What you need to know
Medicare will mail you a new Medicare card between April 2018 and April 2019. You do not need to worry if your card does not arrive right away. Mailing every Medicare member a new card will take some time. That’s why your card might arrive at a different time than your spouse’s or neighbor’s.

How will the new card be different?
Medicare is removing Social Security numbers from Medicare cards. Your new card will have a new “Medicare number” instead of your Social Security number. Your “Medicare number” will be unique to you.

Will your Medicare benefits change?
No. Your Medicare benefits will stay the same.

Why is this happening?
This change will help protect your identity. Personal identity theft affects a large number of people. This change will help fight identity theft.

Will you get a new CCA membership card?
No. Please keep using your current Commonwealth Care Alliance® (CCA) membership card.

FRUIT AND VEGETABLE SAFETY
With spring here, it’s a good time to think about how you prepare fresh fruit and vegetables. They can have germs, so we suggest you follow these safety tips.

• Wash your hands, utensils, chopping boards, and countertops before and after preparation.
• Clean fruits and vegetables, unless the package says the contents have been washed.
• Wash or scrub fruits and vegetables under running water, so dirt and germs do not get inside when you cut.
• Dry fruit or vegetables with a clean paper towel.
• Keep fruits and vegetables separate from raw foods such as meat, poultry, and seafood.
• Refrigerate fruits and vegetables you have cut, peeled, or cooked within 2 hours.
HEALTHY EATING

Pasta Salad with Salmon and Vegetables

Celebrate the arrival of spring with this simple pasta salad!

Ingredients for 2–3 servings
• 8 ounces of pasta (half of a standard 1-lb box)
• 1 5-ounce can pink salmon or other canned seafood
• Half a bag of baby spinach
• One cup of thawed frozen peas
• 6 to 8 cherry tomatoes, sliced in half
• One ripe avocado, sliced in half
• Frozen peas
• Half a bag of baby spinach
• 1 teaspoon Dijon mustard
• 1 teaspoon sugar
• 2 tablespoons lemon juice
• 1/4 teaspoon salt
• Black pepper to taste
• Lemon wedges

Salmon is a rich source of protein, B vitamins, and other healthy nutrients.

How to Make It
1. We used bow-tie pasta, but you can also use penne, fusilli, or rotini pasta. Cook the pasta according to the package instructions. Drain and transfer to a large bowl.
2. Wash the baby spinach. Thaw a cup of frozen peas. Wash and peel the avocado and cut into slices. Wash the cherry tomatoes and slice in half.
3. In a small bowl, stir together the lemon juice, sugar, mustard, and salt. Add 4 tablespoons of olive oil in a slow stream, stirring until the dressing is well blended. Season with salt and pepper. Substitution: Use bottled olive oil dressing to taste.
4. Mix the pasta, vegetables, and dressing together. Add the seafood and lemon wedges. Enjoy!

WEIGHT MANAGEMENT

Breast Cancer

• One of the most common forms of cancer in women
• Screening is by mammogram (X-ray of the breasts)
• Mammograms recommended every two years for women aged 50 to 74

Symptoms
• A new lump in the breast or underarm
• Thickening or swelling in the breast
• Redness or flaky skin on the breast
• Blood coming from the nipple

Osteoporosis (brittle or weak bones)

• Can develop unnoticed, without pain
• First sign is often a break of the hip, wrist, or spine
• Women over 65 should have a bone density test

Symptoms
• Gradual loss of height
• Curved back or back hump
• Sudden back pain

Healthy Tips
• Eat more fruits and vegetables
• Exercise regularly
• Don’t smoke
• Ask your doctor about calcium and Vitamin D pills

If you have questions, talk to your care partner or call CCA Member Services at 866-610-2273 (TTY 711).