

EMBRACE

Winter/Spring 2022

**Children's
Dental Health**

**The Prescription
Cost Savings
Tool You Need**

**Annual
Wellness Visit**





Inside

KNOW YOUR
SCREENING
OPTIONS

**5 ANNUAL
WELLNESS VISIT**

features



**6 WHAT YOU
NEED TO
KNOW ABOUT
HIGH BLOOD
PRESSURE**



EMBRACE

James M. Repp
President and COO

Ana M. Eberhard
Vice President, Member Experience,
Advertising and Brand Marketing

Felicia Lopez-Walker
Managing Editor

AvMed, one of Florida's oldest and largest not-for-profit health plans, provides affordable, quality health benefits throughout the state.

- Always consult your Primary Care Physician (PCP) regarding medical advice. The health information in this publication is not intended to replace your doctor's directives.
- To contact the Marketing & Communications Department, write AvMed, 9400 S. Dadeland Blvd., Miami, FL 33156; call **1-800-432-6676**; or email **EMBRACE@AvMed.org**.

AVMAG-FL20-C001 AvMed, Inc. Coverage provided by or through AvMed, Inc. (health benefit plan). Plans contain limitations and exclusions.

AvMed *EMBRACE* is published by AvMed.



SHARE YOUR WELLfluent™ LIFE!

WELLfluent is a life rich in health and happiness. How are you joining the WELLfluent? Email us at **EMBRACE@AvMed.org** with your story and photo or share it on Facebook – tag AvMed and use the hashtag **#JoinTheWELLfluent**. You could be featured in an upcoming issue of the magazine.

Dear Valued Member:



At AvMed, our commitment is to each and every one of you – our Members. No matter what is happening in the world this is your chance to embrace what’s ahead and focus on the things that matter most: your health and happiness. We are empowered to help you transform your life in big and small ways.

This issue of **EMBRACE** is designed to help you do just that. Making your health a top priority is crucial to your overall well-being. You can start with your annual wellness visit, which focuses on wellness and prevention. To help you stay active, we offer AvMed Members a discount fitness program virtually or in-person. March is Colorectal Cancer awareness month, be sure to read important information about screenings, which begin at age 45.

Plus, please remember to take advantage of all the great online tools, resources and tips for living a WELLfluent™ life on our Member Portal. A video tutorial and step-by-step guide to help you register for an account is available at www.AvMed.org/News/Service-Portals.

AvMed is here to help you live your best life. We look forward to a healthy future and hope you do too. Thank you for being a loyal Member and here’s to a great 2022!

Be well,

A handwritten signature in black ink, appearing to read 'James M. Repp', with a stylized flourish at the end.

James M. Repp

President and COO, AvMed

EMBRACE@AvMed.org

Questions About AvMed Coverage or Benefits?

Contact AvMed’s Member Engagement Center:
Please call the number listed on your AvMed Member ID Card
(TTY 711) Monday–Friday, 8 am–8 pm; Saturday, 9 am–1 pm.
Hours may vary according to your policy.

Colon Cancer Awareness Month

Know Your Screening Options

March is National Colorectal Cancer Awareness Month. Since its inception, it has grown to be a rallying point for the colorectal cancer community where thousands of patients, survivors, caregivers and advocates throughout the country join together to spread colorectal cancer awareness. But not only do we want survivors of colorectal cancer (cancer of the colon or rectum), we want to prevent the disease in the first place.

In fact, according to the CDC regular screening, beginning at age 45, is the key to preventing colorectal cancer. If you're 45 to 75 years old, get screened for colorectal cancer regularly. If you're younger than 45 and think you may be at high risk of getting colorectal cancer, or if you're older than 75, ask your doctor if you should be screened. Currently only one-third of people who should be screened have yet to do so.

Know Your Screening Options

The American Cancer Society (ACS) recently revised its screening recommendations and suggests that individuals at average risk begin screenings at age 45. The ACS recommends that people who have a higher-than-average risk of colon cancer because of family history or irritable bowel syndrome should start screenings before the age of 45. If you are in a higher risk group, the ACS recommends only a colonoscopy for screening; those with average risk may use the non-invasive tests. The goal of screenings is to



alert doctors to polyps, which are abnormal growths that can turn into cancer, so they can be removed, before they turn into cancer. Regular screenings can help with early diagnosis, increasing the likelihood of survival. Discuss with your doctor which test is right for you

Be Alert for These Red Flags

Colorectal cancer occurs in the colon or rectum and has few symptoms, many of which mimic stress or other diseases. Often there are no early warning signs to indicate there is a problem. Some later warning signs to be on the lookout for include weight loss, abdomen pain, frequent or loose stools, and bloating. However, it's not until blood is visible in the stool that most people realize there's a larger problem.



For more information, visit

www.CDC.gov/cancer/dcpc/resources/features/colorectalawareness/index.htm

We Want to Hear from You

Your feedback helps us deliver the best healthcare experience possible. Every year, AvMed surveys a small sample of our Members with the Consumer Assessment of Healthcare Providers and Systems (CAHPS). The CAHPS survey asks Members about their experiences with AvMed and their network Providers.

We encourage you to check your mailbox regularly and fill out any surveys you may receive about AvMed, so we can learn about your experience to improve our services and better meet your needs. Another way to make your healthcare a priority: getting the flu shot. If you've already had your flu shot, we applaud you for embracing better health. If you haven't, it's still not too late! Ask your doctor or visit a participating pharmacy for a flu shot. Remember to answer "yes" to receiving your flu shot in any survey you may receive.



Preventive Corner



No Time Like the Present for Your Annual Wellness Visit

How are you doing with your New Year's Resolutions? Congratulations if you're still on track! If you aren't, don't despair, no time is like the present to start again! Either way, now is a great time to check in with your doctor. During the height of the pandemic, you might have skipped some of your preventive care. Start 2022 with a focus on health and prevention with an annual wellness visit with your doctor.

1. See your doctor for an annual wellness visit

Make sure you connect with your doctor to do a review of the preventive care you need this year. While it is important to follow the CDC and your doctor's recommendations about staying well, most providers offer telehealth or have put in place measures to keep you safe in-person.

2. Follow your doctor's recommended treatment plan, including taking your medications as ordered

Just because you're staying at home more often doesn't mean you can stop your treatment plan. Having good health may go a long way in protecting you from the most severe symptoms and complications of the coronavirus.

3. Stay Active

Staying at home more these days? Don't let that keep you from being active. AvMed offers our Members Active&Fit Direct® which is a discount fitness program you can engage in virtually or at thousands of nationwide fitness facilities. See back cover and check it out at AvMed.org.



To get started with Active&Fit Direct®: Log in to your Member portal at **AvMed.org** then click on *Health and Wellness* to learn more.

Checklist for Controlling Diabetes

If you have diabetes or are at risk of developing diabetes, here is a spring check list just for you:

✓ Get a HbA1c test

Talk to your doctor about what HbA1c goal is right for you. The HbA1c is your average blood sugar over the past 8-12 weeks. Most doctors target a HbA1c of 7% or less for diabetics, but this may vary. The HbA1c of prediabetes ranges from 5.7%-6.4% (lower is better).

✓ Get your blood pressure checked

Managing your blood pressure is very important for everyone, but especially for diabetics and pre-diabetics. Most adults should have a blood pressure below 140/90.

✓ Eye check

Getting your eyes checked every 1-2 years can detect early changes resulting from elevated blood sugar. Eye complications can develop gradually.

✓ Kidney check

Getting a microalbumin test is an easy way to monitor your kidney health. The kidneys can suffer damage from elevated blood sugars over time.

To learn more, please visit the following sources: www.cdc.gov/diabetes/basics/getting-tested
www.cdc.gov/diabetes/basics/prediabetes www.cdc.gov/diabetes/managing/managing-blood-sugar/a1cS
www.cdc.gov/bloodpressure



Talk privately to a registered nurse by calling our dedicated 24/7 **Nurse On Call hotline at 1-888-866-5432**. To learn more, please visit **CDC.gov**.

Children's Dental Health – Why it Matters

Dental cavities are one of the most common, preventable childhood diseases. Approximately 25% of our nation's children have multiple cavities. Tooth decay is a major cause of tooth loss in children. Because dental diseases have a negative effect on quality of life in childhood and in older age, annual dental visits and oral care are important throughout childhood and adolescence (ages 2-20).

Keeping up with your child's oral health can significantly reduce the risks of developing oral disease in the future. Oral health is crucial to overall health. According to the American Academy of Pediatric Dentistry (AAPD), tooth decay can be prevented and even reversed. That's why it is important to:

- Establish a dental home; have an ongoing relationship between a pediatric dentist, if available, and patient family that includes all aspects of oral health
- Find your dental home no later than your child's first birthday or when their first tooth appears and no later than 12 months of age
- Brush your child's teeth for two minutes, two times a day, and floss as soon as the teeth start touching
- Supervise your young child's toothbrushing



Be sure to keep up with your child's overall health in 2022. Starting with their oral health.



For more information, visit www.NCQA.org/hedis/measures/annual-dental-visit/

WHAT YOU NEED TO KNOW ABOUT HIGH BLOOD PRESSURE

The COVID-19 pandemic is associated with higher blood pressure levels among middle-aged adults across the U.S., according to new research published recently in the American Heart Association's flagship journal *Circulation*.

According to the American Heart Association, nearly half of American adults have high blood pressure, a leading cause of heart disease, and nearly 75% of all cases remain above the recommended blood pressure levels. Stay-at-home orders were implemented across the U.S. between March and April 2020 in response to the COVID-19 pandemic. This resulted in a shift to remote health care for numerous chronic health conditions including high blood pressure and had a negative impact on healthy lifestyle behaviors for many people.

"At the start of the pandemic, most people were not taking good care of themselves. Increases in blood pressure were likely related to changes in eating habits, increased alcohol consumption, less physical activity, decreased medication adherence, more emotional stress and poor sleep," said lead study author Luke J. Laffin, M.D., co-director of the Center



for Blood Pressure Disorders at the Cleveland Clinic in Cleveland, Ohio. "And we know that even small rises in blood pressure increase one's risk of stroke and other adverse cardiovascular disease events."



To Learn how to prevent high blood pressure, visit the American Heart Association at www.Heart.org then search for the article, "US Adults' Blood Pressure Levels Increased During the COVID-19 Pandemic."

The Prescription Cost Savings Tool You Need in Your Life

Rx Savings Solutions is a prescription cost savings tool that helps you easily find the lowest-price options for your prescription drugs. This new service is linked to your AvMed plan, so everything is personalized according to the medications you and your family are currently taking.

How it works:

1. Access your account to see how you can save on your prescription drug costs.
2. Receive automatic savings notifications that tell you if you're paying too much.
3. To change to a lower-cost prescription, Rx Savings Solutions will work with your doctor to get it approved. It's that easy!

Get started

Log in to your **AvMed Member Portal** account and select the **Rx Savings Solutions** link on the left menu.



Questions? You can view our FAQs at www.AvMed.org/prescriptions/rx-savings-solutions, email the Rx Savings Solutions Pharmacy Support Team at support@rxsavingsolutions.com or call **1-800-268-4476** Monday-Friday from 7 am-8 pm. CT.

YOUR PHARMACY



FORMULARY UPDATE

See the latest List of Covered Drugs on our website for copay levels and other pertinent pharmacy benefits. Your formulary may be different depending on your plan type.

NEW DRUGS

Brand Name	Generic Name	Use	Formulary Availability
Kynmobi	apomorphine	Parkinson's Disease	Small and Large Group
Wakix	pitolisant	Narcolepsy	Small and Large Group
Tukysa	tucatinib	Breast cancer	Individual, Small and Large Group

NEW GENERICS

Brand Name	Generic Name	Use	Formulary Availability
Amitiza	lubiprostone	Irritable Bowel Syndrome with Constipation	Small and Large Group
Zomig Nasal Spray	Zolmitriptan Nasal Spray	Migraines	Small and Large Group
Hysingla ER	Hydrocodone ER	Chronic pain	Small and Large Group

The List of Covered Drugs includes specific coverage information on copayment levels, medications that require prior authorization or have quantity limits, and therapeutic alternatives.

The most recent listing can be viewed online at AvMed's website, <https://AvMed.org/Prescriptions/>.

Medications are added to AvMed's List of Covered Drugs (formulary) after careful review by a committee of practicing doctors and pharmacists called the Pharmacy and Therapeutics Committee.


The committee meets quarterly and decides which medications provide quality treatment at the best value. The medications on this page have been added to the formulary.

AvMed complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, sex, sexual orientation, gender, gender identity, disability, or age, in its programs and activities, including in admission or access to, or treatment or employment in, its programs and activities. The following person has been designated to handle inquiries regarding AvMed's nondiscrimination policies: AvMed's Regulatory Correspondence Coordinator, P.O. Box 569008, Miami, FL 33256, by phone 1-800-882-8633 (TTY 711), or by email Regulatory.Correspondence@AvMed.org.

Important Contact Information

AvMed's Member Engagement Center*:
 Please call the number listed on your AvMed Member ID Card (TTY 711), Monday–Friday, 8 am–8 pm; Saturday, 9 am–1 pm.

*Hours may vary according to your policy.

- AvMed Nurse On Call: **1-888-866-5432** (TTY 711) 24 hours a day, 7 days a week
- Fraud and Abuse Hotline: **1-877-286-3889**
- AvMed website: **AvMed.org**
- AvMed Facebook  **www.Facebook.com/AvMedHealth**



WE SPEAK YOUR LANGUAGE

If you have specific language needs, please call AvMed's Member Engagement Center at the number listed on your AvMed Member ID Card.

AvMed ... Hablamos su idioma!

Si usted tiene necesidades específicas relacionadas con el idioma, comuníquese con el Centro de Atención para Afiliados de AvMed en el número que aparece en su tarjeta de afiliado de AvMed.

AvMed ... a votre service!

Toute la journée. Toute la journée ...
 Tous les jours ... Nous parlons votre language. Si vous ne pouvez pas lire les articles dans ce magazine, veuillez composer le numéro imprimé sur votre carte de Membre pour un représentant qui peut répondre à vos questions.

AvMed's Care Management:

1-800-972-8633

TTY Assistance: **711**

7 days a week, 8 am–8 pm



home or gym?

we'll keep you active either way.



2,500+ DIGITAL WORKOUT VIDEOS



11,000+ FITNESS CENTERS AND STUDIOS
Members can change anytime



NO LONG-TERM CONTRACT



Get Started: Log in to your member portal at **AvMed.org** then click *Health and Wellness* to learn more.

Over 2,500 digital workout videos including programs from:



Over 11,000 fitness centers nationwide including:



*Plus applicable taxes.

M966-504A-AVMD 2/21 © 2021 American Specialty Health Incorporated (ASH). All rights reserved. The Active&Fit Direct™ program is provided by American Specialty Health Fitness, Inc., a subsidiary of ASH. Active&Fit Direct and the Active&Fit Direct logos are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Fitness center participation varies by location. Digital workout videos are subject to change. ASH reserves the right to modify any aspect of the Program (including, without limitation, the Enrollment Fee, the Monthly Fee, and/or the Introductory Period) at any time per the terms and conditions. If we modify a fee or make a material change to the Program, we will provide you with no less than 30 days' notice prior to the effective date of the change; discontinue the Program entirely at any time upon advance written notice.