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.
Celebrate the arrival of spring with this simple pasta salad!

**Pasta Salad with Salmon and Vegetables**

**Ingredients for 2–3 servings**

- 1 cup of thawed or other canned seafood (of a standard 1-lb box)
- 24/7 access to a pharmacist
- 2 tablespoons of olive oil
- 1 cup of frozen peas
- 1 large bowl
- 1 teaspoon Dijon mustard
- 1 teaspoon sugar
- 3-4 cherry tomatoes
- 1 cup of baby spinach
- 1/4 teaspoon salt
- 1 teaspoon garlic
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 avocado
- 1 teaspoon olive oil
- 1 tablespoon lemon juice
- 2 tablespoons water

**How to Make It**

1. To fill prescriptions by mail, use Contact Lumicera Pharmacy at 1-855-847-3553.
2. Go to a local pharmacy—saves time!
3. To fill prescriptions by mail, use Contact Lumicera Pharmacy at 1-855-847-3553.
4. Same $0 copays as always
5. Fewer refills—convenient!
6. Drug is a rich source of protein, B vitamins, and other healthy nutrients.
7. How to Make It

**PHARMACY CORNER**

**Mail Order Option**

Do you regularly get prescriptions filled for a long-term condition? Mail order can make it easier:

- Get up to a 90-day supply of maintenance drugs
- Fewer refills—convenient!
- Decreases trips to pharmacies—saves time!
- Delivery right to your door— you don’t have to go out!
- Same $0 copays as always
- To fill prescriptions by mail, use Contact Lumicera Pharmacy at 1-855-847-3553.

**Specialty Pharmacy**

CCA uses Lumicera Specialty Pharmacy to provide specialized drugs. Talk to your doctor about using Lumicera Pharmacy if you have a rare or complex condition, such as multiple sclerosis, hepatitis C, or rheumatoid arthritis. Benefits include:

- Personalized support
- Expertise in specialty medications and treatments
- Refill reminders by phone, text message, or email
- 24/7 access to a pharmacist

Contact Lumicera Pharmacy at 1-855-847-3553.

**Diabetes Care Products**

CCA covers the following Abbott Diabetes Care products:

- FreeStyle Blood Glucose Meters (Lite®, Freedom Lite®, InsuLinx® Systems)
- Precision Xtra® System Blood Glucose Meter
- Freestyle and Precision Xtra® Test Strips

If you or your prescription believes you need a different product due to your condition, you may request an exception. To learn more, visit the Pharmacy section at commonwealthcarealliance.org.

**WOMEN’S HEALTH**

CCA knows that women need specialized care to stay in the best possible health. CCA’s Women’s Health Program offers free preventive care tests to help identify health risks early. Below we discuss some health problems that are a big risk for women.

**Cervical Cancer**

- Occurs in the cervix, the lower part of the uterus
- Each year over 11,000 women get this cancer
- Can be prevented or easily treated when found early

**Important Tests**

- Age 21 to 29: Pap test every 3 years
- Age 30 to 65: Pap test and HPV test every 5 years

If you haven’t had your recommended Pap and HPV tests, a good place to get them is a Commonwealth Community Care (CCC) Women’s Health Clinic. These clinics offer:

- Exams by female clinicians
- Comfortable exam tables
- Exams held up to 450 lbs
- Wheelchair accessibility

You can also call a care partner or call Member Services at 866-610-2273 (TTY 711).

**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

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

**REMEMBRANDER**

Every year, Medicare calls or sends a letter to members about two important surveys:

- Consumer Assessment of Healthcare Providers & Systems (CAHPS)
- Health Outcomes Survey (HOS)

You do not have to take the surveys, but we hope you will. If you need help completing the surveys, talk to your CCA care partner.

**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 into pieces
- 2 tablespoons lemon juice
- 1 teaspoon sugar
- 1 teaspoon Dijon mustard
- 4 tablespoons olive oil
- 1/4 teaspoon salt
- Black pepper to taste
- Lemon wedges

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

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!