



**CHOICE**  
Health Plans

# Member News

VNSNY CHOICE Medicare Member Newsletter

Winter 2022



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## Preventing Falls this Winter

Most falls happen at home and are the leading cause of injuries for people over age 65 (National Council on Aging).

### Your chances of falling are higher if you:

- Have poor balance or muscle strength
- Have chronic conditions like heart disease or diabetes
- Have clutter or poor lighting in your home

### Avoid falling by:

- Increasing lighting and removing anything you could trip over, like:
  - Extension cords
  - Loose rugs
  - Shoes, boots, or umbrellas near your front door

- Wearing non-skid, rubber-soled shoes
- Installing handrails along stairs and safety grab bars in the bathroom
- Getting your sight and hearing checked regularly

### Be Ready — Have a “Fall Plan”

- Choose someone who lives nearby and confirm that you can call them for help if you fall. Write down their number and give them a spare key.
- Carry a cell phone or Personal Emergency Response System (PERS) so that you can quickly signal you need help.

Feel safer by having a Fall Plan. It means you will be less likely to go to the emergency room or be admitted to the hospital.



**VNS Health is Here!** Reminding you that effective January 1, 2023, the name of your health plan is **VNS Health EasyCare** or **EasyCare Plus!** Mail you receive from us will include the new VNS Health logo.

## Heart Health and Statins

Knowing the risk factors for **Heart Disease** and how you can reduce them can lead to a longer, healthier life.

### You are at a higher risk for heart disease if you:

- Have high blood pressure or diabetes
- Are carrying extra weight and are inactive

### Keep your heart healthy by:

- Seeing your provider regularly to manage chronic conditions like diabetes or high blood pressure
- Eating a diet rich in lean protein, fruits and vegetables
- Exercising at least 30 minutes on most days
- Not smoking and avoiding or limiting alcohol
- Managing stress and staying socially connected

### Statins can be part of a heart-healthy routine

In addition to the lifestyle habits listed, the **U.S. Preventive Services Task Force** recommends that people ages 40 to 75 at high risk for heart disease should start using a medication called a statin. Statins help lower “bad” cholesterol, which can help cut the risk of heart attack and stroke. Even if you have normal to slightly high cholesterol, taking a statin could keep you at a normal level.

### Are statins safe?

Yes. The risks are low, and the possible benefits can be high. Talk to your doctor about whether taking a statin is a good option for you.

[hopkinsmedicine.org](http://hopkinsmedicine.org);  
[mayoclinic.org](http://mayoclinic.org)



## Welcome to Birdi™ Mail-Order Pharmacy

MedImpact manages your pharmacy benefit and we are pleased to let you know that **Birdi™** is now our preferred mail-order pharmacy. Your medication can be delivered right to your door **and** you can get up to a 90-day supply.

\*To get started with Birdi™ register:

- Online at [medimpact.com](http://medimpact.com) or with the “MedImpact” mobile app.
- Call us toll free at 1-855-873-8739 (TTY dial 711). We can enroll you on the call or send you an enrollment form.

If you decide to register online or on your mobile device, MedImpact digital tools can help with:

- Ordering new prescriptions or transfer from a retail pharmacy.
- Refilling mail-order drugs or renew expired mail-order prescriptions.
- Reviewing last order status and date for next refill.



\*Note that switching to Birdi is not mandatory.

If you have questions, please call Birdi customer service toll free at 1-855-873-8739 (TTY: 711), Monday – Friday, 8 am – 8 pm; Saturdays, 9 am – 5 pm, EST or email Birdi at [customerservice@birdirx.com](mailto:customerservice@birdirx.com).

# Medication Therapy Management (MTM) Program

The MTM program can help you keep track of your medicines, what each is treating, and any possible side effects. You may qualify for this program if you have **three** or more of these chronic conditions **and** take at least **eight** medications.

- Chronic Heart Failure
- Diabetes
- Asthma
- High Blood Pressure
- High Cholesterol
- Respiratory Disease – Chronic Obstructive Pulmonary Disease



If you qualify, we will send you a letter inviting you to take part in the free MTM program.

## How does MTM work?

Our partner, MedWise Rx, will call you annually to have a 30-minute conversation about how things are going with your medications. MedWise Rx, is our trusted partner and calling on our behalf, so be sure to answer the phone when they call. The representative will ask if you have questions or problems with your prescriptions and over-the-counter medications.

After your call, you'll get a written summary of the discussion, including a **medication action plan**, and a list of all your medications and why you take them.

Share and review your medication action plan and list with your doctor. Keep your medication list with you in case you go to the hospital or emergency room.

If you have any questions about the MTM program, please contact your Care Team at 1-866-783-1444 (TTY: 711).

## It's NOT too Late to get your Flu Shot!

Flu season can last until spring. If you haven't already, get your flu shot now to protect yourself and your loved ones.

VNSNY CHOICE Health Plans complies with Federal civil rights laws. VNSNY CHOICE Health Plans does not exclude people or treat them differently because of race, religion, color, national origin, age, disability, sex, sexual orientation, gender identity, or gender expression.

ATENCION: si habla español, tiene a su disposicion servicios gratuitos de asistencia linguistica. Llame al 1-866-783-1444 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-866-783-1444 (TTY: 711)。



**CHOICE**  
Health Plans

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[vnsnychoice.org](http://vnsnychoice.org)

**CHOICE Care Team**

1-866-783-1444 (TTY: 711)  
7 days a week, 8 am – 8 pm

**If Something Seems Wrong, Tell Us.**

VNSNY CHOICE is committed to finding and stopping fraud, waste or abuse in our health care plans.

**Anonymous Reporting**

VNSNY CHOICE Compliance Hotline: **1-888-634-1558**.  
File an online report at: [vnsny.ethicspoint.com](http://vnsny.ethicspoint.com).  
Learn more at: [vnsnychoice.org/compliance-program](http://vnsnychoice.org/compliance-program).



**CHOICE**  
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**Easy Dark Chocolate Bark**



*This recipe is easy and makes enough for 6 people in 5 minutes! Dark chocolate is a nutritious treat that is rich in antioxidants.*

*Ingredients*

- 2 cups of dark chocolate chips (you can also use milk, semi-sweet or white chocolate chips)
- 1 tablespoon vegetable oil
- Various toppings – nuts, dried fruit, raisins, crushed candy canes, pretzels, peanut butter cups, etc.

*Instructions*

- Line a 10 x 15-inch pan or cookie sheet with wax or parchment paper.
- Place chocolate chips in a microwave safe bowl. Add the oil. Heat on 50% power, stirring until melted and smooth.
- Spread chocolate into an even layer on the prepared pan and immediately top with desired toppings.
- Chill quickly in the refrigerator (30 minutes) or for a couple of hours on the counter top to set. Then break into pieces.

*Enjoy!*

**Inside...** Medication Therapy Management (MTM) Program