

# Medicare Advantage Outreach and Education Bulletin



February 2011

## Announcing a new Preventive Care Program for our Medicare Advantage Members

Dear Physician:

At Anthem Blue Cross (Anthem) we encourage our members to get preventive screenings and tests to help them prevent disease or manage conditions they already have. Even though Medicare covers a wide range of these services at no cost, many older adults don't get the preventive care they need.

### **Medicare Advantage Program to Focus on Preventive Care**

To help our Medicare Advantage members stay as healthy as possible, we have initiated a clinical quality program to educate, remind, and facilitate the delivery of recommended preventive care and other services to these members. We will be reaching out to them with targeted mailings, live and pre-recorded telephone calls, and, in coordination with you, possible home health visits. An important part of this initiative is to connect the member with their primary physician and work with you to coordinate appropriate care.

As part of this effort, we are sending our Medicare Advantage members an Action Card of recommended preventive care tests and screenings. If you would like to review this document or make a copy you can go to [www.anthem.com/ca/home-provider.html](http://www.anthem.com/ca/home-provider.html) and click on the link under the 'Provider Spotlight'. We encourage your patients to bring the card to their next appointment with you. Together, you can order the needed tests and schedule appointments for those services.

**As part of a regular visit we recognize that this valuable service can take varying amounts of time and resources. Therefore after completing the items on the patient's action card please bill us in accordance with CMS guidelines. However please note that the Annual Wellness visit is covered in full and should include the completion of the action card.**

Anthem would also like to remind you of the new Medicare guidelines for Annual Wellness Visits. Some details of the visit have recently changed. Services that are delivered as part of the Annual Wellness Visit are covered at no cost to your patients. We encourage our members to get preventive screenings and tests to help them prevent disease or manage conditions they already have. For details on Medicare preventive screenings, please visit: <http://www.cms.gov/mlnmattersarticles/downloads/mm7079.pdf>.

We are dedicated to working with you to improve our members' quality of care. This preventive care mailing is just one step in an on-going effort to partner with you and our Medicare Advantage constituents.

Sincerely,  
Senior Provider Outreach

**If you no longer wish to receive fax messages from this sender, please call (888) 733-4920, enter ext. 2010 and follow the voice prompts.**

# Get your preventive care done now!

**\$0 copay for in-network screenings.  
Priceless for your peace of mind.**

Preventive care is one of the most important things you can do for your health. Early detection is often the key to successful treatment. And with your Medicare Advantage plan, your copay is \$0 for in-network health screenings.

# Take these 3 steps:

**1** Make an appointment with your doctor for a preventive care exam. If you need help making your appointment or getting to your doctor's office, please call us at 1-877-811-3107, TTY/TTD line at 711, 8 a.m. - 8 p.m., 7 days a week.

**2** Take this card with you to the appointment, so you can go over these important screenings together with your doctor.

**3** Check off the screenings as you get them done.

# Your preventive care checklist

Take this checklist to your doctor's office visit. Check off the screenings as you get them done. Your doctor will let you know if you'll need to make other appointments to complete your list.

## Ask your doctor about: Health screenings

### For women and men:

- Blood pressure
- Cholesterol levels
- Colorectal screening
- Glaucoma screening

### For women only:

- Mammogram
- Bone mass measurement

## Also talk with your doctor about: Vaccines

- Flu vaccine
- Pneumonia vaccine

## Medications

Make sure your doctor knows all the medications and supplements you are taking. Some medicines require regular blood tests to see if they are working or causing side effects. Your doctor also can tell you if any of your medications interact with each other.

## Eating healthy and staying active

Talk to your doctor about your eating and exercise habits.

## Other health issues

Discuss any other concerns – maybe a new symptom or something that just doesn't feel quite right – with your doctor. Some medicines or health problems can make you feel unsteady, which can make a fall more likely. Talk to your doctor if you feel dizzy or unstable on your feet. Many conditions can affect bladder control. People are often embarrassed to talk about it, but your doctor can offer help.

A health plan with a Medicare contract.

The benefit information provided herein is a brief summary, not a comprehensive description, of benefits. For more information, contact the plan.

Anthem Blue Cross Life and Health Insurance Company (Anthem) is the legal entity that has contracted with the Centers for Medicare and Medicaid Services (CMS) to offer the Medicare Advantage Regional PPO plan(s) (MAPD-RPPO) noted. Anthem is the risk bearing entity licensed under applicable state law to offer the MAPD-RPPO plan(s) noted. Anthem has retained the services of its related companies and the authorized agents/brokers/producers to provide administrative services and/or to make the MAPD-RPPO plan(s) available in this region.

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