non-prescription covered items such as allergy medicines, antacids, cough and cold medicines, first aid care, incontinent supplies, and many more.

This benefit will be offered through the MyTruCard FlexCard issued through MasterCard.[®]

For a complete listing of items available online, we recommend you visit our website at www.mytruadvantage.com.



There are many ways you can access this over-the-counter benefit:

1. Online at MyTruAdvantageOTC.com

- This benefit works best when used online through our ordering portal. Visit MyTruAdvantageOTC.com to shop quality products in a number of different categories. Add to cart, pay with your MyTruCard and they will be shipped directly to your home.

2. By Mail

- Mail your completed order form to:

**MyTruAdvantage OTC Orders
4613 N. University Drive #586
Coral Springs, FL 33067**

3. Over the Phone

- Call 1-800-895-6311 (TTY:711) to place your order by phone Monday - Friday from 8am-8pm EST.



4. In-Store

- You will have the ability to shop at limited retailers such as Walmart, Kroger, Target, CVS, etc., to purchase limited items while also shopping for your groceries.
- Your MyTruCard will be accepted in-store more widely when purchasing brand name items versus generic items.
 - ****PLEASE NOTE:** Due to certain items not being eligible for in-store purchases, this benefit works best when used online.**



For more information regarding the OTC in-store shopping experience, please visit our website at www.mytruadvantage.com. Click the Plan Information tab at the top and scroll down to OTC - In-Store Shopping Experience.

If at anytime you attempt to make a purchase and it is not accepted while you are shopping in-store, members are urged to complete the reimbursement form.

You may contact Member Services at 844-425-4280 for assistance while completing.

In-Store Covered OTC Items

- Acne treatment: Clearasil, OXY.
- Allergy and antihistamines: Alavert, Allegra, Ayr, Benadryl, Claritin, Flonase, Sudafed, Zyrtec.
- Analgesics and antipyretics (pain relievers): Aspercreme, Aspirin, Advil, Aleve, Ben-Gay, Icy Hot, Midol, Tylenol.
- Antacids and acid reducers: Gas-X, Maalox, Phillips Milk of Magnesia, Mylanta, Zantac, Omeprazole**, Pepcid AC, Prilosec, Tagamet HB, Tums.
- Anti-arthritis: Glucosamine Joint/Muscle, glucosamine/chondroitin.
- Antibiotics (topical): Bacitracin, Neosporin, triple antibiotic ointment.
- Anticandidal (yeast): Lotrimin**, Vagisil, Miconazole 3-Day Treatment, Monistat.
- Anti-diarrheal and laxatives: Dulcolax, Ex-Lax, Imodium, Kaopectate, Loperamide HCL**, Miralax, Normalyte, Pepto-Bismol, Senna Plus.
- Anti-fungal: Lamisil, Lotrimin, Terbinafine HCL.

- Anti-gas: Gas-X, Phazyme.
- Anti-itch lotions and creams: Caladryl, Calamine, Cortaid, Sarna, hydrocortisone.
- Antiparasitic treatments: Nix, Rid, lice treatments.
- Antiseptics and wound cleansers: Betadine, Epsom salt, Hibiclens, peroxide, rubbing alcohol.
- Cough: Advil Cold and Sinus, Afrin, Alka-Seltzer Cold and Flu, Aleve Cold and Sinus, Cepacol, ColdEeze, Dayquil, Diabetic Tussin, Halls cough drops, nasal sprays, Nyquil, Robitussin, Theraflu, Triaminic, Tylenol Cold and Flu, Vicks, Vicks Vapor Rub, Zicam.
- Cold sore remedies: Abreva, Herpecin, Orajel.
- Contact lens supplies: cleaning and soaking solutions.
- COVID-19 related items: 3M Daily Face Mask, Germ-X, home test kits, Purell.
- Dental and denture care: Anbesol, Benzodent, Fixodent, Orajel, Poligrip.

- Ear care: Debrox, medicated ear drops, Similasan.
- Eye care: Artificial Tears, Clear Eyes Drops, Refresh Tears, Visine.
- Fiber supplements: Benefiber, Fibercon, Metamucil.
- First aid burn remedies: Dermoplast, Solarcaine.
- First aid dressings and supplies: 3M Nexcare*, Band Aid*, J&J First Aid, Simply Saline Wound Wash.
- First aid wound and skin protectants: Aquaphor healing ointment, Bactine, Vaseline Healing Petroleum Jelly.
- Foot care: corn and callus treatments, wart removers.
- Hemorrhoidal: Preparation H, Tucks.
- Incontinence supplies: diapers, pads, A&D Ointment, under pads, barrier cream, incontinence briefs.
- Motion sickness: Dramamine, Bonine.
- Skin treatments: Dermarest Eczema, Psoriasis.
- Sleep aids: Nyquil, Sominex, Tylenol PM, Unisom.
- Smoking cessation: Nicoderm, Nicorette.

MTA Cares Program

One of the many benefits of being a MyTruAdvantage member is our MTA Cares Program. The MTA Cares Program is a patient-centered and voluntary program that offers a dedicated Nurse Care Advisor who will support you and help you receive the best health outcomes possible. The nurse care program focuses on:

- Collaboration with your primary care provider on your individualized plan of care.
- Connection to support and resources, such as food and transportation needs.
- Facilitation of communication with primary care providers and specialists.
- Chronic disease education at a level specific to you.
- Creation of personalized care plans for each patient that respects your personal beliefs and healthcare goals.
- Participation in advanced care planning discussions.
- Minimization of unnecessary trips to the emergency department or hospitalizations, allowing you to stay in the comfort of your home.
- Empowerment of you as the patient to take a more active role in your health.



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RN Care Advisor
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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.



www.MyTruAdvantage.com

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_4041_MC0292_M