

# EMBRACE

Winter/Spring 2023

## Colon cancer screening:

The tests that  
could help  
save your life

## Heart-health risk factors

Maternity Case  
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**HEAR HER**  
Campaign





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# EMBRACE

**James M. Repp**  
President and COO

**Ana M. Eberhard**  
Vice President, Member Experience

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

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- To contact the Marketing & Communications Department, write AvMed, 3470 NW 82nd Avenue, Doral, FL 33122; call **305-671-4935**; or email **EMBRACE@AvMed.org**.

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## Dear Valued Member:



**H**ope your new year is off to a great start! Our mission remains the same, to help you live healthier. We will continue to go beyond the expected to encourage better health along with an enhanced Member experience.

In this edition of **EMBRACE**, we include information on how to make your health a top priority, like colorectal cancer screenings and heart health. Additionally, we help you find ways to reduce cost of care such as Rx Savings® Solutions.

As a reminder, in the next few weeks, you may receive a survey in the mail from the Consumer Assessment of Healthcare Providers and Systems (CAHPS) about AvMed. We value your opinion and appreciate your feedback as this tool plays an important role in your healthcare and ensures we continue delivering quality services.

We're proud to be a part of this community for more than 50 years. As we continue through the year, I hope we inspire you to live a healthier, happier life. Thank you for the privilege of serving you and your family. We look forward to another great year in 2023!

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.



## HEALTH SMARTS

New This Year!

# AvMed's Cost Calculator Tool Enhancements

**G**uided by our mission to help you live a healthier and happier life, we've enhanced the Cost Calculator Tool with expanded functionality improvements and changes.



### What's New?

Beginning this year, AvMed's Cost Calculator Tool will disclose information on approximately 500 services. Also, starting with plan years on and after January 1, 2024, the tool will list all covered items and services.

Search functionality will be expanded, and you'll be able to view a list of items subject to bundled payment arrangements and view out-of-network allowed amounts.

With these changes, out of pocket calculations will now include visit limits and cumulative totals per services and out-of-network benefits.

Plus, communications within the tool will deliver information to help you make more informed health decisions with messaging about prerequisites for procedures, benefit limits and accruals, procedures that are preventive, required disclosure notices, and educational information related to cost estimates.

## GET THE BEST PRICE FOR YOUR PRESCRIPTIONS

Keeping track of prescription drug costs can be confusing. That's why AvMed brings you Rx Savings® Solutions, a service that can help you get the best price for medicine you need.

### HOW YOU CAN SAVE

Rx Savings Solutions finds all the medication options—and their prices—for your conditions. You and your doctor decide what's best for your health and budget. Here are just a few ways you might be able to save money:



**Generic forms of name-brand drug**



**Lower prices at different pharmacies or mail-order**



**Equally effective meds that cost less**

**To get started**, access Rx Savings Solutions by logging on to AvMed's Member Portal at [AvMed.org](https://www.avmed.org) and selecting the Rx Savings Solutions link on the left menu. We hope you'll use this resource to help reduce your out-of-pocket expenses!



Should you have any questions, contact the Rx Savings Solutions pharmacy experts at **1-800-268-4476** or [support@rxsavingsolutions.com](mailto:support@rxsavingsolutions.com). For more information, visit [www.avmed.org/prescriptions/rx-savings-solutions/](https://www.avmed.org/prescriptions/rx-savings-solutions/).



## Colon cancer screening: The tests that could help save your life

If it's time for your routine colon cancer screening, you probably have questions. Here's a look at what you can expect.

Whether this is your first colorectal cancer screening or you have had several, you may have questions and should understand the importance of routine screenings.

A colon cancer screening could be the most important thing you ever do. So, if you're 45 or older and haven't had a recent screening, read on to learn about your options.

### Who should be screened for colon cancer?

The U.S. Preventive Services Task Force recommends that all adults get screened for colon cancer starting at age 45. How often you're screened will depend on the screening test you get and your results.

Your doctor may recommend screening earlier and more often if you're at a higher risk of colon cancer.

### High-risk factors include:

- Family or personal history of colorectal cancer or colorectal polyps
- Crohn's disease
- Familial adenomatous polyposis (FAP)
- High-risk adenomas
- Inflammatory bowel disease (IBD) for at least eight years
- Lynch syndrome
- Ovarian cancer
- Type 2 diabetes
- Ulcerative colitis

### What are my screening options?

A colonoscopy used to be your only option to screen for colorectal cancer. These days, there are also home kits called FIT tests. Here's a rundown of your options.

#### Colonoscopy

A colonoscopy remains the gold standard for colon cancer screening and can even prevent you from ever developing colon cancer. Your doctor examines your colon using a long flexible tube with a small video camera on the end of it. It's more involved than the other test options, but you'll only need to get one every five to 10 years. Plus, your provider can remove potentially cancerous growths (called polyps) during a colonoscopy, preventing cancer before it even starts.

#### What's a FIT test?

FIT stands for fecal immunochemical test, and you can do this test from home. You'll receive a kit with instructions for collecting a stool sample, then you'll send it to a lab for testing.

#### Which colon cancer screening test should I get?

Your doctor will help you decide which test is best for you and when you should start screening. If you're at average risk of colon cancer, you may be able to take a FIT test. But if you're at high risk, your doctor will likely recommend a colonoscopy.

Whichever test you need, the most important thing is to get it done. According to the American Cancer Society, the diagnosis rate for colon cancer has dropped over the past several decades. This is great news, and it's largely thanks to increased rates of screening. So do your part — it just might save your life!

\* All test kits need to come from a participating provider, such as Quest, or will require a prior authorization to avoid additional cost share.



Talk to your doctor today about getting screened For more information, visit [www.Cancer.org](http://www.Cancer.org)  
**Colorectal Cancer Guideline | How Often to Have Screening Tests**

# Heart-health risk factors every woman should know about

Heart disease can look different for men and women. Here's what you need to know to protect your health. Heart disease has a reputation as a "man's disease," but it's just as important for women to stay on top of their heart health.

That's because heart disease is the No. 1 killer of women, according to the American Heart Association (AHA), causing more deaths than all cancers combined. If that surprises you, you're not alone. According to a 2020 survey by the Cleveland Clinic, more than two-thirds of Americans didn't know that heart disease was the top cause of death for women (many assumed it was breast cancer).

The good news is that you can take action to help prevent heart disease. Knowing what causes it and your personal risk level is the first step. Women can experience heart disease differently than men do, so it's important to understand what increases your risk.



Here's what you need to know to keep your ticker in tip-top shape. Top heart disease risk factors for women High blood pressure, high "bad" LDL cholesterol, smoking, and diabetes are some of the top factors that increase your risk for cardiovascular disease, according to the Centers for Disease Control and Prevention (CDC).

Knowing your numbers and treating them if necessary as well as a healthy lifestyle are key to keeping your heart healthy. Having regular routine lab work and blood pressure checks, seeing your doctor for an annual wellness visit will provide a roadmap for both you and your doctor to staying healthy.



Talk to your doctor about your risk factors and learn more at [Heart Disease | CDC.gov](https://www.heartdisease.gov).

## HEAR HER – START THE CONVERSATION

AvMed has adopted the **CDC's HEAR HER Campaign** into our Maternity Case Management program.

The Hear Her Campaign's purpose is to raise awareness of potentially life-threatening warning signs during and after pregnancy and improve communication between patients and their healthcare providers.

If you are pregnant or gave birth within the last year, it's important to talk to your healthcare provider about anything that doesn't feel right. It may be physical, but it could also include feelings of sadness, anxiety, and exhaustion that make it difficult to complete daily care activities for yourself, your baby or others.

You know your body best. If you experience something that seems unusual or is worrying you, don't ignore it. Talk to your healthcare provider today.



For a helpful guide to start the conversation with your doctor, visit [www.CDC.gov/hearher/pregnant-postpartum-women/index.html#talk](https://www.CDC.gov/hearher/pregnant-postpartum-women/index.html#talk). [www.Heart.org](https://www.Heart.org)

# Help Us Do Even Better!

It is our top priority to continuously improve your Member experience and benefits to help you stay healthy. In the next few weeks, you may receive an independent survey in the mail from the Consumer Assessment of Healthcare Providers and Systems or CAHPS program. By filling out this survey, we can learn more about your AvMed experience to improve our services and better meet your needs. This tool plays an important role in your healthcare and ensures we continue delivering quality services and the best healthcare experience possible. **We value your opinion. If you receive a letter or call about a survey, we kindly ask that you take a few minutes to participate.**

## 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
TWYNEO	tretinoin-benzoyl peroxide	Acne	Small and Large Group
WINLEVI	clascoterone	Acne	Small and Large Group
ADBRY	tralokinumab-ldrm	Eczema	Small and Large Group
CIBINQO	abrocitinib	Eczema	Small and Large Group
DAYVIGO	lemborexant	Sleep Disorders	Small and Large Group, Individual, Marketplace
GAVRETO	pralsetinib	Oncology	Small and Large Group
RETEVMO	selpercatinib	Oncology	Small and Large Group

### NEW GENERICS

Brand Name	Generic Name	Use	Formulary Availability
TOVIAZ	fesoterodine	Urinary Spasms	Small and Large Group, Individual, Marketplace
SUPREP	sodium/potas sol magnesium	Laxative	Small and Large Group, Individual, Marketplace
TAZORAC GEL	tazarotene gel	Psoriasis	Small and Large Group, Individual, Marketplace
GILENYA	fingolimod	Multiple Sclerosis	Small and Large Group, Individual, Marketplace
TIMOPTIC OCUDOSE	timolol maleate solution	Glaucoma	Small and Large Group
DIVIGEL	estradiol gel	Estrogen Replacement	Small and Large Group, Individual, Marketplace
DALIRESP	roflumilast	Chronic Obstructive Pulmonary Disease (COPD)	Small and Large Group, Individual, Marketplace
DENAVIR	penciclovir cream	Cold sore treatment	Small and Large Group, Individual, Marketplace
ZIOPTAN	tafluprost	Glaucoma	Small and Large Group, Individual, Marketplace
HETLIOZ	tasimelteon capsules	Sleep Disorders	Small and Large Group, Individual, Marketplace
CAMBIA	diclofenac powder	Inflammation and pain	Small and Large Group
TROKENDI XR	topiramate extended release capsules	Seizure Disorders	Small and Large Group
ESBRIET	pirfenidone	Pulmonary Fibrosis	Small and Large Group, Individual, Marketplace
MIRVASO	brimonidine gel	Rosacea	Small and Large Group, Individual, Marketplace

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, [AvMed.org/Prescriptions/](https://www.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.

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**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



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Over 11,000 fitness centers nationwide including:



\*Plus applicable taxes.

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