

News and Views for Our Members!



Check Up

*CCA One Care
Member Magazine*



Heads-up! Medicare May Contact You.

Over the next few months, Medicare will be reaching out to members about two important surveys. Responding to Medicare about these surveys is important. Your feedback helps Medicare and Commonwealth Care Alliance improve your care and services. Here's what you need to know if they contact you:

What are the 2 surveys Medicare is sending out?

The two surveys are:

- 1 Consumer Assessment of Healthcare Providers & Systems (CAHPS):** This survey asks questions about the care and services you get from your health plan.
- 2 Health Outcomes Survey (HOS):** This survey asks questions about your health and well-being.

Are my answers private?

Yes. Medicare will keep all your answers private.

How will Medicare try to reach me?

Medicare may call you or send you a letter to get your survey reply.

If you need help taking the surveys, please talk to your Commonwealth Care Alliance care partner.



What's inside:

- 4 Facts About High Blood Pressure
- Member Spotlight
- 3 Ways to Stop Tooth Pain
- Tasty, Low-Salt Meatloaf Recipe

1 in 3 Adults Has High Blood Pressure. Are You One of Them?

High blood pressure, or hypertension, is a dangerous condition. It often doesn't have symptoms or warning signs. Many people don't know they have high blood pressure. Below are 4 things you should know about high blood pressure.

1. What Is High Blood Pressure?

High blood pressure, or hypertension, is when your blood pressure stays too high for too long. It's normal for your blood pressure to go up and down throughout each day. But if your blood pressure stays high for too long, you are at risk for a heart attack or stroke. Over time, high blood pressure can also hurt your kidneys, brain, and eyes.

2. Who Can Get High Blood Pressure?

Anyone can develop high blood pressure. Factors that increase your risk are:

- Older age
- Heavier weight
- Family history of high blood pressure
- Racial background—African Americans have this condition more than other groups of people



3. How Can You Find Out if You Have High Blood Pressure?

A blood pressure test will show if you have high blood pressure. This test is easy and painless. A doctor or nurse puts an inflatable cuff on your arm and uses a stethoscope to listen to your pulse. They will tell you right away if they find any potential problems.

4. Can High Blood Pressure Be Treated?

Yes! High blood pressure can be prevented or treated. Regular checkups can help find problems early. The right treatment and simple lifestyle changes can also keep high blood pressure from damaging your health.

Member Spotlight: Meet Keisha!

"I was diagnosed with muscular dystrophy in 2010, while I was in grad school," says Keisha. Muscular dystrophy, or MD, is a disease that causes weakness and muscle loss. It has no cure.

Girls Chronically Rock

Keisha, who is in her early 30s, doesn't let her MD stop her from living a full life.

"My MD is progressing, but CCA is helping me. My family is very supportive. My mom is nearby. My cousins are always helping me."

Since her diagnosis, she has formed her own business, Girls Chronically Rock. Keisha also serves as a brand ambassador for the Muscular Dystrophy Association.

Connecting with Others

For Keisha, her disease means that she is not sure how she will feel each morning. One thing that has helped her is talking about her condition with others. Explains Keisha:

"Connecting with others inspires and motivates me."



Strategies to Stay Positive

Even when she has a tough day, Keisha tries to stay positive. Keisha shared some of the things that help her stay positive:

1. **Don't be afraid to tell people what you are facing:** "Being open about my condition has helped."
2. **Join support groups, including those on social media:** "I searched hashtags to find groups. Even if you aren't into participating on social, the groups can be a great way to find out about events."
3. **Find something you like:** "It can help get your mind off what you are dealing with. For me it's fashion and my TV shows."

Worried About High Blood Pressure? Talk to Your Care Partner.

If you have any questions or are worried about high blood pressure, talk to your Commonwealth Care Alliance care partner or your doctor or nurse:

- Ask if you need a blood pressure checkup.
- Make an appointment for a blood pressure checkup, if you need one.

Have High Blood Pressure? Here Are 7 Tips for Staying Healthy.

1. Talk to your doctor, nurse, or care partner about a treatment plan.
2. Eat a healthy diet.
3. Maintain a healthy weight.
4. Be physically active as much as possible.
5. Do not smoke.
6. Limit your use of alcohol.
7. Take your prescribed medications as directed by your doctor or nurse.



NEW Drug Management Program in 2019

This year, Commonwealth Care Alliance is starting a Drug Management Program. This program will focus on safe treatment plans for members who use opioids and get their opioid medications from multiple prescribers and pharmacies. Our goal is to provide enhanced support to these members to reduce the risk of addiction and overdose.

More information on this program and on opioid use will be in our spring newsletter. If you have any other questions regarding your pain medications, please talk to your care partner or call Member Services at **866-610-2273 (TTY 711)** from 8 a.m. to 8 p.m., 7 days a week.

3 Ways to Stop Tooth Pain This Winter

Do your teeth hurt more now that the cold weather is here? For many people, the answer is yes. Tooth and gum pain is common this time of year. This kind of pain usually doesn't last long. But you can still avoid it. Following these 3 tips can help you lower your tooth pain this winter:

- 1 Brush daily:** It's important to brush your teeth at least twice daily, especially before bed. Tooth decay makes your teeth more sensitive to cold.
- 2 Floss daily:** Flossing helps keep your gums healthy and stops your gums from receding. Receding gums are more sensitive to cold temperatures.
- 3 Use sensitivity toothpaste:** You can buy sensitivity toothpaste in a drugstore without a prescription. Sensitivity toothpaste is usually found next to regular toothpastes. Look for a label that says "sensitivity" or "sensitive."

Remember, if you have pain or symptoms that won't go away, make an appointment with your dentist for a checkup.

Don't have a dentist? No problem!

If you want to get dental care, CCA Member Services will help you find a dentist and schedule your first appointment. Call **866-610-2272 (TTY 711)**, 8 a.m. to 8 p.m., 7 days a week.



Don't forget! It's the flu season.

Always clean or replace your toothbrush if you have had a cold or the flu.



Pharmacy Corner

Don't Let the Weather Prevent You from Getting Your Medicine!

Going outside in winter can be difficult—and unsafe. But you still need to get your medications, even when the weather is bad. Consider these 2 options so you don't have to leave home to get your prescriptions filled:

- 1 Ask for a 90-day Medication Supply**
Just ask your doctor or care provider to write your prescription for 90 days. You can also call your local pharmacy to have them contact your doctor directly for your 90-day prescription. A 90-day supply means you don't need to go to pick up your medications every month.
- 2 Get Your Prescriptions Delivered**
Many pharmacies offer home delivery. You can also talk to your care partner or call Member Services about mail order delivery. This means your medications can be sent by mail directly to your home.

Need more information?

If you have questions about your pharmacy benefits, talk to your care partner or call Member Services at **866-610-2273 (TTY 711)**, 8 a.m. to 8 p.m., 7 days a week.

Low-Salt Meatloaf:

A Tasty, Blood Pressure-Friendly Option

Did you know a low-salt or low-sodium diet can help with high blood pressure? A low-salt diet can also help people with heart failure and kidney disease. If you're looking to cut back on how much salt you eat, try this tasty meatloaf recipe. Not only is it low-salt, it's also one of our favorite comfort foods in winter.



Low-Salt Meatloaf

Ingredients

- 1 ½ lbs. lean ground beef
- ¾ cup Panko breadcrumbs (or other low-salt breadcrumbs)
- ½ cup no-salt-added ketchup, divided
- 2 tablespoons fresh oregano
- 1 ½ tablespoons parsley flakes
- 1 tablespoon onion powder
- 1 teaspoon fresh ground black pepper
- ¾ teaspoon garlic powder
- 1 large egg

Directions

- 1.** Preheat oven to 350° (degrees) F.
- 2.** In a large bowl, use hands to mix all ingredients together, except for ¼ of the ketchup.
- 3.** Shape meat mixture into a loaf and place in a greased baking pan. It does not need to touch the sides. A 13" x 9" pan works best.
- 4.** Bake at 350° for 45 minutes.
- 5.** Brush remaining ketchup over meatloaf and bake another 15 minutes for a total of 60 minutes. Internal temperature when done should be 165° F.

Nutrition Facts:

Serving Size: 4 oz.
Servings per Recipe: 10

Nutrition per Serving:

Salt (sodium) 55 mg
Calories from Fat 100
Calories 170
Total Fat 11 g

Cholesterol 65 mg
Total Carbohydrates 5 g
Sugars 3 g
Protein 13 g



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