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[www.rsa-al.gov/index.php/members/peehip/](http://www.rsa-al.gov/index.php/members/peehip/)

November 2017

## Medicare-Eligible PEEHIP Members

The information on this page pertains to PEEHIP members covered under the UnitedHealthcare® Group Medicare Advantage (PPO) plan or prospective members who are considering enrolling in this PEEHIP plan. For more information, visit [www.UHCretriree.com/peehip](http://www.UHCretriree.com/peehip).

### Get Ready for Your New Medicare Card

Personal identity theft affects a large and growing number of seniors. People over age 65 are increasingly victims of this type of crime. This is why the Centers for Medicare & Medicaid Services (CMS) will be removing

Social Security Numbers from Medicare cards. This change will mean that all people with Medicare will get a new Medicare card and a new Medicare number. The change is to help protect your identity.

Starting in April 2018, Medicare will begin mailing new Medicare cards that will include a new Medicare number that is unique to you. Mailings will be staggered throughout the year and are expected to be completed by April 2019. Understand that mailing everyone with Medicare a new card will take some

**Medicare recently previewed what the new Medicare card will look like.**

time. Your card might arrive at a different time than your friend's or neighbor's.

Once you receive your new Medicare card, please destroy your old one and put your new Medicare card somewhere safe. Remember: You will still continue to use your UnitedHealthcare® Group Medicare Advantage (PPO) plan ID for all covered medical and prescription drug services. ●



Members and spouses covered on PEEHIP's  
Blue Cross Blue Shield (Group 14000) Hospital Medical Plan:  
**Did You Receive a Health Coaching Invitation  
from ActiveHealth?**



ActiveHealth Management®  
PO Box 221138  
Chantilly, VA 20153-1138

<PT FIRST NAME> <PT LAST NAME>  
<PT ADD 1>  
<PT ADD 2>  
<PT CITY>, <PT STATE> <PT ZIP>

**Act now to earn a waiver of  
the upcoming \$50 monthly  
wellness premium!**

Each October, PEEHIP's Team Up for Health Wellness Program Administrator, ActiveHealth, sends invite letters to those PEEHIP members who could benefit from personalized health coaching tailored to their specific needs. This valuable benefit supports members with health risks or chronic conditions by matching them with a clinical professional such as a Registered Nurse, Registered Dietitian, or Certified Wellness Coach.

Whether it's Condition Management or Wellness Coaching, this component of the Wellness Program meets members where they are and delivers tangible methods and education toward managing risks and disease to help members achieve better health and more satisfying lives.

If you received an invite letter like shown above to participate in Health Coaching, please take advantage of this great additional benefit provided by PEEHIP. Also, remember that by participating by August 31, 2018, you have completed this required activity that is part of earning your \$50 monthly wellness premium waiver. To learn more or to view your required activities and check your status on earning your waiver, visit [www.MyActiveHealth.com/PEEHIP](http://www.MyActiveHealth.com/PEEHIP). ●



# Heart Disease Behavior

<https://www.cdc.gov/heartdisease/behavior.htm>

Your lifestyle choices can increase your risk for heart disease and heart attack. To reduce your risk, your doctor may recommend changes to your lifestyle. The good news is that healthy behaviors can lower your risk for heart disease.

## Unhealthy Diet

Diets high in saturated fats, trans fat, and cholesterol have been linked to heart disease and related conditions, such as atherosclerosis. Also, too much salt (sodium) in the diet can raise blood pressure levels.

## Physical Inactivity

Not getting enough physical activity can lead to heart disease. It can also increase the chances of having other medical conditions that are risk factors, including obesity, high blood pressure, high cholesterol, and diabetes. Regular physical activity can lower your risk for heart disease.

## Obesity

Obesity is excess body fat. Obesity is linked to higher "bad" cholesterol and triglyceride levels and to lower "good" cholesterol levels. In addition to heart disease, obesity can also lead to high blood pressure and diabetes. Talk to your healthcare team about a plan to reduce your weight to a healthy level.

## Too Much Alcohol

Drinking too much alcohol can raise blood pressure levels and the risk for heart disease. It also increases levels of triglycerides, a form of cholesterol, which can harden your arteries.

- Women should have no more than 1 drink a day.
- Men should have no more than 2 drinks a day.

## Tobacco Use

Tobacco use increases the risk for heart disease and heart attack. Cigarette smoking

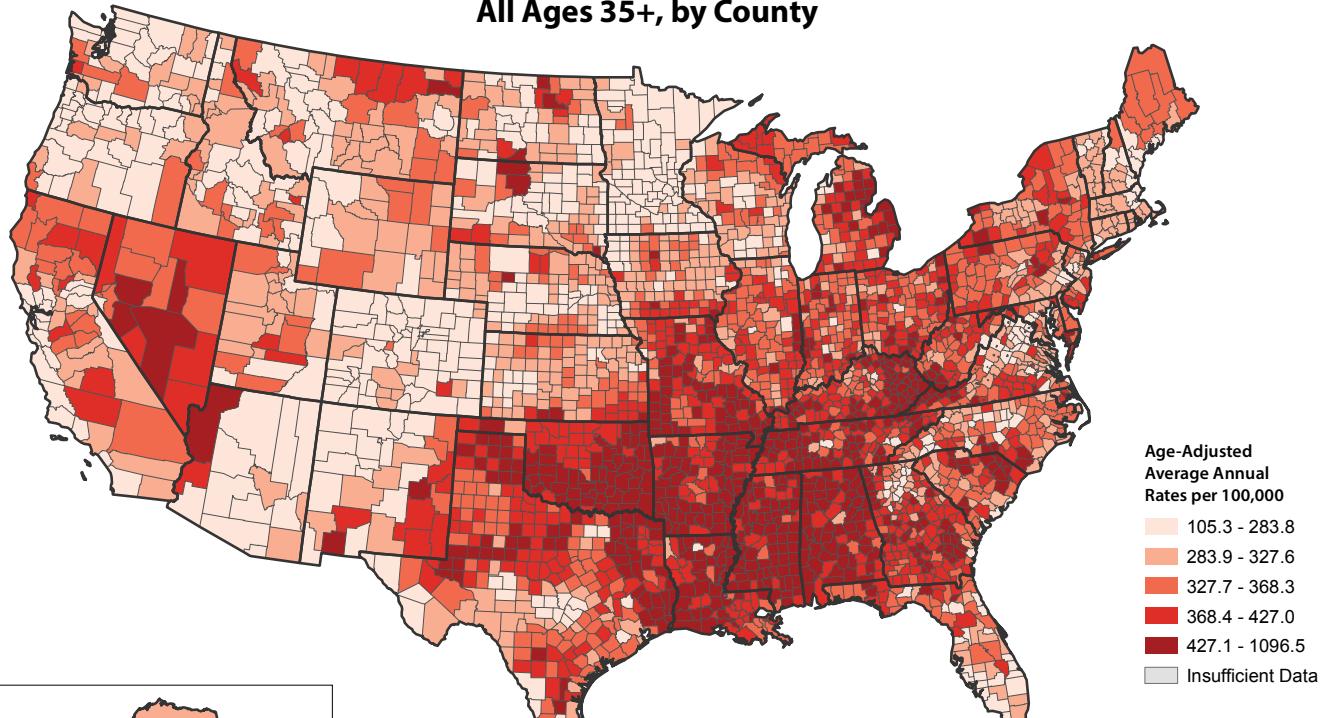
can damage the heart and blood vessels, which increases your risk for heart conditions such as atherosclerosis and heart attack. Also, nicotine raises blood pressure, and carbon monoxide reduces the amount of oxygen that your blood can carry. Exposure to other people's second-hand smoke can increase the risk for heart disease even for nonsmokers. ●

## WANT TO HELP?



Tired of that worn-out dealer tag on the front of your car? Would you like to help the RSA and our Alabama Tourist Department advertise "Alabama's Robert Trent Jones Golf Trail" on your front bumper? If so, call to request a tag at 334.517.7000 or 877.517.0020, or write: Tag, P.O. Box 302150, Montgomery, AL 36130-2150

## Heart Disease Death Rates, 2013-2015 All Ages 35+, by County



Data Source:  
National Vital Statistics System  
National Center for Health Statistics



[https://www.cdc.gov/dhdsp/maps/national\\_maps/hd\\_all.htm](https://www.cdc.gov/dhdsp/maps/national_maps/hd_all.htm)

## **Access to Obstetrical and Gynecological (OBGYN) Care Notice**

You do not need prior authorization from the Plan or from any other person (including a Primary Care Provider (PCP) in order to obtain access to obstetrical or gynecological care from a health care professional in the Blue Cross and Blue Shield of Alabama network who specializes in obstetrics or gynecology. The healthcare professional, however, may be required to comply with certain procedures, including obtaining prior authorization for certain services, following a pre-approved treatment plan, or procedures for making referrals. For a list of healthcare professionals who specialize in obstetrics or gynecology, contact the telephone number on the back of your Identification Card or refer to the Blue Cross and Blue Shield of Alabama website [www.AlabamaBlue.com](http://www.AlabamaBlue.com) ●

## **Choice of Primary Care Physician Notice**

The Plan generally allows the designation of a Primary Care Provider (PCP). You have the right to designate any PCP who participates in the Blue Cross and Blue Shield of Alabama network and who is available to accept you or your family members. For information on how to select a PCP, and for a list of PCPs, contact the telephone number on the back of your Identification Card or refer to the Blue Cross and Blue Shield of Alabama website [www.AlabamaBlue.com](http://www.AlabamaBlue.com). For children, you may designate a pediatrician as the PCP. ●

