



Say hello to 2021!
 Welcoming a new year presents us all with a fresh opportunity to improve our health and fitness. Whatever your health goals, Blue Cross® Blue Shield® of Arizona (BCBSAZ) is committed to providing the coverage you need.

MEMBER NEWSLETTER ONE TO ONE

Welcome new and returning members!



BCBSAZ supports you every step of the way with personalized service. We're ready to help you connect to resources, answer your questions, and provide assistance with managing your plan and your health.

Have questions about your 2021 health plan? Find helpful info online anytime at azbluemedicare.com, including:

- » Details about your plan, benefits, and coverage

- » Drugs covered by your plan, information about how to find lower-cost alternatives, and a drug cost calculator to help estimate costs and savings
- » Information about how to request someone to represent you, should the need arise, or how to grant others access to your confidential information
- » Educational articles, plus tips for prevention, wellness, and care management

- » Free classes to help motivate you and give you skills to improve or maintain your health and well-being
- » Plan documents in Spanish (información sobre los beneficios Miembro traducido al español)



We're here for you!

If you have a question, please see the phone numbers, hours of operation, and office locations on page 2.

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Notes from our chief medical officer

You're no doubt with me in welcoming a new year with brand-new possibilities. Starting with must-have plan information, we've filled this issue with helpful topics to make sure you start the year off right.

The beginning of the year is a great time to schedule your free annual wellness check. These checkups give you a chance to talk with your doctor about health concerns you may have. Also, if you haven't done so yet, you can still get a flu shot—see page 6 to learn why that's a good idea.

Stress is a natural part of life but can become overwhelming, especially during these extraordinary times. Chill with the puzzles in this issue, and don't miss our comforting meatloaf recipe plus ideas for healthy winter salads on page 14.

With the COVID-19 vaccine becoming available, please continue to do your part to stay safe and healthy. Along with the entire BCBSAZ Medicare Advantage team, I hope 2021 is filled with optimism and great health for all.



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

Plan contact information

Have a question? Here's how to reach us:

Blue Cross® Blue Shield® of Arizona – Medicare Advantage

Mail to: P.O. Box 29234,
Phoenix, AZ 85038-9234

Member Services*

Tel: **480-937-0409** (in Arizona) or toll-free at **1-800-446-8331**, TTY: **711**
Fax: **602-916-8485**

Coverage decisions for medical care*

Tel: **480-937-0409** (in Arizona) or toll-free at **1-800-446-8331**, TTY: **711**

Coverage decisions for Part D prescription drugs**

Tel: **480-937-0409** (in Arizona) or toll-free at **1-800-446-8331**, TTY: **711**

Standard appeals for medical care*

Tel: **480-937-0409** (in Arizona) or toll-free at **1-800-446-8331**, TTY: **711**
Fax: **602-544-5644**

Expedited appeals for medical care or Part D prescription drugs*

Tel: **480-937-0409** (in Arizona) or toll-free at **1-800-446-8331**, TTY: **711**
Fax: **602-544-5655**

Payment requests for medical care*

Tel: **480-937-0409** (in Arizona) or toll-free at **1-800-446-8331**, TTY: **711**

Complaints*

Tel: **480-937-0409** (in Arizona) or toll-free at **1-800-446-8331**, TTY: **711**
Fax: **602-544-5644**

MedImpact Healthcare Systems

Mail to: P.O. Box 509108,
San Diego, CA 92150-9108

Reimbursement requests for Part D prescription drugs**

Tel: **480-937-0409** (in Arizona) or toll-free at **1-800-446-8331**, TTY: **711**

Hours of operation

*8 a.m. to 8 p.m., Monday through Friday from April 1 through September 30, and seven days a week from October 1 through March 31

**8 a.m. to 8 p.m., seven days a week

Service Center locations – closed until further notice

Surprise: 13985 W. Grand Ave., Suite 200, Surprise, AZ 85374

Sun City: 14805 N. Del Webb Blvd., Sun City, AZ 85351

Be sure you receive important Medicare updates!

IT'S EASY TO OPT IN FOR EMAIL

Email is the **quickest** and most efficient way to be sure you get all the latest Medicare updates. In addition, you can get news about fraudulent scams plus health and wellness bulletins via email on your computer, tablet, or smartphone. Signing up for email is fast and easy—and good for our planet.

Go to [azbluemedicare.com/Members/sign-email](https://www.azbluemedicare.com/Members/sign-email) to sign up. You will need to fill out the form under **Get Important News & Updates**.

HOW TO OPT OUT

Already receiving emails from us? If you wish to stop, you may unsubscribe via the link found at the bottom of every

email. This link will also include your email address. Just click **Unsubscribe <your email>** and you'll automatically be removed from our list.

QUESTIONS?

Call Member Services at **1-800-446-8331**, TTY: **711**. Hours: 8 a.m. to 8 p.m., Monday through Friday from April 1 to September 30, and seven days a week from October 1 to March 31.



Stay healthy and earn rewards

It pays to put your health first. Literally! Regular health exams and screenings can help you catch health issues early. We're pleased to announce that our MyBlue Medicare Wellness RewardsSM program is continuing for 2021. That means not only are your preventive screenings no cost to you, but you can also earn rewards for each screening that you complete per year. Watch your mail for more information on eligible screenings.

Access your 2021 plan documents

BCBSAZ Medicare Advantage plan members can find 2021 plan documents at [azbluemedicare.com](https://www.azbluemedicare.com). After you choose your plan type,

hover over the Member tab for a drop-down menu, where you'll find Evidence of Coverage (EOC), provider directories, pharmacy drug list, and other important plan documents. You can also take advantage of the online search

tools to quickly find network providers and pharmacies.

If you prefer to have printed versions mailed to you, call Member Services at **480-937-0409** (in Arizona) or toll-free at **1-800-446-8331**, TTY: **711**.

Pharmacy news for 2021

Get a 100-day supply of generics at greater savings

Refilling the prescription drugs you take all the time *before* you run out helps you avoid missed doses (and fewer trips to the pharmacy during the pandemic enhances your safety). **Ask your doctor or pharmacist to fill your generic medications for 100-day supplies.** For 2021, you can buy a 100-day supply of Tier 1 generics for a \$0 copay, and a 100-day supply of Tier 2 generics for the same copay as a 30-day supply. You can also get up to a 90-day supply of brand-name drugs for the standard 90-day copay.

Get it *your way*: Local pharmacy or mail order

To ensure that you don't run out of your important medications, we offer two convenient options—both with 100-day supplies and the same low copays for generics.

1. Our retail network has over 60,000 pharmacies, so finding one close to you is easy.



Great news: Walgreens is part of our pharmacy network for all BCBSAZ Medicare Advantage plans. Now you'll have even more options to get prescriptions when and where you need them.

If you were a member with us in 2020, it's likely you can still use the same pharmacy in 2021. Going to your local pharmacy to pick up your medicines gives you an excellent opportunity to ask your pharmacist questions and learn more about your medications.

2. Prefer having your medications delivered directly to you?



New for 2021, our mail-order pharmacy is MedImpact Direct[®], which provides free home delivery for medications you take regularly for conditions such as high blood pressure or diabetes.

If you used Postal Prescription Services (PPS) in 2020 or are a new member, your current mail-order prescriptions can be transferred to MedImpact Direct. Remember that some types of medications cannot transfer and will require a new prescription, including controlled substances (such as oxycodone or hydrocodone), expired prescriptions, and prescriptions that have not been filled or don't have any refills.



To learn more, visit [medimpact.com](https://www.medimpact.com) or call **1-855-873-8739, TTY 711.**

Other pharmacies are available in our network. MedImpact Direct is a separate, independent company that provides services to BCBSAZ members.



Learn more about the COVID-19 vaccine

The CDC encourages you to get vaccinated when you can and continue to follow recommendations to protect yourself and others, including wearing a mask and social distancing. For updates, visit [cdc.gov/coronavirus/2019-ncov/vaccines/index.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html).

Make the most of Medicare's free wellness visits

Seeing your doctor regularly is essential to help protect your health now and in the future. **If you've been enrolled in Medicare Part B for more than 12 months, you're eligible for one free wellness visit each year.** If you just enrolled, don't worry—you also receive a free "welcome" visit.

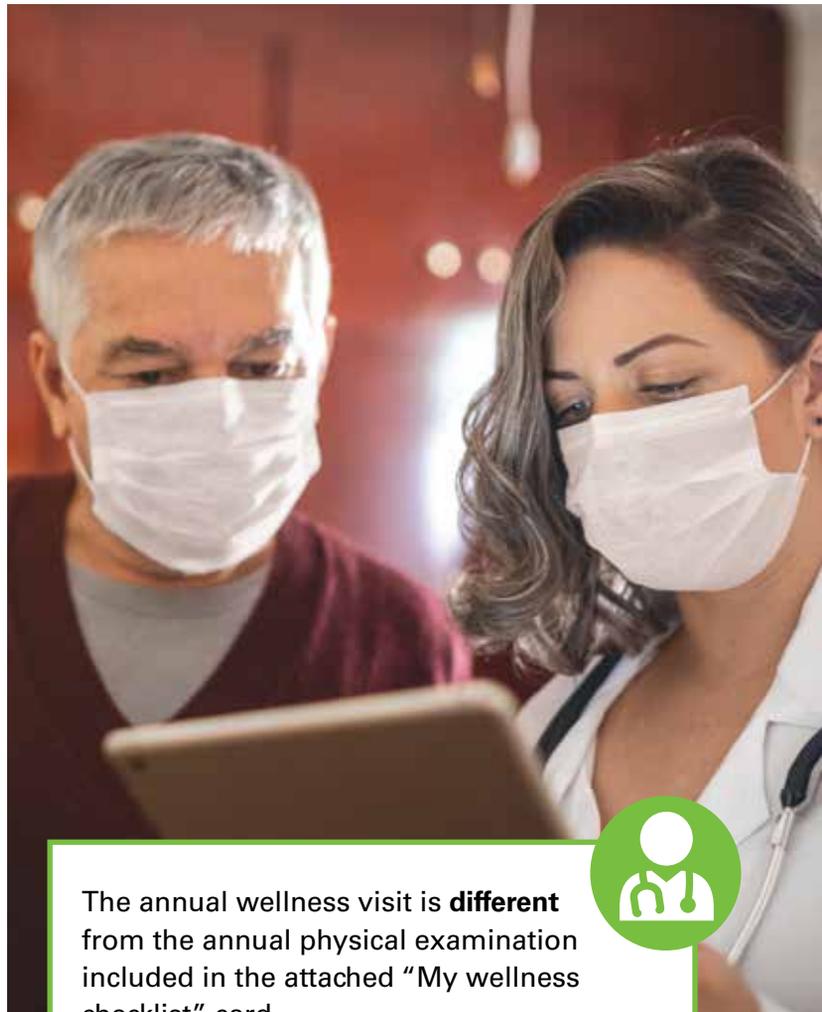
What does a wellness visit include?

- » You'll fill out a questionnaire to help your doctor assess your health.
- » Your doctor will measure your height, weight, and blood pressure, and also screen for any cognitive issues.
- » You'll review your medical history together and talk about risk factors or treatment options for any current conditions.
- » Your doctor will create a healthcare plan for your next five to 10 years. This may include recommended screenings, vaccines, or new medications.

How should I prepare for my visit?

- 1 Bring any relevant medical information with you, such as vaccine records and current prescriptions.
- 2 Know your family medical history. Your doctor will use it when recommending other tests or health checks.
- 3 List anything you want to discuss, such as specific health issues, or even topics like planning advance directives or making your home safer.

Sources: Centers for Medicare & Medicaid Services; U.S. Department of Health and Human Services; HealthinAging.org



The annual wellness visit is **different** from the annual physical examination included in the attached "My wellness checklist" card.

The focus of the wellness visit is to create a long-term, personalized care and prevention plan. During your annual physical exam, your doctor will examine you for signs or symptoms of a medical condition, give you guidance about your risk factors, and order lab or diagnostic tests if needed.

These appointments allow your doctor to monitor your well-being, and to identify and treat new health concerns as early as possible. We encourage you to take advantage of these benefits—both are provided at no cost to our members!



Relive the joy of hearing

Better hearing helps you stay connected to the ones you love. That's why BCBSAZ offers you a hearing aid benefit through TruHearing® that includes:

- ✓ **Personalized care.** See a local, licensed professional for less.
- ✓ **Next-generation sound.** High-quality hearing aids automatically adjust for a natural sound—even while you're moving—and make your voice sound more natural.
- ✓ **Devices designed for your lifestyle.** Wireless audio connectivity lets you stream your favorite music, TV, and phone calls from your smartphone. Best of all, exceptional sound quality lets you engage effortlessly with the world around you.



Get a fast and free online screening

Stop wondering if you have hearing loss: You—and your loved ones—need to know. **Starting February 1, 2021**, you can access the free screening from your tablet, computer, or smartphone at **BCBSAZ-MA-HS.TruHearing.com**.

Call **1-844-394-5381 (TTY: 711)** from 8 a.m. to 8 p.m., Monday through Friday, to learn more and schedule an appointment.

TruHearing is an independent and separate company contracted with BCBSAZ to provide hearing services and hearing aids to members.

No flu shot yet? It's not too late

If you weren't an early bird this flu season, this message is for you: There's still very good reason to get a flu shot.

The CDC says most people should get their flu shot by the end of October. But even in January or later, a flu shot is worth it because the virus is active well into the spring. You should still be able to get the vaccine at your network pharmacy, and your protection will last until flu season ends.

Flu shots are recommended for everyone 6 months and older, with rare exceptions. Older adults, people with certain underlying conditions, and members of minority groups that have been

more severely affected by the coronavirus should get flu shots.

The CDC also recommends that at-risk individuals get the COVID-19 vaccine.

With seasonal flu and COVID-19 occurring at the same time, you need all the protection you can get. Although they share some symptoms, they're caused by different viruses. So a flu shot will not protect you from COVID-19, and vice versa. Still, vaccinations may help protect you and others from getting ill—or from serious complications if you do get the flu or the coronavirus.



Provider care groups support your wellness

BCBSAZ is dedicated to helping you stay healthy and get the care you need. That starts with your primary care provider (PCP)—the doctor who looks out for your overall health. We also work with provider care groups in your plan’s network who help us ensure that you’re getting recommended screenings, scheduling regular appointments with your doctor, and reviewing your health records to confirm there are no gaps in your care. The following provider care groups serve as coordinators to assist you with these services.

MARICOPA COUNTY

Arizona Priority Care Network

Members of BluePathwaySM Plan 1 (HMO) have access to more than 350 PCPs.

Equality Health Network

Members of BluePathway Plans 2 and 3 (HMO) have access to more than 530 PCPs.

Innovative Partners Network

Members of BluePathway Plans 2 and 3, and Blue Medicare Advantage Classic and Plus HMO Plans have access to more than 420 PCPs.

Banner Health Network

Members of Blue Medicare Advantage Classic and Plus HMO Plans have access to more than 990 PCPs.



PIMA COUNTY/SANTA CRUZ COUNTY

P3 Health Partners Network

Members of BluePathway Plan 2 and Blue Medicare Advantage Classic HMO Plan in Pima County, and Blue Medicare Advantage Standard HMO Plan in Santa Cruz County have access to more than 1,570 PCPs.

All companies referenced are separate, independent companies contracted with BCBSAZ to provide specific services.

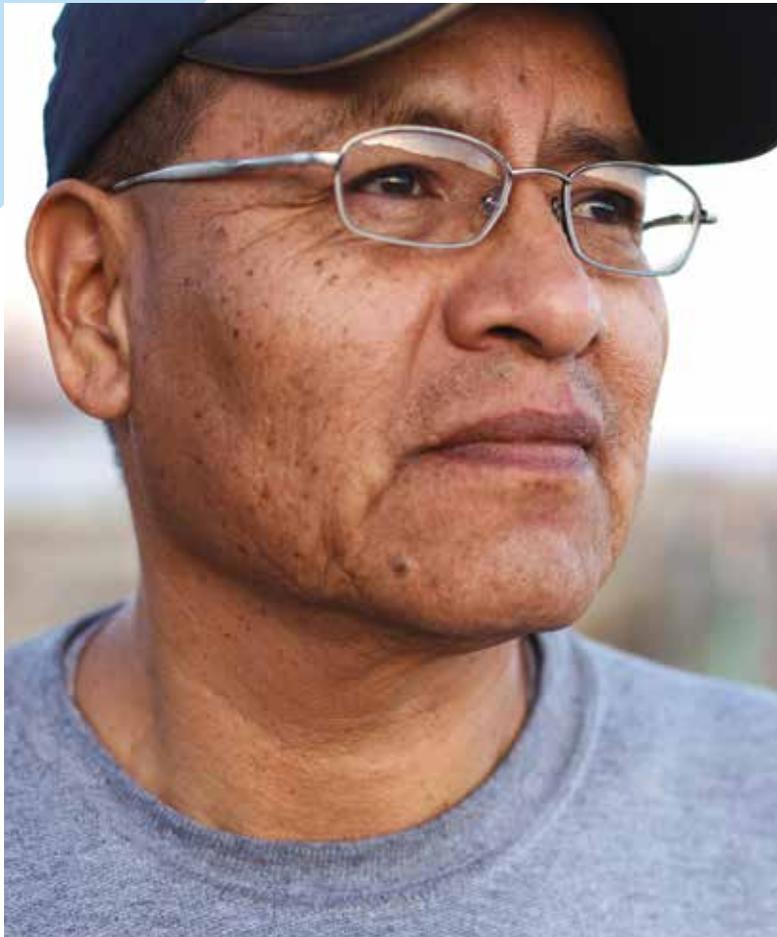
Out-of-network/non-contracted providers are under no obligation to treat BCBSAZ members, except in emergency situations. Please call Member Services or see your Evidence of Coverage for more information, including the cost sharing that applies to out-of-network services.



Provider care groups are for HMO plans only. BlueJourney PPO plan members have access to our statewide PPO network with more than 3,600 PCPs.



To find a provider in your plan’s network, go to [azblue.com/seniors/find-a-doctor](https://www.azblue.com/seniors/find-a-doctor).



Focus on glaucoma



Actually a group of diseases, glaucoma happens when fluid in the eye can't drain properly. As the fluid builds, it can damage the optic nerve. Consider these eye-opening facts: About 50% of people with glaucoma don't know they have it. The disease can lead to vision loss and even blindness—worldwide, glaucoma is the second-leading cause of blindness.

The good news is that early treatment can help stop the damage and protect your vision.

January is Glaucoma Awareness Month, a good reminder for people who are at higher risk to get a comprehensive dilated eye exam. African Americans over age 40 are 6-8 times more likely to get glaucoma. High-risk groups also include everyone over age 60, those with a family history of glaucoma, and people who have diabetes.

Sources: Centers for Disease Control and Prevention, National Eye Institute



Let's have a heart-to-heart

As part of American Heart Month, National Wear Red Day® is February 5. Add a scarlet accent to your outfit, or dress in red from head to toe—the goal is to create greater awareness of cardiovascular disease as the leading cause of death in women.

February is also Black History Month—a fitting time to recognize that African Americans have increased risk for both heart disease and stroke. Chronic health problems like diabetes and obesity up the risk. What's more, the rate of African Americans with high blood pressure is the highest in the world.

Whatever your gender, race, or age, you can work with your doctor and take simple steps to lower your risk of heart disease. To keep your heart strong, it's important to eat a heart-healthy diet. And engaging in regular physical activity burns extra calories while helping to manage your cardiovascular health.

National Wear Red Day is a registered trademark of the American Heart Association.

Eat well to keep your immune system STRONG

In observance of National Nutrition Month® in March, chew on this: Eat healthy foods.

There's a lot of wisdom in those three simple words. A healthy diet strengthens your immune system, and a strong immune system helps protect you from illness. And while no one food or diet can prevent illness, eating healthy can help your body prevent, fight, and recover from infections.

Eat the rainbow!

Enjoying a wide variety of fresh, colorful foods like fruits, vegetables, and whole grains is the best way to get the nutrients your immune system needs. Nutritional supplements can also be beneficial—but as their name suggests, they're intended to *supplement* a well-balanced diet.

Avoid overloading on specific nutrients. They won't give your immune system a super boost, and getting too much of some of them can actually do more harm than good.



Key nutrients can help promote immunity

- ✓ **Probiotics** are “friendly” bacteria found in cultured dairy products like yogurt and kefir.
- ✓ **Protein** may be especially helpful in healing and recovery. Plant and animal products, such as milk, eggs, beef, chicken, fish, nuts, beans, and seeds, are excellent sources.
- ✓ **Vitamin A** helps regulate the immune system and protect against infections. It's in sweet potatoes, carrots, broccoli, spinach, and eggs, plus milk and cereal fortified with vitamin A.
- ✓ **Vitamin C** boosts immunity by increasing the amount of antibodies in your system. Citrus fruits and green veggies are rich in vitamin C.
- ✓ **Vitamin D**—which is found in fatty fish and eggs, as well as drinks fortified with vitamin D—supports immune health.
- ✓ **Vitamin E** works as an antioxidant, which decreases inflammation. Avocados, dark leafy vegetables, fortified cereals, seeds, vegetable oils, and peanut butter contain vitamin E.
- ✓ **Zinc** may help wounds heal. Best absorbed from animal sources like beef and fish, zinc is also in wheat germ, beans, and tofu.

Source: American Academy of Nutrition and Dietetics. National Nutrition Month is a registered trademark of the Academy.

ONLINE EDUCATION AND RESOURCES

Get learning, get together, and get moving

SEE VIRTUAL HEALTH EDUCATION EVENTS FOR MEMBERS ON OUR WEB CALENDAR.

For your safety, BCBSAZ is not currently offering on-site classes—so be sure to check out our online offerings! Visit [azbluemedicare.com/blue/education-prevention-wellness/health-education-classes#tptop](https://www.azbluemedicare.com/blue/education-prevention-wellness/health-education-classes#tptop) to see scheduled classes and get registration information.

CHECK OUT RESOURCES, SUPPORT GROUPS, AND EVENTS OFFERED BY OUR COMMUNITY PARTNERS.

Call the number or visit the website listed to learn more.

Area Agency on Aging	602-264-2255	aaaphx.org
Banner Alzheimer's Institute	602-230-2273	banneralz.org
Foundation for Senior Living	602-285-1800	fsl.org
Pima Council on Aging	520-790-7262	pcoa.org



PANDEMIC OR NOT, WE ENCOURAGE YOU TO STAY HEALTHY AND ACTIVE.

To keep you moving, look no further than your no-cost Silver&Fit® membership. For 2021, you can access both home-based fitness kits and fitness center programs. Visit [SilverandFit.com](https://www.SilverandFit.com) to learn more about your options.

Silver&Fit is a registered service mark of American Specialty Health (ASH). ASH is a separate and independent company contracted with BCBSAZ to provide fitness services.

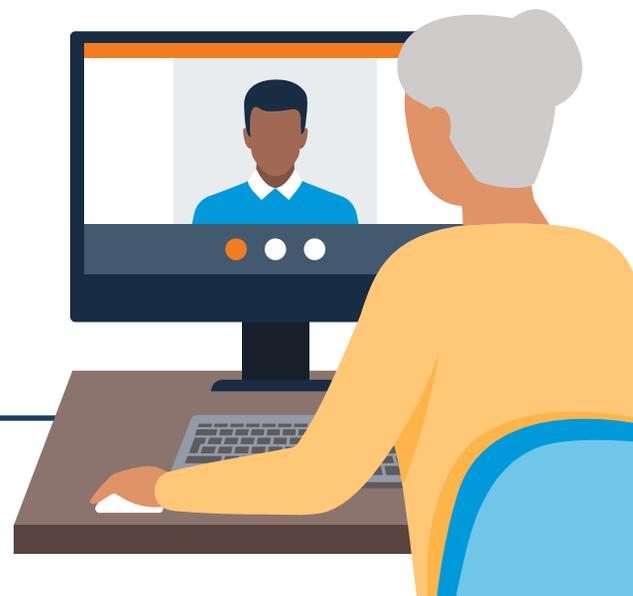
A look back at our first-ever virtual benefit reviews

Thank you to everyone who participated in our virtual benefit review sessions during the Medicare Open Enrollment Period last fall. We appreciated your time and that things went smoothly, especially considering that the online video format was a first—for both our team and our members!

Each live group session was unique, with thoughtful questions and informative discussions about your enhanced 2021 benefits. While it's too soon to say what next year's plan reviews will look like, it's good to know we're all up for the challenge.



Questions about your benefits? We're here for you: Contact Member Services at **480-937-0409** (in Arizona) or toll-free at **1-800-446-8331**, TTY: **771**.





How to spot a COVID-19 contact tracing scam

This vital tool in the fight against COVID-19 is sadly being spoofed by scammers

Scammers are up to new tricks amid the coronavirus pandemic. Now they're posing as contact tracers.

Contact tracing is a real thing—it's when someone from a health department uses phone calls and other means of communication to identify those who may have been exposed to COVID-19.

Contact tracing is one of the best tools to help slow the spread of the virus. Sadly, scammers pretending to be contact tracers want to steal your identity and your money, says the Federal Trade Commission (FTC).

Is it the real deal, or a scam?

A real contact tracer may contact you or someone you know who has tested positive for COVID-19. They may ask about your health information and the places you've been, and also instruct you to quarantine and monitor your symptoms.

The FTC reminds us that a legitimate contact tracer will never ask for:

- » Money, bank info, or credit card numbers
- » Social Security number
- » Immigration status

Also, watch out for any text message that includes a link. Don't click on or tap the link—it could put harmful software on your device. Real contact tracers may send texts or emails, but only to notify you that they'll be calling soon.



If you suspect a fake contact tracer, hang up the phone or ignore their text message or email. You can report the fake tracer at [ftccomplaintassistant.gov](https://www.ftccomplaintassistant.gov).

Lunar New Year

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
Anonymous

T A S T H M E S E N I H C E
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R B N R R S I L A N T E R N
S E U A S M I N A B R A N R
D N E N W I Y E E D A J O E
A R M U D D A Y N I T O B D
R I N L N A G Y S O B G Y C
R O U A G O N N E M I O O A
D I E L L U A C A K C L R K
K L C D P K R B E O N E S E
C P E E E R I T Y J G O O S
Y A N D C O N T E I N T M M
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| Bamboo | Gold | Rat |
| Cakes | Jade | Red |
| Celebration | Lantern | Rice |
| Chinese | Lion | Snake |
| Clean | Lunar | Tiger |
| Dim sum | Monkey | |



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Terrific turkey meatloaf

Makes 8 servings.

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 large onion, chopped
- ½ pound cremini mushrooms, trimmed and chopped
- ½ teaspoon dried thyme
- Salt and pepper to taste
- 3 tablespoons Worcestershire sauce
- 6 tablespoons low-sodium chicken broth
- 1 teaspoon tomato paste
- 2 pounds ground turkey (mix of dark and light meat)
- ¾ cup breadcrumbs
- 2 eggs, beaten
- ⅓ cup ketchup

Directions

- » Preheat oven to 325 degrees.
- » Heat oil in skillet over medium heat.
- » Sauté onions and mushrooms, add thyme, and season with salt and pepper.

- » Cook until onions are translucent, about 10 minutes.
- » Add Worcestershire, broth, and tomato paste, and mix thoroughly.
- » Remove from heat and allow to cool to room temperature.
- » In a large mixing bowl, combine turkey, breadcrumbs, eggs, and onion-mushroom mixture.
- » Mix well and shape into a rectangular loaf in shallow baking dish. Brush ketchup on top.
- » Bake 90 minutes or until meat is cooked through and internal temperature is 165 degrees.
- » Serve hot. Leftovers may be served cold in sandwiches.

Nutrition information

Amount per serving:
260 calories, 12g total fat (3g saturated fat),
13g carbohydrates, 26g protein,
0g dietary fiber, 270mg sodium.

Source: American Institute for Cancer Research

Cold-weather salads: A big bowl of comfort

Who doesn't love Arizona winters? While mild compared to the rest of the country, they're still the perfect time to savor comfort foods—chunky soups, casseroles, or our turkey meatloaf, for instance. Don't forget hearty salads: For a tasty and satisfying seasonal meal, the mix-and-match options are endless!



Greens. Raw or cooked, winter greens like kale and cabbage are packed with nutrients.



Veggies. Layer on roasted winter squash, carrots, onions, Brussels sprouts, or mushrooms.



Fruits. Orange segments and spinach are a classic match, or try grapes, apples, or lightly sautéed winter pears.



Proteins. Top your salad with grilled chicken breast; tuna; beans; chickpeas; or a chopped, hard-boiled egg.

Sprinkle on nuts or seeds, serve with a light vinaigrette, and dig in!

We're here to help you

MEMBER SERVICES CONTACT INFORMATION

Questions about your benefits or anything mentioned in this issue? Contact Member Services at **480-937-0409** (in Arizona) or toll-free at **1-800-446-8331**.

TTY users should call **711**. We are available from 8 a.m. to 8 p.m., Monday through Friday from April 1 to September 30, and seven days a week from October 1 to March 31.



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.

Blue Cross Blue Shield of Arizona (BCBSAZ) is contracted with Medicare to offer HMO and PPO Medicare Advantage plans and PDP plans. Enrollment in Blue Cross Blue Shield of Arizona plans depends on contract renewal. BCBSAZ offers BluePathway HMO and BlueJourney PPO Medicare Advantage plans. Blue Cross Blue Shield of Arizona Advantage, a separate but wholly owned subsidiary of BCBSAZ, offers Blue Medicare Advantage Standard, Classic, and Plus HMO plans.

Consult with your healthcare provider regarding medical care or treatment. Any recommendations, services, or resources mentioned in this newsletter are not a substitute for the advice or recommendation of a member's physician or healthcare provider. Services or treatment options mentioned here may not be covered under your plan. Companies mentioned in articles are separate from and not affiliated with or related to BCBSAZ.

Puzzle answers

1	S	T	A	G	5	M	A	C	H	O	10	O	D	D	13			
14	H	I	V	E	15	I	C	I	E	R	16	S	H	O	P			
17	A	K	I	N	18	S	T	A	R	E	19	L	A	V	E			
20	G	I	V	E	21	A	S	H	O	T	22	W	O	K	E	N		
23	S	I	T	24	Z	25	O	O	26	A	R	T						
27	H	A	L	30	D	E	P	T	33	B	O	B						
35	E	G	O	36	P	R	E	S	I	D	E	N	39	T	41	S		
42	M	A	C	E	43	I	R	E	44	A	E	R	O					
45	P	R	O	G	46	R	A	M	M	E	R	49	U	S	A	F		
50	O	U	R	51	S	M	O	52	G	53	S	P	A					
54	A	R	K	57	B	E	T	58	T	A	N							
61	C	A	N	62	Y	63	I	D	64	E	A	L	I	66	Z	68	E	D
69	I	D	E	A	70	F	L	I	R	T	71	H	E	R	A			
72	D	I	E	T	73	E	E	R	I	E	74	I	R	O	N			
75	S	O	L	E	76	E	S	T	E	S	77	L	O	S	E			

T	A	S	T	H	M	E	S	E	N	I	H	C	E					
A	N	E	W	S	U	N	O	O	D	L	E	S	U					
R	B	N	R	R	S	I	L	A	N	T	E	R	N					
S	E	U	A	S	M	I	N	A	B	R	A	N	R					
D	N	E	N	W	I	Y	E	E	D	A	J	O	E					
A	R	M	U	D	D	A	Y	N	I	T	O	B	D					
R	I	N	L	N	A	G	Y	S	O	B	G	Y	C					
R	O	U	A	G	O	N	N	E	M	I	O	O	A					
D	I	E	L	L	U	A	C	A	K	C	L	R	K					
K	L	C	D	P	K	R	B	E	O	N	E	S	E					
C	P	E	E	R	I	T	Y	J	G	O	O	S						
Y	A	N	D	C	O	N	T	E	I	N	T	M	M					
E	C	E	L	E	B	R	A	T	I	O	N	N	T					
F	I	R	E	C	R	A	C	K	E	R	H	T	N					



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COVID-19 vaccine update



We want to make sure you are updated on the COVID-19 vaccine developments. These vaccines are important to slowing the spread of the disease and protecting our communities. Here are three important things to know.

Your safety is our top priority!

1 A COVID-19 vaccine is approved for emergency use.

There are multiple COVID-19 vaccine products currently being tested, and more than one are showing they are effective at protecting against the virus. Approved vaccines have passed a thorough review process and are authorized for emergency use by the U.S. Food and Drug Administration (FDA). The FDA is expected to authorize more COVID-19 vaccines within the upcoming weeks. The vaccines currently approved for use in the U.S., and the additional vaccines likely to be approved soon, will require two doses.

Steps to protect yourself and others

- » Get a flu shot.
- » Stay current with doctor appointments.
- » Wear a mask.
- » Socially distance.
- » Wash your hands.

2 Who can get the vaccine and when?

The authorized COVID-19 vaccine products will be distributed in phases. The first phase includes frontline healthcare workers, nursing home residents, and the employees working in those facilities. We will keep you updated as more information on the phases and locations becomes available. Visit [azblue.com/coronavirus](https://www.azblue.com/coronavirus) for the most current COVID-19 communications.

3 A COVID-19 vaccine will cost you \$0.

When COVID-19 vaccine products are available to you, you will be able to get the vaccine for \$0, no matter where you get it or if it requires two doses.

For guidance on the vaccines and your health, speak with your doctor. Visit [cdc.gov/coronavirus/2019-ncov/vaccines/index.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html) to get the latest vaccine updates.

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