



## MEMBER NEWSLETTER **ONE TO ONE**

### Take steps now to reduce your risk of falls

**Falls Prevention Awareness Day is September 22.** An unintentional fall can do more than disrupt your day. You might break a bone or have a head injury that puts a sudden stop to your usual daily activities. Before you know it, your once-active lifestyle becomes sedentary.

The Centers for Disease Control and Prevention says one-third of people age 65-plus fall each year—but that doesn't mean it's a normal part of aging. To lower

your risk, take proactive steps to fall-proof your life.

**Get a thorough medical checkup.** Tell your doctor if you've fallen—even if you weren't hurt—or you're worried about falling. You may have unknown health conditions that can increase your fall risk, such as osteoporosis. Learn more on page 3.

**Review medicines too.** If side effects make you dizzy or sleepy, your doctor may prescribe a different drug.

**Have your vision and feet checked.** Getting a new eyeglass prescription or choosing footwear with good support could head off a fall.

**Take care of home hazards.** Turn up the lights, clear the clutter, toss throw rugs, and install railings or grab bars in places you're likely to slip.

**What's the number one thing you can do to prevent falls?**

Turn to page 2. ----->

#### INSIDE



**4** *Ouch!* Get pain-busting relief



**5** Preview 2022 plan benefits



**11** Clip-and-save vaccine chart



# Reduce your risk of falls

—Continued from front page

## Notes from our Chief Medical Officer

This summer, the world is opening up again. There's no better time to get outside (or pop into an air-conditioned gym) and get active. More to the point, staying active—in all aspects of life—keeps your brain, body, and spirit healthy, resilient, and strong.

While you're out and about, or just going about your daily activities, take care to avoid falling. One key to stay on your feet and prevent falls is to keep up your strength. That includes your bones. **See our discussion on page 3** about slowing bone loss, and how to strengthen your bones if you have osteoporosis.

**Be sure to check out page 5**, and plan to join us online this fall to make sure you're getting the most out of your Blue Cross® Blue Shield® of Arizona (BCBSAZ) plan's benefits. For now, though, sharpen your mind with our crossword and word search. And stay hydrated during these scorching summer days with healthy foods—like a salad that pairs beets with juicy peaches.



In health,  
Alonzo T. White, M.D.,  
MBA  
Chief Medical Officer  
BCBSAZ Medicare  
Advantage

**Here's the simplest way to reduce your fall risk: Keep moving!** That's because a lack of regular activity leads to weakness. Your "active" may look different from your friend's or your neighbor's. Whatever your fitness level or health conditions, you can make healthy choices to increase activity.

Doing aerobic activities plus exercises to improve your balance, flexibility, and strength (especially lower body strength) can help you stay independent and steady on your feet. Of course, always consult your doctor before starting or changing your exercise routine.

**To get started, or to step up your fitness routine, look to Silver&Fit.** You might be surprised at the program's many benefits! Read all about it in the attached insert.

## The 4 types of exercise

### Aerobic

Keeps heart, lungs, and circulatory system healthy—improving overall fitness.



### Strength

Builds stronger muscles to support body movement.



### Balance

Improves posture and stability and helps prevent falls.



### Flexibility

Stretches muscles to help the body stay limber.



Sources: American Council on Exercise; Centers for Disease Control and Prevention; National Institutes of Health; National Institute on Aging



**As a reminder ...** Our Medicare Service Centers in Sun City and Surprise remain closed until further notice. If you have questions about health plan benefits or providers, or need help with making your premium payments, please call us at Member Services at **1-800-446-8331**, TTY: **711**.

# Bone up on your bone health

**Loosely translated, osteoporosis means “brittle bones.”** It’s considered a silent disease because you may not be aware of it until a bone breaks. Osteoporosis can also make you more susceptible to a fall. Although more common in women, all seniors can have a loss of bone density.

## Make lifestyle changes to build bone mass

The good news is that osteoporosis is largely preventable—and even if you’re diagnosed, you can strengthen your bones and slow bone loss. Eating a diet rich in calcium and vitamin D helps. So does doing weight-bearing activities like walking, jogging, climbing stairs, playing pickleball, dancing, or strength training. For some individuals, however, these steps may not be enough to prevent fractures.

## Get tested to measure your risk

Some experts recommend getting a bone mineral density (BMD) test at age 65 or older. Your BMD test result, called a T-score, tells your doctor how much bone mineral you have: As bones become less dense, they become fragile. Another tool identifies your likelihood of having a fracture within 10 years. Together, these results help paint a picture of your fracture risk and what medications will work best for you.

**A variety of prescription drugs help in rebuilding bone tissue and preventing bone loss.** BCBSAZ Medicare Advantage covers the medications listed to the right. Take medicine as prescribed and work with your doctor to monitor the results. If one drug is not effective for you, discuss alternatives with your doctor.



**Did you know that some drugs can weaken bones?** Some prescription and over-the-counter drugs—including corticosteroids, drugs for acid reflux and gastric ulcers, and certain antidepressants—can increase your risk. If you have concerns, do not stop taking your medicine. Talk to your doctor to discuss the benefit vs. risk of treatment.

Sources: National Osteoporosis Foundation; American Association of Clinical Endocrinology

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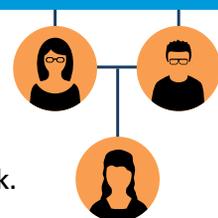
Drug Name	Tier Level
Alendronate tablets (Fosamax <sup>®</sup> )	1
Risedronate (Actonel <sup>®</sup> /Atelvia <sup>®</sup> )	2
Zoledronate (Reclast <sup>®</sup> )	2
Ibandronate (Boniva <sup>®</sup> )	2
Denosumab (Prolia <sup>®</sup> )	3
Abaloparatide (Tymlos <sup>®</sup> )	3
Teriparatide (Forteo <sup>®</sup> )	3
Romosozumab (Evenity <sup>®</sup> )	5

## FAST FACTS

About half of all women over age 50 will suffer from a bone fracture.



Family history of the disease, or a personal history of bone fracture as an adult, ups your risk.



# Need pain relief *now*?

BlueJourney and BluePathway<sup>SM</sup> plans cover alternative treatments for chronic pain

## Chiropractic. Acupuncture.

**Therapeutic massage.** If you're suffering from chronic pain but want alternatives to prescription medications or surgery, you can relax knowing that these treatments are covered.

It does a body good to get active—but sometimes painful joints, muscles, and connective tissue can hold you back. Now you have more ways to stay active and live comfortably, with alternative therapy benefits provided by American Specialty Health Fitness, Inc. (ASH Fitness).

For a \$30 copay per visit, BlueJourney PPO and BluePathway HMO plans cover up to 20 combined visits\* per year for chiropractic, acupuncture, and therapeutic massage services.

## Getting help is as easy as 1-2-3

- 1 Find a contracted provider near you.** For a list of eligible participating providers near you, call ASH Customer Service at **1-800-678-9133** (TTY: **711**) Monday through Friday, 6 a.m. to 9 p.m., or Saturday, 1 to 9 p.m. MountainTime.
- 2 Schedule an appointment.** Call the provider to make an appointment or schedule one online, if available.
- 3 Take your member ID card to your appointment.** Before providing services, the therapist will verify your coverage.

\*May require prior authorization.

Alternative therapy benefits available only on BluePathway HMO and BlueJourney PPO plans. Routine chiropractic services cover routine care. You are covered for 20 combined visits between chiropractic, acupuncture, and therapeutic massage per year. You must use an American Specialty Health (ASH) chiropractic provider. ASH Fitness is a subsidiary of American Specialty Health Incorporated (ASH). This information is not a complete description of the program.



**Not sure what plan you're in?** Check your member ID card. More questions? Visit [azbluemedicare.com](https://www.azbluemedicare.com) or call BCBSAZ Member Services at **1-800-446-8331**, TTY: **711**.



### That's a relief:

Blue Medicare Advantage Classic, Plus, and Standard HMO plan members can get **Medicare-covered** chiropractic treatments for \$20 per visit and acupuncture for \$30 per visit.



# Attend a virtual benefits review

In this members-only BCBSAZ Medicare Advantage plan review, we'll help you understand your current medical and prescription drug health plan benefits, and what will be changing in 2022. The more informed you are about your benefits, the better you are at making smart health choices. For your safety, all sessions are presented online only.

Get a \$10 gift card to use at any grocery store just for attending.\*



Join a live online class,  
followed by a Q&A session

Register at: [benefitreview.rsvpify.com](https://benefitreview.rsvpify.com)

Find your county and plan name for the group session dates below.

- If you are unsure which session to attend or require accommodation for persons with special needs at meetings, call **602-313-7136**, TTY: **711**, or email **Mbr.Communications@azblue.com**.
- For registration assistance, email **events@azblue.com**. You will receive an email with instructions after you register.

## MARICOPA COUNTY

### Blue Medicare Advantage Classic and Plus HMO Plans

- October 5, 12, 26; November 2, 9
- For each date: 10 to 11:30 a.m. or 2 to 3:30 p.m.

### BluePathway HMO Plans

- October 7, 21; November 4
- For each date: 10 to 11:30 a.m. or 2 to 3:30 p.m.

### BlueJourney PPO Plan

- October 19; November 16, 30
- For each date: 10 to 11:30 a.m. or 2 to 3:30 p.m.

## PIMA COUNTY

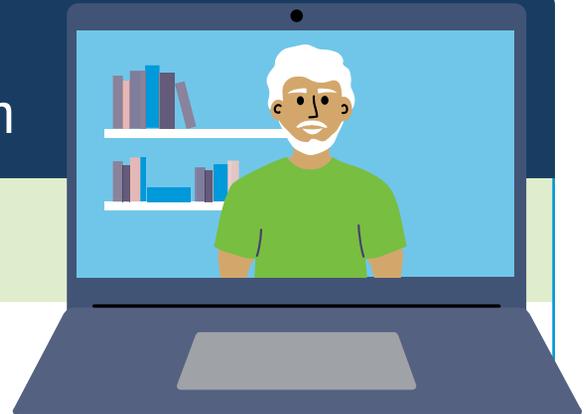
### Blue Medicare Advantage Classic HMO, BluePathway HMO, and BlueJourney PPO Plans

- October 15; November 11
- 10 to 11:30 a.m.

## SANTA CRUZ COUNTY

### Blue Medicare Advantage Standard HMO Plan

- October 15; November 11
- 2 to 3:30 p.m.



\*Limit one gift card per member, regardless of how many sessions attended. You must provide your mailing address during registration and attend the event in order to receive your card. Mailing address will be used for mailing of gift card only. Not redeemable for cash. Cards will be mailed to attendees following the event.

Card is issued by MetaBank<sup>®</sup>, Member FDIC, pursuant to license by Mastercard International Incorporated. Mastercard is a registered trademark, and the circles design is a trademark, of Mastercard International Incorporated. No cash access or recurring payments. Card valid for up to 12 months; funds do not expire and may be available after card expiration date; fees may apply. Card terms and conditions apply.

# Aging well with a disability

Some disabilities start early in life, while others might develop with age. Whatever the case may be for you, there's a lot you can do to grow, thrive, and live your best life.

**Keep up the good habits.** A healthy lifestyle may help you manage your disability, preserve your strength, and head off problems. It can make daily tasks easier. It may even help you deal with stress. Want to learn more about eating right, getting regular exercise, or quitting smoking? Your doctor can share tips tailored to people your age and with your condition.

**Mind your mental health.** For some people, the stress of living with a disability may raise the risk of depression. It's important to pay attention to how you feel. If you're often

sad or stressed, let your doctor know. And reach out to family and friends, as well as others with your condition, for support. Your mental health matters every bit as much as your physical health.

**Be proactive about problems.** Do you write off aches, pains, or fatigue as "just getting older" or the result of your disability? Bring it up with your doctor—there may be ways to help you feel better.

**Live life with purpose.** There is a great deal of joy and meaning to be found in this stage of your life. Focus on things that matter to you. Maybe that's a hobby, a faith group, or volunteer work in your community. Be open to new experiences. Life may just surprise you!



July 26 is Americans with Disabilities Act Day—learn more at [adaanniversary.org](http://adaanniversary.org).

Sources: Centers for Disease Control and Prevention; University of Washington, Rehabilitation Research and Training Center

## There's still time to reap your health reward\$



Here's a friendly reminder about our MyBlue Medicare Wellness Rewards<sup>SM</sup> program. The name says it all: When you complete one or more of these eligible preventive screenings for 2021, you'll earn a prepaid Mastercard<sup>®</sup>.

**Annual physical exam**  
(annual wellness visit is not eligible) **\$25**

**Mammogram** **\$25**

**Annual flu shot** **\$10**

### 2 simple steps to reap your rewards:

1. Complete your screening with an in-network provider at an in-network facility on or before December 31, 2021.\*
2. Once each claim is submitted and processed, your prepaid Mastercard will arrive in approximately 60 days.

\*Prepaid Mastercard is issued one time per completed screening or vaccine, per calendar year.

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# August is Talk To Your Doctor Month

**Keeping you healthy is a team effort, and you play a big role.**

After all, no one knows how you're feeling better than you.

Help your doctor help you by writing down a few notes, starting with the reason why you made the appointment. Be open and honest about any concerns. List any symptoms you're having, as well as questions that you want to ask. Are you in pain? Describe it the best you can, such as what it feels like, and when or how often it happens.

**This handy checklist can help.**

Print a copy when you need to prepare for a visit. Find it, plus a My Wellness Checklist for your annual physical exam, at [azblue.com/healthchecklists](http://azblue.com/healthchecklists).



## How to talk to your doctor



This checklist can help you communicate better with your doctor. Fill it out and take it with you to your appointment. You might also use it to prepare for calls to your doctor's office about your care.

**The reason for my visit:** I am most concerned about:

\_\_\_\_\_

**What the doctor needs to know:** I have these new or worsening symptoms:

\_\_\_\_\_

My health has changed recently (taking new medications, recovering from surgery, etc.):

\_\_\_\_\_

I have these limitations (poor vision, difficulty walking, memory problems, etc.):

\_\_\_\_\_

### Your health/treatment: Questions to ask

- Do you have any follow-up instructions for me?  
Can I get those in writing?
- When will I get the test results from my visit?
- When should I schedule my next appointment?
- When should I expect to see improvement?
- If there is no improvement, what should I do?
- How should I contact you if I have questions after this visit?

### Staying well: Questions to ask

- Does my family health history raise my risk for any health problems?
- What vaccines, screenings, or medical tests do I need?
- What are some steps you think I should take to stay healthy?

**Need emergency care? Call 911.**

**Have questions or need help scheduling a preventive care appointment?**

Call our Member Outreach team at **602-313-7135**, TTY: **711**.



Incorporated. No cash access or recurring payments. Card valid for up to 12 months; funds do not expire and may be available after card expiration date; fees may apply. Card terms and conditions apply.

**I feel**



good



not so good



getting worse



seriously ill



# It's a thing: Tech-savvy seniors

## September is Healthy Aging

**Month.** While the focus is often on maintaining physical strength as we grow older, staying mentally alert and active is an equally important component of good health. More and more, technology plays a pivotal role.

One of the "side effects" of the COVID-19 pandemic is that greater numbers of seniors have embraced using computers, smartphones, and other digital devices. Connectivity can positively impact many aspects of life, including:

**Health and wellness:** You can exercise indoors or out with on-demand workouts. And expanded telemedicine



services have proven to be a safe and convenient way to see your healthcare provider.

**Lifelong learning:** Mastering new tech tools can sharpen cognitive skills. Plus, the internet offers infinite access to mentally stimulating content, virtual classes, and just-for-fun games and brain teasers.

**Social network:** Check out social media apps and call, email, text, or video chat at your convenience with family and friends. In addition to improving your quality of life, staying socially connected also boosts brain health.

Source: National Institute on Aging



## Before you reply to that 'urgent' text message ...

Did you know that scammers are now targeting your mobile phone? Similar to email phishing attempts, "smishing" uses spam text messages to try to collect your Social Security number, account numbers, and passwords—in other words, your identity or your

money. Sadly, because texts may seem more personal than phone calls, many of these scams make cybercriminals richer.

### Smishing takes many forms

Here's what's maddening: It's not easy to recognize which texts are

**YOU NEED TO KNOW:** You may receive texts sent by our care partners on behalf of BCBSAZ, such as to members with certain health conditions. If you question a text, call Member Services at **1-800-446-8331**, TTY: **711**, to confirm that it's valid.

# A medication program to assist eligible members



We know that managing your health can feel like a lot, especially when you have to keep up with new or changing medications. Taking drugs as prescribed is always important—and that’s particularly true when managing certain chronic conditions. You may have access to a no-cost Medication Care Management® program to help identify and resolve medication-related issues.

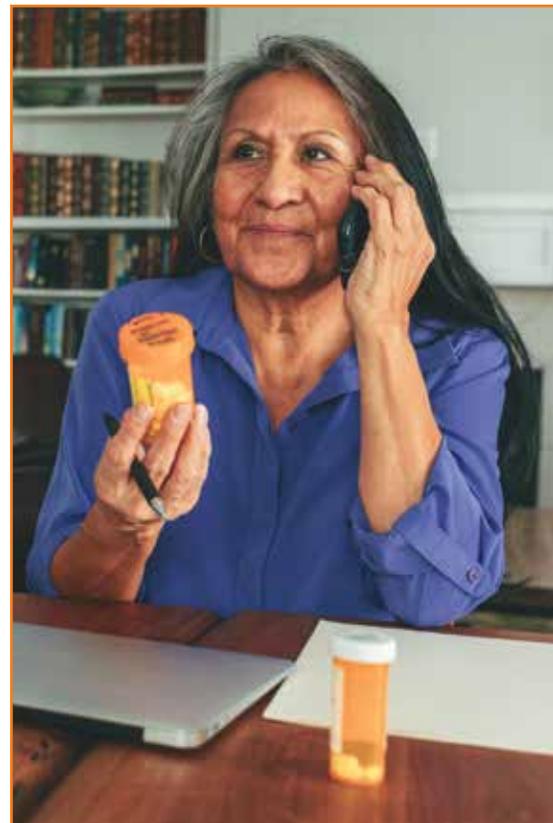
**If you’re eligible, you will receive a call from Curant Health, on behalf of BCBSAZ, to discuss this free service.** We want to do more than just tell you about your medications.

We want to give you the tools you need to actively manage your health and feel your best every day.

Depending on your specific health needs, the Medication Care Management program may provide a dedicated healthcare team from Curant Health who will serve as your personal advocates. Your compassionate and customized support will include:

- 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

Curant Health is a separate and independent company contracted with BCBSAZ to provide services to BCBSAZ members.



➔ **There’s no need to take action.** Curant Health will reach out to eligible members by phone and direct mail.

legit, and which aren’t. A few smishing scams:

- You receive an unsolicited text from an unknown sender. The news might be exciting (you’ve won a prize) or scary (you’ll be arrested if you don’t pay this fine).
- Another text seems to be from a trusted source, like your bank or mobile provider (there’s a problem with your account), or the U.S. Postal Service (you have a package delivery).

- A friend sends a message that’s totally out of character, urging you to open the link.
- Other messages can download malware that steals your personal or financial information without you knowing it.

**Trouble could be a click away—so when in doubt, verify.** The goal is to have you call a number, reply to the text, or click a link that takes you to a website that looks real.

Instead, look at an account statement or check the official website for contact info. Delete suspicious texts, and don’t fall for a request to “text STOP” to end the messages. Check your phone’s messaging settings to filter unwanted text messages, or download a call-blocking app for your device.

Sources: Federal Trade Commission; Federal Communications Commission

# ONLINE CLASSES AND EDUCATION

Although BCBSAZ is not currently offering on-site classes, we remain committed to helping you gain the skills and motivation to maintain good health and well-being, and to manage chronic health conditions. Virtual health education offered by our community partners is FREE for BCBSAZ members and non-members. More may become available—see up-to-date resources and education events for members on our web calendar at [azbluemedicare.com/health-education-classes](https://azbluemedicare.com/health-education-classes).

**CHECK OUT RESOURCES, SUPPORT GROUPS, AND EVENTS OFFERED BY OUR COMMUNITY PARTNERS.** Call the number or visit the website listed to learn more.

<b>Area Agency on Aging</b>	<b>602-264-2255</b> (for the hard of hearing and deaf, TEXT <b>520-775-1899</b> SMS)	<b>aaaphx.org</b>
<b>Banner Alzheimer’s Institute</b>	<b>602-839-6900, TTY: 711</b> <b>520-694-7021, TTY: 711</b>	<b>banneralz.org</b>
<b>Foundation for Senior Living</b>	<b>602-285-1800, TTY: 602-297-1844</b>	<b>fsl.org</b>
<b>Pima Council on Aging</b>	<b>520-790-7262, TTY: 711</b>	<b>pcoa.org</b>

## **Banner Alzheimer’s Institute** **LIVE VIRTUAL CLASSES**

Connect using your computer or smartphone. Learn more, register, and get login info at [banneralz.org](https://banneralz.org).

### **Ambiguous Loss: Living with Uncertainty**

Concrete strategies to infuse hope and promote self-care for caregivers and persons living with progressive conditions like Parkinson’s.

- Thursday, 10 to 11:30 a.m.
- July 22



### **Alzheimer’s A.S.K.**

Open Q&A session connects you with dementia experts. Email questions ahead of time to [bannerresearch@bannerhealth.com](mailto:bannerresearch@bannerhealth.com).

- Thursday, 10 to 11 a.m.
- August 26

### **Beyond Memory Changes: The Emotional Impact of Alzheimer’s Disease**

Learning to better understand emotional changes can help increase empathy and reduce caregiver frustration.

- Tuesday, 12 to 1:30 p.m.
- August 31

### **Fact or Fiction: The Truth About Alzheimer’s Disease**

Fun, interactive session sorts through all the “noise.”

- Wednesday, 10 to 11 a.m.
- September 8

### **FREE PODCASTS**

Listen anytime using the app of your choice (many are free to download) on your computer or smartphone.



### **Dementia Untangled**

The series offers practical, proven methods to help untangle the complexities of caring for a loved one at [banneralz.org/dementiauntangled](https://banneralz.org/dementiauntangled).

### **Area Agency on Aging** **FREE SERVICES**

- Get rides to your COVID-19 vaccine appointments.
- Just make a list and pay for your groceries—ElderSHOP provides a personal shopper to deliver them to your door.



## What vaccinations should you get, and when?

Now more than ever, vaccinations are an important part of your overall wellness routine. There may be special situations in which your doctor may advise you to get a vaccine earlier than recommended by the Centers for Disease Control and Prevention (CDC). Work with your primary care provider to decide the best time to receive your vaccines.

**Here's a list of the vaccines recommended for adults age 65 and over.**

Vaccine	How Often	Why
COVID-19	Get 1 to 2 doses. Dosage and timing vary by vaccine type.  You're fully vaccinated 2 weeks after your final dose. Wait 4 to 6 weeks after your final shot to get a mammogram.	COVID-19 is a highly contagious disease that has killed more than 3.9 million people worldwide.  The virus is especially risky for older adults and those with underlying conditions.
Influenza (flu)	Get a yearly flu shot (not a nasal spray vaccine) during flu season. Enhanced vaccines for people 65 and older provide a better immune response.	Seniors are at high risk for severe illness or developing serious complications from the flu.
Pneumococcal (Pneumonia)	Receive 1 dose.  If you received a dose before age 65, you should get another at least 5 years after the previous dose.	The disease, which can cause pneumonia, kills more people in the U.S. each year than all other vaccine-preventable diseases combined.  Seniors have the highest incidence of serious illness.
Tetanus, diphtheria (Tdap tetanus, diphtheria, pertussis, and/or booster)	Get 1 dose now if you have never had one, and a Td or Tdap booster every 10 years after the first dose.	Due to a rise in whooping cough cases, CDC recommends you get vaccinated, even if you're over 65.
Shingles (Herpes zoster)	Receive 2 doses spaced 2 to 6 months apart.	1 in 3 people will get shingles, usually after age 50 and when the immune system is weakened. By 85, half of adults will have had at least one outbreak, and about 15% are left with extreme nerve pain.
Hepatitis A	2 to 3 doses are recommended, depending on the brand. Dosing interval can vary.	Seniors are at high risk for hepatitis A, a disease of the liver. Infections result primarily from travel to another country.
Hepatitis B	2 to 3 doses are recommended, depending on the brand. Dosing interval can vary.	Seniors are most at risk for contracting hepatitis B, a liver infection.



# Gardening

Find the words in the grid. Words can go horizontally, vertically, and diagonally in all eight directions. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line.

HIDDEN QUOTATION BY  
Sigmund Freud

- Annuals
- Bees
- Day
- Flowers
- Fruit
- Garden
- Germinate
- Grass
- Grow
- Harvest
- Hoe
- Night
- Rain
- Seeds
- Shrubs
- Soil
- Summer
- Sunshine
- Trowel
- Vegetables
- Water

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

Find all the answers on page 15!

**ACROSS**

- 1 Omelette need
- 5 Thick slices
- 10 Female parent
- 14 Knit
- 15 What tourists take
- 16 Seaweed substance
- 17 Oil
- 18 Cupid's dart
- 19 Rodents
- 20 Fond of luxury
- 22 Singing voice
- 23 Supersonic transport
- 24 Central Intelligence Agency
- 26 Long time
- 27 Large weight unit
- 30 Canal name
- 33 Tax agency
- 35 Eager
- 37 Actions that may happen or will happen

- 42 Comedian Jay
- 43 To be
- 44 Writer Bombeck
- 45 Lullaby
- 49 Rhyming verse
- 50 Grows acorns
- 51 Wall support
- 53 North northeast
- 54 Bad (prefix)
- 57 Body of water
- 59 Permit
- 61 Revises
- 63 Alcove (2 wds.)
- 69 Covered stadium
- 70 National capital
- 71 Helen of \_\_\_
- 72 Syrian bishop
- 73 Got up

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21						22				
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61			62			63	64	65				66	67	68
69					70						71			
72					73						74			
75					76						77			

- 74 Well
- 75 Use the eyes to see
- 76 Genetic makeup
- 77 Comes to a close

**DOWN**

- 1 Women's magazine
- 2 Rise (2 wds.)
- 3 Mongolian desert
- 4 Eyeglasses
- 5 Type of business
- 6 Traditional knowledge
- 7 Halo
- 8 Rodeo animal
- 9 Compass point
- 10 Horse
- 11 Gazing
- 12 Unleavened bread
- 13 Malicious burning

- 21 Ship initials
- 22 Artist Chagall
- 25 Roman three
- 27 Baby powder
- 28 Ended
- 29 One of Columbus' ships
- 31 Long time periods
- 32 Nothings
- 34 Tier
- 36 Extinct bird
- 38 Indent
- 39 Smooth
- 40 Sign
- 41 Your title
- 46 Child
- 47 Stretch to make do
- 48 Arroyos
- 52 Resting place of a large predatory wild animal

- 54 Award
- 55 Philippine dish with marinated chicken or pork
- 56 Confinement
- 58 Informed
- 60 Religious offering
- 62 Wood
- 64 After awhile
- 65 Misplace
- 66 Ocean Spray's drink starters
- 67 Ship's storage area
- 68 Sight organs
- 70 Old, ugly woman

It's summer!

# Eat light, eat right

For those of us living in Arizona's sun-soaked deserts, summer is either hot or hotter. It's time to put filling comfort foods on hold and keep things fresh and light. The season's abundant fruits and veggies provide bursts of flavor—as in this luscious, low-carb salad—along with much-needed hydration.

## Beet salad with peaches and walnuts

*Makes 6 servings.*

### Ingredients

- 2 medium cooked red beets, sliced  $\frac{1}{4}$  inch
- 2 medium tomatoes, sliced  $\frac{1}{4}$  inch
- Salt and freshly ground black pepper
- 1 small shallot, thinly sliced
- 2 tablespoons minced mint leaves (reserve a few sprigs for garnish)
- 1 teaspoon minced thyme (reserve a few sprigs for garnish)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice
- 1 teaspoon honey
- 2 cups sliced peaches without skin (fresh or frozen)
- $\frac{1}{3}$  cup toasted, chopped walnuts
- $\frac{1}{4}$  cup crumbled goat cheese (or feta)

### Directions

On platter, arrange beet and tomato slices. Season to taste with salt and pepper.

In large mixing bowl, combine shallot, mint, thyme, oil, lemon juice, and honey. Stir well to combine. Add peach wedges and gently toss to coat.

Arrange peach mixture over beets and tomatoes. Top salad with walnuts and cheese, garnish with mint and thyme sprigs, and serve.

### Nutrition information

Serving size:  $\frac{1}{6}$  of recipe.  
Amount per serving: 170 calories, 11g total fat (2g saturated fat), 15g carbohydrates, 4g protein, 3g total fiber, 60mg sodium.

Source: American Institute for Cancer Research

Hydrate  
with food  
Foods made up  
mostly of water



ICEBERG LETTUCE



PICKLE



CANTALOUPE



APPLE



BUTTERNUT SQUASH

Source: U.S. Department of Agriculture

# We're here to help you

## MEMBER SERVICES CONTACT INFORMATION

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El departamento de servicio al cliente puede ser contactado al **480-937-0409** (en Arizona) o al número gratuito **1-800-446-8331**. Los usuarios de TTY deben llamar al **711**. Estamos disponibles de 8 a.m. a 8 p.m., lunes a viernes desde el 1 de abril hasta el 30 de septiembre, y los 7 días de la semana desde el 1 de octubre hasta el 31 de marzo.



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## Puzzle answers

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Save the date:  
Live webinar



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**Have you checked your mailbox?** The Medicare Health Outcomes Survey (HOS) was created by the Centers for Medicare & Medicaid Services (CMS)—the federal agency that runs Medicare—to monitor and improve the quality of care provided to Medicare beneficiaries.

**Health plan members are randomly sampled: You may receive this survey in the mail.** The HOS monitors the quality of care provided to our members by asking questions about your health status over a specific period of time. If you receive this survey in the mail, please complete it! Your response will help CMS make sure you receive high-quality care.

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