



Express Scripts® Managing Your Drug Benefits



Effective October 1, 2021, PEEHIP partnered with Express Scripts® to provide prescription drug coverage for members enrolled in the PEEHIP Hospital Medical Plan (Group #14000 administered by Blue Cross and Blue Shield). You should have received your new Express Scripts® identification card to be used at the pharmacy. If you have not yet received your card, call Express Scripts® at 800.363.9389 and request an Alabama PEEHIP replacement ID card. If you are without your ID card and need a prescription right away, the Express Scripts® customer service agent can provide you with everything you need to pick up your medication at your pharmacy. With the Express Scripts® mobile app, you have the option to use a digital ID card. Download the Express Scripts® app from your mobile app store, and create an account using your identifying information. If you have any questions about using your new pharmacy benefits, contact Express Scripts® at 800.363.9389, and a customer service specialist will gladly assist you. ●



INGREDIENTS

Two apples

Cinnamon

INSTRUCTIONS

1. Preheat oven to 200°F.
2. Thinly slice the apples, removing any seeds.
3. Sprinkle with cinnamon.
4. Bake for 1 hour. Flip the apples. Bake for another hour.
5. Let apple chips cool and eat!

Courtesy of myrecipes.com



A Healthy Serving of Gratitude

November is a time for reflection. Just as we give thanks for the blessings we received over the year, it is also important that we honor our health. There is no better way to show your body gratitude than to nourish it with healthy food and good habits when you can. This holiday season, keep a tab open on your browser to ChewsWiselyAlabama.com so you will always have access to our holiday recipes and better-for-you ingredient guidance when you need it.

Gather 'Round the Good (and Healthy!)

An alarm goes off in our heads as soon as the calendar hits November 1. It is time for Thanksgiving! While we are thankful to live in a state with so much local agriculture, it can make it too easy to overindulge on Thanksgiving Day. Our advice? Be mindful of your meals leading up to Thanksgiving dinner. Be sure to eat a balanced breakfast and lunch so you are not tempted to overeat later in the day. You can also find small ways to stay active, like taking a walk or playing backyard football during any downtime.

If you are cooking Thanksgiving dinner this year, there are many ways to lighten up recipes with healthier ingredients. For example, you can use fat-free chicken broth to make gravy or add richness to mashed potatoes with plain yogurt or low-fat sour cream. Remember, if you resist the temptation to have a second helping, you will have more leftovers to eat throughout the weekend.

Diabetes Awareness Month

November is Diabetes Awareness Month. With that in mind, here are a few facts to consider:

- ◆ Alabama has the second-highest rate of diabetes in the nation.
- ◆ Nearly one in six Alabamians currently has diabetes.
- ◆ In Alabama, a new case is diagnosed every 15 seconds.

Diabetes awareness remains a core mission of Chews Wisely AlabamaSM. By sharing simple steps you can use to eat healthier, we hope to help more Alabamians manage (and even avoid) the impacts of this disease.

Give Thanks, Share Favorites

What will be on your holiday table this year? At Chews Wisely AlabamaSM, we are always hungry for new recipes. Feel free to share your family favorites at ChewsWiselyAlabama.com. While you are there, do not miss our collection of healthy holiday snacks, like this recipe for Cinnamon Apple Chips. From the entire Chews Wisely AlabamaSM team, we wish you a happy Thanksgiving and a healthy holiday season. ●

Medicare-Eligible PEEHIP Members

The information below pertains to Medicare-eligible PEEHIP retirees or Medicare-eligible dependents of PEEHIP retirees. For more information, visit rsa-al.gov/peehip/retirees/.

Five Tips from your PEEHIP Humana Plan to help you manage multiple medications and get organized

More than 40% of older adults take five or more prescriptions a day¹, and many are often looking for tips on how to remember when to take their medicine. Keeping your medications organized can help eliminate stress and confusion about which medications are taken when. Here are five tips to keep you organized and stress-free:

- ◆ **Pillbox Organizers**—Use a pillbox organizer to locate easily and plan out which pills to take on which days and at what time of the day.
- ◆ **Refills**—Keep a calendar of prescription refill dates so that you can get an early start on refills. This way, you will not miss a dose or have a lapse in your schedule. Some medications are also available to order in a 90-day supply from your pharmacy.
 - You will have more of your medications on hand, and most pharmacies will send refill reminders when you are about to run out.

- ◆ **Go digital**—Use digital tools, such as web or mobile apps to keep track of all of your medications. Access your MyHumana account through Our.Humana.com/PEEHIP to view and keep track of your pharmacy claims.
- ◆ **Daily habits and routine**—Wake up, brush your teeth, wash your face, and take your medicine. Taking your medicine as part of your routine will help create a healthy habit and seamlessly incorporate your prescriptions.
- ◆ **One pharmacy**—Filling prescriptions at one pharmacy will help the pharmacist know what you are taking and whether any medications might have interactions or side effects. Your pharmacist can also synchronize your medication refills. This would coordinate your refills and allow you to pick them all up on the same day.

For more information or questions about your PEEHIP Humana plan benefits, contact your dedicated PEEHIP Humana Customer Care Team at 800.747.0008 (TTY: 711), or visit Our.Humana.com/PEEHIP. ●

1. "Help for Managing Multiple Medications," John Hopkins Medicine, last accessed August 16, 2018, https://www.hopkinsmedicine.org/health/healthy_aging/caregiver_resources/help-for-managing-multiple-medications.

Humana Neighborhood Center – Virtual Events

Are you interested in fun activities and educational classes? The Humana Neighborhood Center is here for you! Available through your PEEHIP Humana Group Medicare Advantage PPO Plan, the Humana Neighborhood Center hosts a variety of free virtual classes each month, easily accessed from the comfort of your home. It is easy to find something to do with daily online classes like cooking demos, crafts, education about various health conditions, meditation, and more.

To view the monthly calendar and register for a class, visit humananeighborhoodcenter.com and scroll down to locate the virtual class calendar*. You may then click on the class you would like to attend and follow the link to register for your class. Visit the website each month to view an updated virtual class calendar.

Did you miss a class you wanted to attend? Did you love a class and want to watch it again? Head back to humananeighborhoodcenter.com and click on "Video Library," located in the top right corner of the webpage. There you can view recordings of previously held classes. For questions regarding the Humana Neighborhood Center, contact your PEEHIP Humana Customer Care Team at 800.747.0008 (TTY: 711).

Get Rewarded

Through your PEEHIP Humana plan, you can earn rewards from Go365[®] by Humana for completing eligible social activities, such as a \$5 reward for attending a Humana Neighborhood Center class. Earn up to \$60 per year by completing 12 eligible social activities. Use your rewards to redeem gift cards from a variety of retailers and restaurants.

For more information on rewardable activities or to get started with the Go365[®] by Humana Program, visit MyHumana.com and click on Go365[®] from your dashboard. (Your username and password will be the same as you used to sign in to MyHumana.com). Login to your Go365[®] account to report completed activities view activities still eligible to complete, as well as redeem your rewards. If you prefer to participate by mail, you can request paper materials by calling your dedicated PEEHIP Humana Group Medicare Customer Care Team at 800.747.0008 (TTY:711).

*For the best viewing experience, it is recommended to view the virtual class calendar through one of the following web browsers: Chrome, Firefox, Safari, and Edge. If using Internet Explorer, possible compatibility issues may arise.

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Get Rewarded for Receiving Flu Vaccination

Flu season begins in October and typically peaks between December and February. It is recommended to receive a flu shot every year for two reasons: your body's immune response from the vaccination naturally declines over time, and flu viruses change constantly. Through your PEEHIP Humana Group Medicare Advantage PPO Plan, you can receive your annual flu shot at no cost to you.

Getting a shot is never fun, but preventing illness is worth it. Keeping up with your vaccines is a key step in preventing illness.

Visit your local pharmacy to see if a pharmacist can

administer the vaccine you need. It is often faster and easier than making an appointment with your doctor. The next time you pick up your prescription, ask your pharmacist if vaccines are being offered.

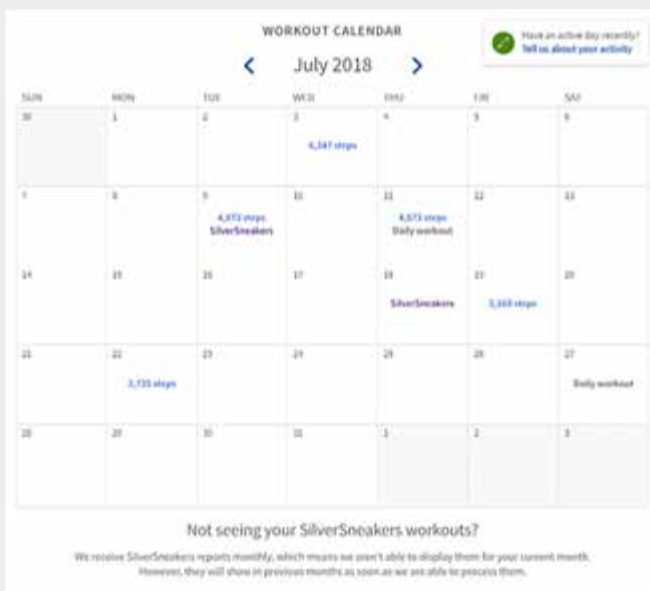
Through your PEEHIP Humana Plan, you can earn a reward from Go365® by Humana for receiving your annual flu shot! This reward is valued at \$10, with a limit of 1 per year. Use your reward to redeem gift cards from a variety of retail stores and restaurants.

Please consult your provider or pharmacist about any questions regarding your flu vaccine. For questions about your PEEHIP Humana Plan, contact the PEEHIP Humana Group Medicare Customer Care Team at 800.747.0008 (TTY: 711). ●

A new way to track and earn with Go365®

PEEHIP Humana members who have completed eligible physical fitness and social activities can now self-report completed activities through Go365.com. Visit our.humana.com/PEEHIP and sign in or register. Once logged in, navigate to the Go365® dashboard and follow the steps below:

1. Navigate to the *Exercise and Fitness* tab.
2. Scroll down to the workout calendar and select the green pencil icon in the top right-hand corner of the calendar.
3. Enter your completed physical fitness activity.



To report a completed social activity:

1. Navigate to the Social Activities tab.
2. Fill out the form pictured below to receive credit for the social activity you completed.

Don't have online access? Contact your PEEHIP Humana Customer Care team for assistance at 800.747.0008 (TTY: 711) to request paper forms to log your completed activities. **Return your paper workout tracker to Humana by December 15 each year to ensure rewards are credited to your Go365® account.**

SilverSneakers® workouts may take about 60 days to reflect in your Go365® account. For Go365® workouts completed in November and December, Humana recommends you report these completed workouts through the Go365® website or through the paper forms to ensure your rewards are available before the end of the year. ●