IN SICKNESS AND IN HEALTH ... AVMED SUPPORTS MEMBERS

Planning Ahead: HOW ADVANCE DIRECTIVES HELP

Stay Active With AvMed
In Health
A Member who is a lifeguard and a look at AvMed’s wellness programs

Plan Ahead With an Advance Directive
Empower yourself by communicating your healthcare preferences

In Sickness
AvMed’s programs support Members at all stages of health

Welcome
Ushering in the new

Brain Teasers
Challenge your mind and put your skills to the test

Recipe
Beef & Watercress Stir-Fry

AvMed Speaks Your Language
Estamos aquí para servirle. En español, llame al Departamento de Servicios al 1-800-782-8633
AvMed a votre service. Pour un représentant bilingue qui peut répondre à vos questions 1-800-782-8633
Dear Member:

Welcome to a new year! We wish you a fantastic 2015. We have high hopes and major goals for the year ahead, and hope that you do as well.

The beginning of the year is traditionally a time of reflection. In that spirit, we have been thinking about Aspire. We launched the magazine in 2010, and it gives our team great pride to see how it has grown and flourished in the past five years.

Our main objective remains the same as when we launched Aspire: to inspire and support our Members to live their best lives. We hope the information you find in these pages is informative and inspirational, and that it motivates you to continually strive to realize your optimal health.

Back in 2010, we chose the name Aspire because it was the perfect description of our attitude toward health and wellness. As I wrote in my very first welcome letter, the word “aspire” means to have a great ambition, an ultimate goal, a strong desire, a willingness to strive. Ultimately, Aspire is about taking responsibility. It’s about helping yourself and doing the right things when it comes to diet, exercise, screenings, and maintaining an overall vigilance toward wellness. We hope you embrace that responsibility.

I’ve often mentioned that AvMed itself is a company that believes in continuously working toward excellence. Just as we ask you to always set the bar higher for yourself, we do the same on a business level. In keeping with that philosophy, I’m pleased to share that we are realigning our organization to serve our Members even better. I will be moving into a new role within AvMed, and in Aspire’s next issue, you’ll meet our President and Chief Executive Officer. These changes will ensure an even greater level of Member service.

As I reflect on the last several years, I am thankful for the opportunity to serve as AvMed’s Chief Medicare Executive. Through your feedback and letters, and through the stories you’ve shared, you have truly inspired me.

As I transition into my new role, I am excited about what lies ahead. I look forward to a bright future, one in which I will continue to serve our Members, and one in which Aspire will continue to motivate you to live your healthiest life. I wish you the best, in health and in life, and I look forward to staying in touch.

Questions about AvMed coverage or benefits?
Call us! We’re here to help. Contact AvMed Member Service at 1-800-782-8633 (TTY 711 or 1-800-955-8771) Monday–Friday, 8 a.m.–8 p.m.; Saturday, 9 a.m.–1 p.m.

Winston H. Lonsdale
Chief Medicare Executive
AvMed
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A Garden of One’s Own

Want to grow your own vegetables, fruits and herbs? The main growing season in South Florida is from November to May. What are you waiting for? Let’s get started!

For advice, Aspire spoke to gardening expert Julie Petrella-Arch, University of Florida Master Gardener, Director of the Edible Community Gardens Project in Coral Gables, Fla., and a volunteer at Miami’s Fairchild Tropical Botanic Garden.

Petrella-Arch has been gardening since she was 5 years old – her grandfathers were both avid gardeners, and they were her first teachers. “I’m a firm believer in growing as much of your own food as you can,” she says. “Gardening offers great rewards. It helps you attune to the natural rhythms of life, control the quality of your food and reduce your carbon footprint.”

Tips for Planting a Garden

1. **Identify your site.** Choose a spot with sufficient sun. Full sun is required for many vegetables and fruits, which means six to eight hours of midday sun. “Use stakes or a garden hose to block out areas where you want your garden, and watch your yard for a few days,” Petrella-Arch says.

2. **Prepare your soil.** South Florida soil is rocky and alkaline – not good for growing. It’s best to construct a raised bed, according to Petrella-Arch. Ready-to-assemble kits are available, or you can make your own with materials such as concrete blocks and untreated cedar. Don’t use materials that might leach chemicals, such as tires or treated lumber. Prepare the beds with several layers of newspaper and cover with potting soil that has time-released fertilizer.

3. **Plant your crops.** The easiest-to-grow vegetables at this time of year are radishes, carrots, onions, and small tomatoes and peppers. Plant in rows that run north to south. Taller plants should be furthest north or east so they don’t cast shadows on the shorter plants.

4. **Water.** Plants need different amounts of water at different points in their life cycles. Frequent watering is necessary at first. Once growth is established, let the soil dry out a bit between watering.

5. **Weed and pest control.** Petrella-Arch recommends mulching and daily inspection to keep your garden weed-free and pest-free.

6. **No yard? No problem!** If you don’t have a yard, you can grow on a balcony or patio in containers. Petrella-Arch recommends terra-cotta pots.

For more gardening information, access the comprehensive Florida Vegetable Gardening Guide from the University of Florida: [www.edis.ifas.ufl.edu/vh021](http://www.edis.ifas.ufl.edu/vh021).
HEALTHY LIFESTYLE HABITS
Reduce Dementia Risks

We all know that sticking to the basic principles of a healthy lifestyle is good for our overall health and for weight control. New research reported by the World Alzheimer Report 2014 shows that healthy habits are also good for our brain, reducing the risk of dementia. The research indicates that it’s never too late to benefit from positive lifestyle habits. People who are older or even experiencing dementia can gain benefits in brain functioning.

These healthy lifestyle habits are no mystery. They include exercising, managing diabetes, getting to and maintaining a healthy weight, keeping blood pressure under control and quitting smoking.

Exercise Lowers Risk of Irregular Heartbeat

By increasing either the quantity or intensity of exercise, older women can significantly lower their risk of developing atrial fibrillation, according to recent research reported in the Journal of the American Heart Association. Atrial fibrillation (AF) is an irregular or quivering heartbeat that can lead to heart-related complications such as stroke, heart failure and blood clots.

The study followed women ages 50–79 enrolled in the Women’s Health Initiative over a course of 11 years. “We found the more physically active the women were, the less likely it was that they would develop atrial fibrillation,” said Marco V. Perez, M.D., lead author of the study and Director of the Inherited Arrhythmia Clinic at the Stanford University School of Medicine. “Also, the more obese the women were, the more they benefited from having greater degrees of physical activity.”

The research found that the women who were the most physically active, exercising for the equivalent of brisk walking 30 minutes daily six times a week, had a 10 percent lower risk of developing AF, compared to women who were not physically active. The study also found that, contrary to previous research, strenuous exercise does not increase the risk of AF but instead decreases it.

For great fitness information and free resources, see Go4Life from the National Institute on Aging at NIH: go4life.nia.nih.gov.
The job of a lifeguard is to protect swimmers from accidents, dangers and drowning. In many ways, AvMed functions as a lifeguard of sorts, working to support our Members at all stages of their health. When Members are ill, we provide support services and facilitate healthcare. Our early intervention programs help us to track Members’ health and step in to prevent or delay disease. But our role is much larger than that. We also promote wellness, educating Members on healthy lifestyle choices and facilitating good health through several programs and initiatives, such as the SilverSneakers Fitness program, Walkadoo™, CenteredCare and more (see “To Your Health” on page 7).

That’s why for this issue of Aspire, we talked with Rosemarie F., a veteran lifeguard, SilverSneakers instructor and AvMed Member in Miami. Rosemarie was hired for her first full-time lifeguarding job when she was 20 years old – before that, she was a junior lifeguard and a competitive swimmer. She is now 71, and has a few things to tell us about what being a lifeguard really means.

Rosemarie is the head lifeguard, a lifeguard trainer and a pool operator at the Jewish Community Center in Kendall, where she’s worked since 1991. She also teaches water aerobics through SilverSneakers. Retirement isn’t on the horizon. “This is something I enjoy, and it keeps me healthy. Why would I give it up?” she says.

Well, maybe because she has to be at work at 6 a.m. to open the pool? No, she says. She loves that part of her life: “I watch beautiful sunrises.”

Rosemarie’s days start quite early, and that’s also
just the way she likes it. She wakes up at 4 a.m. and before she even gets out of bed, she does 20 minutes of exercise. Then she listens to Christian music as she gets ready for work, and she dances – specifically, she waltzes. “I dance before I walk out the door in the morning. Then I’m ready for the day,” she says.

Her days are full and busy. Between the people who show up to use the pool, the lifeguards she mentors and the students in her water aerobics classes, Rosemarie is interacting with others throughout her day, which is perfect for her. Working with people, getting to know them, helping them – it all keeps her going. “I want to be out, and be with others, and helping others,” she says. “We’re here for each other.”

When she’s not lifeguarding, Rosemarie keeps herself busy working with people in many other ways. One day a week is spent at Baptist Hospital, where she volunteers as a lay Eucharist minister, serving the hospital.

Continued on page 8

To Your Health!

The many ways that AvMed supports Members’ health and wellness

Whether you are fit as a fiddle (we want you to stay that way), a dedicated couch potato (we’ll do our best to get you up and moving) or somewhere in between, AvMed offers programs dedicated to supporting your healthiest life.

SilverSneakers® Fitness Membership
SilverSneakers provides a free fitness membership and free classes at participating fitness locations to AvMed Medicare Members. The program is now available in more than 12,000 locations nationwide, and has recently added LA Fitness to its roster. Members who participate in SilverSneakers regularly provide glowing reports and great results. They lose things … like weight. They reduce other things … such as high blood pressure and cholesterol, intensity of arthritis pain and even the amount of medicine they take. They gain … in happiness, social interactions and general well-being. If you haven’t already joined up with SilverSneakers, we encourage you to give it a try this year.

Walkadoo™
Not crazy about gym workouts? There are plenty of other ways to get fit. One is Walkadoo, a free, pedometer-based walking program that gets people moving and keeps motivation up through fun technology and online social interaction. For information on how to register for Walkadoo, see page 13.

CenteredCare
We introduced CenteredCare in 2014 to ensure that our Members get the best possible healthcare from their primary care physician (PCP) and specialists. CenteredCare puts your PCP at the center of your healthcare. Your PCP refers you to specialists, communicates with them and coordinates your care.

Join SilverSneakers today!
To learn more about SilverSneakers, call AvMed Member Service at 1-800-782-8633 (TTY 711 or 1-800-955-8771). You can also go online to AvMed’s website (www.avmed.org) and follow the link to SilverSneakers to search for locations.
patients. She's very involved in her church and regularly lends a hand to help with many of its functions as well as volunteer programs. She has also worked with the Habitat for Humanity program for many years, and has helped to build 15 homes for people.

She thrives on this kind of work, saying, “You have to get off the couch and go and do things for others. When you give, it comes back.”

Recently, all that giving came back for Rosemarie in a big way. For her 70th birthday, the students in her SilverSneakers classes got together and helped her three children organize a potluck birthday party for her. More than 75 people showed up, many of them bearing platters of food.

Rosemarie is fit and healthy, and doesn't take any medicines. She knows she inspires many people, but she has her own sources of inspiration. One is her friend, Marie, who is 100 years old and regularly goes out dancing with Rosemarie. Sometimes, she even rides her bike to the dances. Last year Marie took a trip to Israel and Rome. “She's such a trooper. She still drives and she cooks; she makes me realize that you've got to keep putting one foot in front of the other,” Rosemarie says.

Rosemarie works with many people who are struggling with their health, from the students in her SilverSneakers classes who are rehabilitating from surgeries and illnesses, to the patients she works with each week at Baptist. Her advice for others? “We're not promised tomorrow. If you wake up, it's a new day. Grasp it for all you're worth. Only you can do that. Your own happiness comes from you. Be thankful.”
Many South Florida residents remember the heartbreaking story of Terri Schiavo, who passed away in 2005 after years of legal battles surrounding her end-of-life care. The 41-year-old Florida woman was severely brain damaged and in a vegetative state since suffering a heart attack in 1990. She spent years on a feeding tube, while her parents and her husband fought over her healthcare treatment.

While the Schiavo case is an extreme example, unfortunately many families experience confusion about end-of-life care. This all-too-common scenario can be avoided with an advance directive.

Advance care planning is about peace of mind; above all, it is about being prepared in the event that you are in an end-of-life situation and unable to communicate your wishes. “End of life is a difficult time for everyone. You don't want your family to feel uncertain about how you want to be cared for,” says Ann O. Wehr, M.D., AvMed’s Chief Medical Officer and Senior Vice President of Member Health and Wellness.

What Is an Advance Directive For?
The types of healthcare issues addressed by advance directives include: If you are unable to advocate and make decisions for yourself, who would you want to do this for you? What kinds of care would you want to receive in an end-of-life situation, and what procedures would you not want?

Completing an advance directive doesn’t need to cost anything and it won’t take much time, but it does require careful thought. “The best time to think about an advance directive is when you are in good health. That way you have the opportunity to discuss your wishes,” says Dr. Wehr, who recommends thoroughly reviewing end-of-life questions with your primary care physician.

Preparing an Advance Directive
There are two primary forms of advance directives, a healthcare power of attorney and a living will. Both types of advance directives should be documented in writing. You must be sure that your loved ones and your doctor(s) know your wishes and also know the location of the advance directive.

RESOURCES
- Caring Connections (www.caringinfo.org) provides information and support about planning for end-of-life care
- Aging with Dignity (www.agingwithdignity.org) provides Five Wishes, a living will available online and in multiple languages
- The Florida Bar Association (www.floridabar.org) has free downloadable advance directive forms for a healthcare surrogate and a living will
- The National Healthcare Decisions Day website (www.nhdd.org) is a comprehensive resource
No two people are alike, and no two people’s health challenges are alike. That is why AvMed’s many services for Members with health challenges are tailored to meet each individual Member’s needs.

AvMed’s Care Management Programs provide helpful support for Members with a wide range of health conditions. Whether it is recuperation after surgery, a chronic condition such as COPD or diabetes, a disease like cancer or a complex medical condition such as an organ transplant, AvMed has staff in place working closely with Members facing health challenges. The staff members for the programs are nurses, social workers and other healthcare professionals with extensive experience who are trained to help patients navigate the healthcare system and advocate on their behalf.

“We have a whole variety of services so that we can support all of our Members. We want to be there for our Members at all stages of healthcare,” notes Ann O. Wehr, M.D., AvMed’s Chief Medical Officer and Senior Vice President of Member Health and Wellness. “Healthcare can be very complicated and even scary, especially when you’re sick. Our goal at AvMed is to be a support system for our Members and make sure they get the help they need.”

Are You Facing Health Challenges?
AvMed is here for you.
AvMed’s Care Management Programs include:

**COMPLEX CARE**
Health conditions such as diabetes, pneumonia, a stroke, cancer and congestive heart failure are under the umbrella of complex care. Members are assigned to AvMed Care Managers; these are registered nurses and function as a partner in Members’ healthcare. “We work to ensure your care is coordinated, and we support the Members’ primary care physicians and specialists,” explains Dr. Wehr.

**SHORT-TERM CARE**
Short-term care management supports Members who could benefit from extra support following a health issue such as surgery. “A Member may need some help getting back on their feet after an event such as hip surgery,” says Dr. Wehr.

**TRANSITIONAL CARE**
This category of support is geared to Members who are discharged from a hospital and transitioning back home or to a skilled nursing facility. “We work to reach out to all Members who are discharged from the hospital within 72 hours of discharge,” explains Dr. Wehr. “Transitions are a critical time for Members. When you’re discharged from the hospital, you are given a lot of paperwork and a lot of directions. When Members get home, they often have many questions. We want to be there for our Members and make sure that all of those questions are answered, that they understand the doctor’s orders, and that they have scheduled any necessary follow-up appointments.”

**SPECIALTY CARE**
These programs are geared to Members with specialized health issues. The Transplant Care Management Program helps facilitate transplant services for Members and provides support throughout the process of organ transplant. The Chronic Kidney Disease Program works with Members at risk for kidney disease, with a focus on early intervention to prevent or delay disease. The Wound Care Program addresses the needs of Members who have chronic or non-healing wounds through education about wound care and healthy lifestyle support.

“AvMed typically reaches out to Members to offer these services but if you have not heard from us, please feel free to contact us,” says Dr. Wehr.

If you feel you can benefit from any of AvMed’s Care Management Programs or even if you simply have questions about them, call AvMed Member Service at 1-800-782-8633 (TTY 711 or 1-800-955-8771) Monday–Friday, 8 a.m.–8 p.m.; Saturday, 9 a.m.–1 p.m.
AVMED RESPONDS

Sometimes I forget to take my medicine. Should I be worried about this?

This is a very important question because although we know we should take our medicine as directed by our doctors, we don't always do so.

The statistics on medication adherence are shocking. Almost 75 percent of Americans don't always take their medication as directed. For example, they may forget doses, run out of medicine, or they may feel fine and stop taking it.

How serious is this? Very. In the worst-case scenario, non-adherence can be fatal. About 125,000 Americans die each year because they don't take medication properly. And about one-third of the medicine-related hospital admissions are due to not taking medicine as directed.

If you're not taking your medicine as directed, there are many solutions. If you have any questions about the medicine, talk with your doctor. If you forget to fill your prescriptions, set up a system that reminds you weeks in advance. If you forget doses, a pillbox or other organization system can help.

AvMed has programs in place to help Members with medicine adherence, including AvMed TEAMRx (Targeting and Engaging AvMed Members on Prescriptions). The program supports Members struggling with medicine adherence by providing advice and tools that help them adhere to prescription drugs for high cholesterol, diabetes and hypertension.

Q: Do I need the pneumonia vaccine? If so, is it covered by my insurance?

A: Yes to both questions. The Centers for Disease Control and Prevention (CDC) recommends that people age 65 and older receive the vaccine for pneumonia. This is a vaccine that people should receive every five to 10 years, so speak with your doctor to see whether you are due for it.

Pneumonia is a lung infection that can have several causes - it may result from a virus, bacteria or fungi. The seriousness of pneumonia can range from mild to severe and even fatal.

According to the National Foundation for Infectious Diseases, there are more than a million cases of pneumonia in the United States each year, and the fatality rate is 5 to 7 percent, with even higher rates in Americans who are age 65 and older.

In addition to being up-to-date on your pneumonia vaccine, be sure to get the annual flu vaccine, because the flu vaccine is one of the key ways to prevent pneumonia. Both vaccines are available for free.

The pneumonia vaccine is available with no co-payment from participating providers and participating pharmacies.

You may receive a survey that asks if you’ve been told about the pneumonia vaccine. If so, be sure to answer “yes” on the survey. And be sure to talk with your doctor to address any medical questions you may have!

In addition, AvMed’s Member Service Department can answer questions about your benefits.

- Luis Aranguren, Manager, Member Service

In this space, AvMed specialists address questions, concerns and even complaints that Members have about their AvMed Medicare coverage. We hope to hear from you. To contact us with your question or comment, email us at members@avmed.org.
Walkadoo is a fun fitness program that includes a small wireless pedometer (Pebble), daily emails with steps goals, and a website to check your progress and earn points. Sign up and order your Pebble now - it's easy!

1. Go to walkadoo.com/avmed.
2. In the lower right corner of the screen, click “Order Pebble.”
3. On the next screen, enter your name, email, and birth date, and set your password. **Note your password - you'll need it for future logins!** Check the box to agree to the conditions of the program, and click “Join Walkadoo.”
4. Next, if you’d like to add text messages, enter your cellphone number and click “Save and Continue.” If you don’t want texts, click “Skip for Now.”
5. **Important!** On the next screen, tell us **where to ship your Pebble.** Enter your mailing address and click “Next.”
6. Success! You’ll see a message that your order has been placed and your Pebble is on its way.

Questions? Call **1-888-423-4632** (TTY: 711), Monday–Friday, 8 a.m.–8 p.m. EST.

**AvMed Medicare** is an HMO plan with a Medicare contract and enrollment in AvMed Medicare depends on contract renewal. You must be enrolled in Medicare Part B and entitled to Medicare Part A. You must continue to pay your Part B premium. Products, services, networks or co-payments may change on January 1 of each year. SilverSneakers® is a registered trademark and Walkadoo™ is a trademark of Healthways, Inc. MeYou Health™, LLC, is a Healthways, Inc., company. © 2015 Healthways, Inc.
brain teasers

ACROSS
1  Bee’s cousin
5  Wechsler Individual Achievement Tests
10  Pacific Standard Time
13  Creamy cheese dressing (French)
14  Capital of Ghana
15  Fake butter
16  Not far
17  Leader of Bolshevik Revolution
18  Went into the water
19  Licensed practical nurse
21  Regular activity promotes good health
23  Sun’s name
26  Total
28  Dined
29  Inflammation of the glands
32  Not his
33  Taboo
34  Zero (Latin)
36  Produce
38  Papi
42  Asian nation
43  Adam and Eve’s garden
44  Flower start
46  Soaked
49  Sporty car brand
51  Can metal
52  Unexciting
53  Hair knots
57  Gain
59  1.6 kilometers
60  Material, like decaying leaves, under plants
62  Author Victor
66  Aborts
67  Dimwit
68  Afloat
69  Distress call
70  Stuffed toy
71  Healthy exercise

DOWN
1  Compass point
2  Lager
3  Ocean
4  Knitting stitch
5  Healthy nut, rich in omega-3 fats
6  Frost
7  Teen skin ailment
8  Kids’ cereal brand
9  Rational
10  Braids
11  Feel
12  Nominal
15  Award
20  Pressure unit
22  Spin
23  Made music vocally
24  Aroma
25  Talk show host Jay
27  Petty
30  Present
31  Two-___ (has two faces)
32  That man
35  Mediterranean diet benefits this organ

Solution on page 13
Match these ad slogans with their product:

| a. “Does she or doesn’t she?” | Wisk |
| b. “I can’t believe I ate the whole thing!” | Doublemint Chewing Gum |
| c. “Double your pleasure, double your fun” | Oscar Mayer |
| d. “Ring around the collar!” | Clairol |
| e. “My bologna has a first name …” | Campbell’s |
| f. “M’m! M’m! Good!” | Alka-Seltzer |

Using the digits 1 through 11, arrange each in the circles below so they add up to the same result in all directions.

You throw away the outside and cook the inside. You eat the outside and throw away the inside. What are you eating?

Beef & Watercress Stir-Fry
This hearty dish makes a great dinner. Watercress is an unusual twist, and it’s delicious when stir-fried – it’s also very healthy, with plenty of beta-carotene. This recipe makes 4 servings.

**Ingredients**
- 3 teaspoons olive oil
- ½ pound well-trimmed sirloin, cut into strips of 2 inches by ⅛ inches
- 3 scallions, thinly sliced
- 1 tablespoon fresh ginger, minced
- 1 clove garlic, minced
- 2 carrots, cut into very thin strips
- 20 snowpeas, trimmed
- ½ teaspoon salt
- 3 cups packed watercress, tough stems removed
- 1 teaspoon cornstarch
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons rice or cider vinegar
- ¼ cup water

**Instructions**
1. In a large nonstick skillet, heat 2 teaspoons of oil over medium-high heat. Add beef and stir-fry 2 minutes or until browned. With slotted spoon, transfer beef to a plate.
2. Add remaining 1 teaspoon of oil to skillet. Add scallions, ginger and garlic. Stir-fry until fragrant, about 1 minute. Add the carrots, snowpeas and salt, and cook 2 minutes or until vegetables are crisp-tender.
3. Add watercress and cook for 1 to 2 minutes, or until wilted.
4. In small bowl, combine cornstarch, soy sauce, vinegar and ¼ cup water. Stir mixture into skillet and cook, stirring, for about 1 minute or until sauce is slightly thickened. Return beef to pan and cook 1 minute to heat through.

**Nutritional Information Per Serving**
- 202 calories; 12 g total fat; 4 g saturated fat;
- 6.3 g monounsaturated fat; 0.7 g polyunsaturated fat;
- 1.8 g dietary fiber; 17 g protein; 6 g carbohydrate;
- 51 mg cholesterol; 790 mg sodium

**Good Source Of**
- beta-carotene, vitamin B12, vitamin C, zinc

More recipes are available through AvMed’s Healthy Living Programs. Just visit www.avmed.org and log in to your AvMed account. On the left hand side of the screen select Health and Wellness and under Tools for a Healthier You, click on Wellness Portal powered by Healthyroads®.
AvMed Member Service:
1-800-782-8633
(TTY 711 or 1-800-955-8771)
Monday–Friday, 8 a.m.–8 p.m.;
Saturday, 9 a.m.–1 p.m.

AvMed Nurse On Call: 1-888-866-5432
(TTY 711 or 1-800-955-8771)
24 hours a day, 7 days a week

Member Link Line: 1-800-806-3623

Fraud and Abuse Hot Line:
1-877-286-3889

AvMed website: www.avmed.org

AvMed Medicare Facebook:
www.facebook.com/avmedmedicare

AVMED’S HEALTHY LIVING AND
CARE MANAGEMENT PROGRAMS

Can They Help You?

Do you face chronic illness and the challenge of making healthy lifestyle choices? Talk to your doctor about your health condition and AvMed’s Healthy Living Programs that can offer you support to deal with the following conditions:

- Asthma
- CAD – coronary artery disease
- COPD – chronic obstructive pulmonary disease
- Congestive heart failure
- Diabetes

Have you experienced a critical event or diagnosis that requires extensive use of resources? Do you need help navigating the system to facilitate appropriate delivery of care and services? An acute condition, injury or illness can require complex and sometimes intensive therapy. AvMed’s Care Management can work closely with you, your doctor and family to address complex medical conditions or health issues, such as:

- Organ transplant
- Cancer
- Kidney disease
- Wound care

These services may be available to you. Please refer to your benefits package.

If you think you can benefit from one of these programs, please call AvMed Member Service at 1-800-782-8633 (TTY 711 or 1-800-955-9771) Monday–Friday, 8 a.m.–8 p.m.; Saturday, 9 a.m.–1 p.m.

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