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Healthy living, happy aging

Life teaches us that there are few things more important than caring for our health. Staying strong and independent is crucial to your overall well-being and quality of life. Moving forward, you can feel confident knowing you've chosen a quality, affordable health plan that fits your needs. Your 2024 Medicare Advantage plan is all set. There's nothing more you need to do. We look forward to helping you next year. Thank you for being a Cigna HealthcareSM Medicare Advantage customer.



From Our President



Welcome to *More From Life's* new look! In our last issue, we introduced you to our new Cigna Healthcare logo. You'll see even more changes in these pages, including a fresh design. But while our look has changed, the goal of this magazine remains the same:

to give you clear, understandable information to help you stay healthy.

We also want to ensure you're getting the most from your plan's benefits. I encourage you to take a few minutes to look over the Annual Notice of Changes you received in the mail in September. It shows your plan's benefit changes for next year. For more information about your 2024 benefits, visit CignaMedicare.com/resources starting in October. If you have any questions about your coverage, give Customer Service a call.

It's hard to believe we're already counting down to the holidays. But with the end of the year right

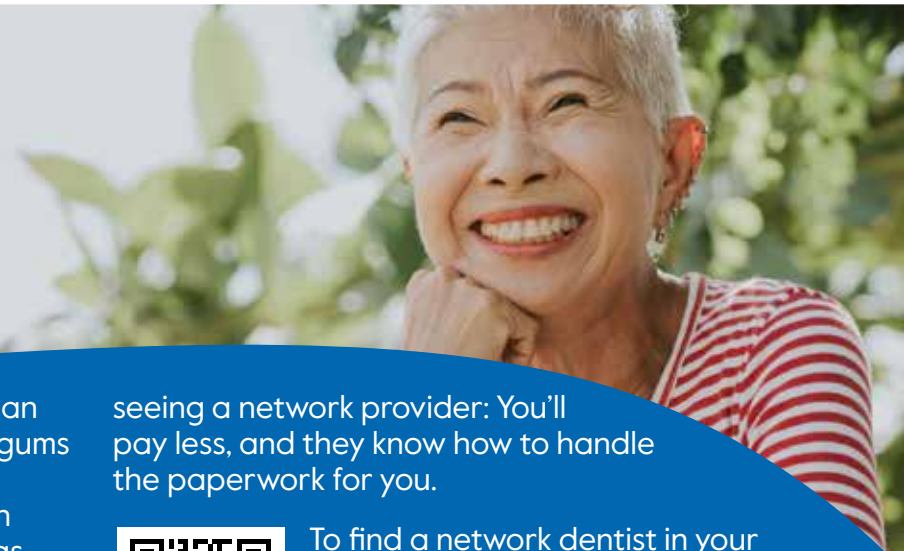
around the corner, it's a good time to wrap up any health care-related tasks you haven't yet completed. For example, you still have time to schedule your Yearly Health Check-up and any doctor-recommended preventive screenings you need. To track tasks you've completed and those you still need to do, we've included a checklist on pages 10-11.

Finally, we heard through reader feedback that you like recipes, so starting on page 6, we deliver! In addition to being delicious, these holiday recipes have something else in common: They're healthy. We also provide some tips to help you reduce cholesterol when you're cooking.

I wish you the happiest of holidays. See you next issue!

Chris DeRosa
President, Cigna Healthcare Medicare

Smile You're covered!



Your oral health might be more important than you realize. The condition of your teeth and gums is closely tied to your overall well-being and vitality. And that means preventive visits with your dentist that include exams and cleanings are essential.

Most Cigna Healthcare Medicare Advantage plans include a dental benefit to help cover the cost of these important services. That's a win for you, your health and your wallet.

How to use your dental benefit

Many of our plans require you to use a dentist in our Cigna dental network. But even if your plan doesn't, there are some major advantages to

seeing a network provider: You'll pay less, and they know how to handle the paperwork for you.



To find a network dentist in your area, visit CignaMedicare.com/resources (or scan this code with your smartphone) and click "Find a Doctor."

Questions about your dental coverage?

Check your Evidence of Coverage for details. Or call Customer Service at **1-800-627-7534 (TTY 711)**.

Prepping for Success

Your doctor's visit to-do list

Seeing your primary care provider (PCP) regularly is one of the best things you can do to maintain your health and well-being. To get the most out of your appointments, take a look at the to-do list below.

Before your visit

- **Gather important documents** you might need to bring, like your identification card, insurance card, advance directive and any medical records or test results.
- **Make a list** of everything you want to discuss during the visit, including any problems or concerns. Don't forget to note any mental health issues. Bring your list to your appointment and share it with your doctor.
- **Put together a list of medications you're taking** and the dosage and frequency of each. Include prescription drugs, along with any over-the-counter medicines, vitamins and supplements.

At your visit

- **Bring a pen and paper** so you can take notes. Don't rely solely on memory to remember what your doctor says. Or ask your doctor if it's okay to record the visit using your smartphone.
- **Provide the names of other doctors you're seeing** so your PCP can coordinate your care.
- **Ask questions.** You and your PCP are in a partnership. Asking for clarification ensures you're both working toward the same goals.
- **Be honest.** For example, you might not want to admit you don't exercise much. But your doctor needs to know the truth to provide the best care for your situation.
- **Review what your doctor tells you.** Quickly summarize what you think your doctor's instructions are. That gives them a chance to correct anything you misunderstood before you leave.

- **Review your medication list with your PCP** and update it if any changes are made.
- **Talk to your PCP about your advance directive** so they're aware of your wishes.

After your visit

- **Schedule follow-up appointments** before you leave the office. That ensures your care stays right on schedule.
- **Write down the details of your next appointment** and put this note somewhere you'll see it when you get home.
- **Respond to post-visit surveys** if you're asked to participate. Survey results can help Cigna Healthcare and your doctor identify areas for improvement.





Dr. J.B. Sobel

Chief Medical Officer, Cigna Healthcare Medicare

Cholesterol is a type of fat that can cause plaque buildup in your arteries. That buildup can put you at higher risk for a heart attack or stroke. As part of your Yearly Health Check-up, your doctor will likely request a blood test to measure your cholesterol levels and assess your risk. Below, Dr. Sobel discusses cholesterol and what you should do if yours is high.

What does a cholesterol test measure?

This blood test measures three types of cholesterol: HDL (“good” cholesterol), LDL (“bad” cholesterol) and total cholesterol.

You want your HDL number to be high — ideally above 60. Your LDL should be below 100. And your total cholesterol should be below 200. However, these targets might not work for everyone. Ask your doctor about cholesterol numbers that are right for you.

You may also see a number for triglycerides, which is a type of fat. High levels of triglycerides can put you at risk for atherosclerosis (plaque buildup in your arteries) and other diseases.

Talk to your doctor about your results and how to best manage your cholesterol levels, including whether you should take a statin medication.

What are statins?

Statin are prescription medicines that lower cholesterol. They’re highly effective and widely prescribed. In fact, more than 60% of older adults in the U.S. with high cholesterol take a statin to help prevent a heart attack or stroke.

You may have heard of statins like atorvastatin (Lipitor), rosuvastatin (Crestor) and simvastatin (Zocor). With many of our plans, you can get a 90-day supply of these drugs for a \$0 copay at a preferred mail or preferred retail pharmacy.

Do statins have side effects?

As with all prescription drugs, side effects are a possibility. While statins are effective and safe for most people, they can cause muscle aches and pains, as well as digestive problems. If you experience an unwanted side effect from a statin, it’s important to talk to your doctor before you stop taking the medication.

Is it possible to lower cholesterol without drugs?

Yes, there are some things that can help. For starters, avoid all tobacco products, including smoking and vaping. Make sure you build exercise into your everyday routine. And be sure to follow a heart-healthy eating plan, like the Mediterranean diet, which includes plant-based foods and healthy fats.

This column is intended only as general interest and does not in any way create a doctor-patient relationship. As with all information contained in this magazine, you should discuss any health concerns with your doctor or caregiver. If you have any immediate health care needs, contact your doctor immediately. The information in this column is not intended to serve as medical advice.

Festive Feasting

The low-cholesterol, high-flavor way

What comes to mind when you think of the holidays? If you're like most people, it's a safe bet food is near the top of the list. Turkey, dressing and all the trimmings sound great, but this year, consider putting a delicious twist on those traditional favorites.

The following recipes feature familiar holiday ingredients like cranberries, turkey and pumpkin. And while they're lower in cholesterol and saturated fats, they're high in what matters most: flavor.

Cranberry-glazed turkey meatballs



Ingredients

1 pound lean ground turkey (90% lean or higher)
1 egg, lightly beaten
½ cup old fashioned (rolled) oats
½ cup finely diced onion
¼ cup lowfat (1%) milk
1 tablespoon garlic powder
1 teaspoon ground thyme
½ teaspoon salt
½ teaspoon ground black pepper
Zest from 1 lemon (optional)

Glaze

1 (14-ounce) can whole berry cranberry sauce
(or 1 ½ cups homemade cranberry sauce — see recipe on the next page)
½ cup low-sodium chicken or vegetable broth
1 tablespoon honey

Directions

Preheat the oven to 375°F. In a medium mixing bowl, gently toss together the ground turkey, egg, oats, onion, milk, garlic powder, thyme, salt, pepper and lemon zest (if using). Use a 2-tablespoon cookie scoop to divide the mixture, and roll into balls. Place the meatballs on a baking sheet. Bake until they reach an internal temperature of 165°F, about 25-30 minutes. While the meatballs are cooking, add the glaze ingredients to a small pot. Place the pot over medium-high heat, bring to a rapid simmer and stir as needed until the glaze is slightly thickened, about 5-7 minutes. Keep warm over low heat until the meatballs are done. Toss them with the glaze and serve, or keep in a slow cooker on warm.

Makes 5 servings of 4 meatballs each

Per serving: 290 calories; 8g total fat; 2.5g saturated fat; 345mg sodium; 34g total carbohydrate; 2g dietary fiber; 21g protein

If you have dietary concerns, talk to your doctor about recipe ingredients.

Recipes are from the U.S. Department of Veterans Affairs' recipe collection at www.nutrition.va.gov.

Homemade cranberry sauce

Ingredients

12 ounces fresh cranberries, thawed if frozen
Zest of 1 orange
 $\frac{3}{4}$ cup fresh orange juice (about 2-3 oranges)
 $\frac{1}{3}$ - $\frac{1}{2}$ cup honey, to taste
 $\frac{1}{4}$ cup water
 $\frac{1}{4}$ teaspoon cinnamon
Pinch of cloves
Pinch of salt

Directions

Add all ingredients to a medium saucepan. Set it over high heat and bring to a simmer, then reduce the heat to medium. Continue cooking, stirring often, until the cranberries break down. The sauce should thicken and reduce to about 2 cups. If the sauce becomes too thick, add a little extra water to reach the desired consistency. The sauce



will continue to thicken as it cools. Serve warm or chill before serving.

Makes 4 half-cup servings

Per serving: 200 calories; 0g total fat; 0g saturated fat; 40mg sodium; 48g total carbohydrate; 3.5g dietary fiber; 0.5g protein

Sweet potato swirl pie bars



Ingredients

1 large sweet potato (about 8-12 ounces)
3 full graham cracker sheets
1 tablespoon butter, melted
 $\frac{1}{3}$ cup plus 1 tablespoon brown sugar, divided
 $\frac{1}{3}$ cup low-fat (1%) milk
2 eggs
 $\frac{1}{2}$ teaspoon pumpkin pie spice
2 ounces reduced-fat cream cheese (Neufchatel), softened at room temperature
2 tablespoons powdered sugar

Directions

Preheat the oven to 350°F. Pierce the sweet potato with a fork several times, then microwave on high for 4 minutes. Flip it over and continue cooking until soft, about 2 minutes. Scoop out the inside and set aside. Discard the skin. Place the graham crackers in a bag and crush into crumbs. Transfer the crumbs to a small mixing bowl. Add the butter and 1 tablespoon of the brown sugar to the graham cracker crumbs. Stir to combine. Press the mixture into a 4x8-inch glass baking dish. Bake for 10 minutes. In a food processor, add the cooked sweet potato, milk, eggs, pumpkin pie spice and the remaining $\frac{1}{3}$ cup brown sugar. Process until smooth. Pour over the cooked crust. In a separate small mixing bowl, beat the cream cheese with the powdered sugar. Drop the mixture onto the sweet potato filling, one teaspoon at a time, then swirl gently. Bake for 40 minutes. Cool completely, then cut and serve.

Makes 8 one-bar servings

Per serving: 150 calories; 5.5g total fat; 2.5g saturated fat; 135mg sodium; 23g total carbohydrate; 1g dietary fiber; 4g protein

Continued on page 8

Festive Feasting

Continued from page 7



Leftover roasted turkey wrap

Ingredients

- 1 tablespoon nonfat plain Greek yogurt
- 1 tablespoon leftover cranberry sauce
- 1 (8-inch) whole-wheat tortilla, warmed
- 3 ounces leftover roasted turkey breast, sliced or chopped (about ½ cup)
- ¼ avocado, pitted, peeled and sliced
- ½ cup mixed salad greens or fresh spinach
- 2 tablespoons shredded carrot
- 2 tablespoons diced tomato
- 1 tablespoon thinly sliced scallion (green onion)
- Pinch of ground black pepper

Directions

In a small bowl, add the Greek yogurt and cranberry sauce. Stir to combine, then set aside. Lay the warmed tortilla on a clean flat surface. Spread the yogurt mixture evenly over the tortilla, leaving about a 1-inch border on all sides. Layer the turkey, avocado, lettuce, carrot, tomato, green onion and black pepper onto the bottom half of the tortilla, still leaving a 1-inch border. Roll up the tortilla into a wrap by folding the sides in toward the center, then rolling the bottom up toward the top. Heat the wrap under the broiler until lightly toasted, about 2-3 minutes on each side. Cut the wrap in half and serve.

Makes one wrap

Per serving: 430 calories; 19.5g total fat; 5g saturated fat; 225mg sodium; 33g total carbohydrate; 9.5g dietary fiber; 33.5g protein



Cut cholesterol when you cook

To reduce cholesterol in your meals, try these tips:

- Opt for lean meats, like skinless turkey or chicken breast. Choose lean cuts of beef and pork.
- Trim visible fat from meat and poultry before cooking. And remove the skin to reduce the amount of saturated fat.
- Use healthier cooking oils, like olive oil, to reduce saturated fats.
- Include fiber-rich foods, like whole grains, fruits, vegetables and legumes. Fiber can reduce the amount of cholesterol your body absorbs.
- Try healthier cooking methods to reduce added fats. Skip the frying pan and grill, steam or roast instead.
- Replace high-fat ingredients with low-fat or skim versions. Use mashed avocado or applesauce instead of butter or oil in baked items.
- Limit cream and cheese. Lower-fat alternatives like reduced-fat cheese or yogurt are tasty too.
- Use egg whites in recipes in place of whole eggs.
- Flavor with herbs and spices instead of salt or butter. Citrus juices and vinegar can also take the taste up a notch.

Read more about cholesterol in the *Ask the Doc* column on page 5.

A Helping Hand

Cigna Healthcare makes it easier to get the support you need

Pop quiz: What kinds of things affect your health?

Eating the right food, getting enough exercise or avoiding tobacco may come to mind first when answering this question. Those are all true, but there are other factors at play too. This includes whether you have access to health care, medicine and transportation. These factors are called “social determinants of health.” If you lack access to any of these, it can affect your health. For example, if you have trouble getting to doctor appointments, your health may suffer.

It's important to talk openly with your doctor about your living conditions. Share whether you have help from loved ones or friends. Mention any other challenges you face that could affect your ability to take care of yourself. This information can help your doctor connect you with the right resources.

Your Cigna Healthcare Medicare Advantage plan can help too. It provides programs and services designed to ensure you get the care you need when and where you need it.

Health care support

Navigating the health care system can be tricky. So can keeping up with appointments when you have multiple doctors. You might have problems understanding and following your doctors' instructions. And sometimes just getting yourself to appointments can be difficult.

Cigna Healthcare's care managers can help you with all these challenges. In fact, one of our representatives may contact you to let you know how our care management services can help.

They can help you overcome barriers to getting the support you need. They can also connect you with community resources. For details, visit [Cigna.com/medicare/medicare-advantage/case-management](https://www.cigna.com/medicare/medicare-advantage/case-management).

Your plan also provides access to social workers. They can help if you're living alone and having trouble managing things on your own. To connect with a social worker, call **1-866-382-0518 (TTY 711)**, Monday – Friday, 8 a.m. – 5 p.m. Central Time.

Some of our plans include a transportation benefit that provides rides to and from medical appointments at no additional cost to you. For details, check your Evidence of Coverage or call Customer Service.

Mental health support

More than a quarter of U.S. adults ages 60+ live alone. That can result in isolation, loneliness and mental health problems. Feeling lonely and isolated can also make chronic conditions worse.

To address this, we can help you access the mental health care you need:

- Talk to an MDLIVE mental health counselor via telehealth. To set up an appointment, call **1-866-301-8658 (TTY 711)**, 24 hours a day, 7 days a week. Or visit [MDLIVE.com/CignaMedicareAZ](https://www.mdlive.com/cigna-medicare-az). You can also access MDLIVE right from the myCigna app.
- If you'd like to talk to a mental health counselor in person but need help finding one in your area, give Customer Service a call at **1-800-627-7534 (TTY 711)**.



Your Year-end Health Check

Simple tips and reminders

Set yourself up for a great new year by ending 2023 in the strongest, healthiest way possible. Use the checklist on these pages to make sure you've covered all bases.

A photograph of a man in a dark blue jacket pushing a sled with a child on it through a snowy field. The child is wearing a bright orange jacket and a colorful knit hat. The background is a soft-focus snowy landscape.

✓ **Schedule health check-ups and screenings.**

Complete any check-ups or preventive care screenings you're due for. These might include a mammogram, colonoscopy or bone density test. Schedule them soon since demand for appointments increases at year end.

✓ **Review your Annual Notice of Changes (ANOC).**

You received it in the mail in September. It's a good idea to carefully review your plan changes for 2024. If you have questions, give Customer Service a call.

✓ Update your contact information with Cigna Healthcare.

If you've moved or changed your phone number or email address, be sure to update this information in your [myCigna.com](https://mycigna.com) account. That way, you'll continue to receive information and support from us.

✓ Get your flu and pneumonia shots.

Cooler weather brings increased opportunities for sharing germs and illnesses. Protect yourself from flu and pneumonia by getting your shots early in the season. They're provided at no additional cost through your plan. For more about flu and pneumonia shots, see page 14.

✓ Earn 2023 incentives.

Health-related activities — like getting your Yearly Health Check-up, doing any activity at [myCigna.com](https://mycigna.com) or volunteering in your community — can earn you rewards. Visit [myCigna.com](https://mycigna.com) and click "View Incentives" on the Wellness tab to see incentives you've earned and those you still have time to earn in 2023.

✓ Use your over-the-counter (OTC) allowance before it expires.

If your plan includes an OTC benefit, you can order medicines and health supplies online or from a participating retailer using your Cigna Healthy TodaySM card. Note: Your OTC allowance doesn't roll over each quarter, so make sure to use it before the end of the year.

✓ Organize and update your medications.

Review your medicines and appropriately dispose of any expired or unneeded medications. Make sure you have enough for the rest of the year, especially if you're traveling for the holidays. Contact your doctor's office or pharmacy if you need refills.

✓ Use the funds loaded on your Cigna Healthy TodaySM card.

Your incentive rewards and certain allowances are automatically loaded on your Cigna Healthy Today



card. You can use the card at participating retailers nationwide to purchase health-related products. Check your card balance by visiting CignaHealthyToday.com or calling **1-866-851-1579 (TTY 711)**, Monday - Friday, 8 a.m. - 11 p.m. Eastern Time.

Important note: You **will not** receive a new Cigna Healthy Today card next year. You'll continue to use your current card throughout 2024.

✓ Up your fitness game with the Silver&Fit[®] program.

Being active is key to staying healthy and independent as you age. You still have time to join the Silver&Fit Healthy Aging and Exercise program,* which is offered with most of our plans. It allows you access to a gym membership and a home fitness kit at no additional cost. Learn more at www.silverandfit.com.

* The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. The persons in this piece are not Silver&Fit members. Silver&Fit is a trademark of ASH and used with permission herein. Kits are subject to change. Fitness center participation may vary by location and is subject to change. This information is not a complete description of benefits. Contact your health plan for more information.

A portrait of Pharmacist Nick Hodge, a Black man with curly hair and a beard, wearing a blue polo shirt and a grey blazer. He is smiling and looking slightly to the right. The background is a solid orange color.

Health Care with Heart

A pharmacist's healing role

Pharmacist Nick Hodge (left) is a natural-born helper. And that makes him perfectly suited for the role he plays at Cigna Healthcare. For Nick, every day at work presents a new opportunity to make a real difference in the lives of his customers.

One of his most important duties is to review the medication regimens of customers who take multiple prescription drugs — a vital safeguard to ensure they're taking the right medications at the right dose.

One such customer, 76-year-old Linda, lives with several health challenges, including diabetes.

Linda's daughter Mandi, who serves as her mom's caregiver, received a letter in the mail saying that Linda's insulin was no longer covered. Confused and concerned, Mandi quickly got in touch with Nick.

"I had talked to Nick before," she says. "He occasionally calls me to go over all of mama's medications."

Nick quickly got to work and called Mandi back with answers. But in the meantime, Mandi discovered that her mom's doctor had changed her rapid-acting insulin to a different medication. It wasn't as effective, and Linda's blood sugar spiraled out of control.

Mandi let Nick know that Linda's blood sugar had climbed to nearly 300, a dangerous level. Working with Mandi over the phone, Nick assessed Linda's

“I like helping people.”

—Pharmacist Nick Hodge

blood sugar trends throughout the day. He then compiled that information and shared it with Linda’s doctor.

The medication was changed the next day. To Mandi’s relief, Linda’s blood sugar numbers returned to normal.

The value of medication reviews

The Cigna Healthcare pharmacy team’s medication reviews help spot potential problems early on, before a customer has complications. Pharmacists like Nick ensure customers are on the best medications for their health conditions and getting the desired results.

“I make sure the directions on the prescriptions themselves are accurate,” Nick says. “And that our customers are taking them correctly, and at the right times.”

He strives to help customers meet the health goals they set with their providers. He also does everything he can to help them overcome hurdles to taking their medications.

“I help ensure they can afford those medications, so we don’t have any delays in therapy,” he adds.

The services Nick provides are especially helpful for customers like Linda, who take several medications for multiple medical conditions.

“Mama’s medical issues are lot,” Mandi says. “And she can’t get on the phone and talk to people because she wears hearing aids.”

“Nick was so fast about getting me answers and getting the insulin switched back over,” she adds.

As he did in Linda’s case, Nick sees his role as helping bridge communication between providers and customers.

“It may be something as simple as a cost issue,” he says. “Or something more involved, like a clinical question.”

He also encourages and educates customers so they can be their own best health care advocates.

“It helps when people have someone they’re comfortable with and can ask those questions — and get an explanation in a way they can understand,” he says.

Nick has important advice for customers: “Keep an open line of communication with your provider. Ask questions. If you don’t know what a medication is for, ask your doctor why it’s being prescribed. If you don’t like the way a medication makes you feel, let your doctor know.”



Medication tune-up

If you’re taking multiple medications or have certain chronic health conditions, the Cigna Healthcare pharmacy team may contact you to complete a medication review at no additional cost to you. These reviews help pharmacists like Nick ensure you’re taking the right medications at the correct times. If you have general questions about your prescription drug coverage, contact Customer Service at **1-800-627-7534 (TTY 711)**.

Flu Shot Myth Busters

Flu season is here. That means it's time to get vaccinated. But wait! Didn't you hear that your friend's cousin's sister's daughter got the flu from the flu shot and landed in the hospital? There are always scary stories like this about vaccinations and the flu shot. And most just aren't true.

NFL Hall of Famer Eric Dickerson and Cigna Healthcare National Medical Director Dr. Grant Tarbox joined forces recently to battle flu shot myths, including those listed below. To watch their video, scan the QR code at right or go to [CignaMedicare.com/resources](https://www.CignaMedicare.com/resources) and scroll to Media Resources. Then, make sure you get vaccinated.

Myth: The flu shot can give me the flu.

Fact: The shot doesn't cause the flu. It's made from an inactivated virus that can't cause infection. Some people may have a mild reaction to the shot, like a sore arm or low-grade fever. But that means their immune system is getting ready to fight off the flu.

The flu shot has one of the best safety records of any vaccine. Except for rare cases, the Centers for Disease Control and Prevention (CDC) recommends a shot each year for everyone over the age of six months.

Myth: I don't need a shot every year.

Fact: The flu virus is constantly changing, and new strains crop up. If you're vaccinated annually, you're more protected against new flu virus strains.

Myth: The flu is just a bad cold.

Fact: The flu is more than a cold; in fact, it can be deadly. The CDC estimates that 19 million people were sick with the flu in 2022. And there were about 13,000 flu-related deaths. On the plus side, the flu shot prevented nearly 2 million flu-related illnesses and 22,000 hospitalizations.

Myth: I already had the flu, so I'm protected against it now.

Fact: You may be protected against the strain that infected you. But that's no guarantee you'll be protected from other flu strains. New strains require an updated vaccine.

Myth: I feel healthy, so I don't need a shot.

Fact: The flu shot can help you continue to feel healthy by reducing your chance of getting the flu — by up to 60%.

Myth: It's too late to get a flu shot.

Fact: Flu season runs from October through May. The CDC advises people to get a shot by the end of October. But even a late shot is better than no shot at all.

Myth: The flu shot is 100% effective.

Fact: It's not 100% effective. But it can reduce your risk of getting the flu. And if you're vaccinated and still get the flu, your symptoms are likely to be much milder.

To stay on top of the latest news and information about flu shots, visit the CDC's website at www.CDC.gov/flu/prevent.

Don't forget your pneumonia shot

Older adults are at higher risk for pneumonia and its complications. That's why the CDC recommends pneumonia shots for all adults ages 65+. There are currently four pneumonia vaccines authorized for use. The shot that's right for you will depend on your age, health status and other factors. Have questions? Talk to your doctor.

Sources: Harvard Medical School; Centers for Disease Control and Prevention



5 reasons to say yes to the flu shot

1. It's available at no additional cost to you through your Cigna Healthcare Medicare Advantage plan.
2. It's available at your doctor's office, local pharmacies and health clinics.
3. It boosts immunity and helps protect against flu-related health problems.
4. It helps protect those around you from getting sick.
5. It's been safely given to millions of people for decades.

Battle flu shot myths

Scan to watch the video



(scroll to Media Resources)





Mind Games

How play can boost brain health

As you get older, you might have become more mindful of keeping your body healthy. But did you know your brain health is just as important?

If you're taking care of your body, you're already doing a lot to support your brain. That's because you boost brain health when you eat right, stay physically active and get good rest.

But there's something else you can do, and it's fun: Play games that work your brain. Just like your biceps and triceps, your brain needs regular exercise to stay in shape. The potential benefits of playing games include:

- Increased mental functioning
- Better memory
- Better concentration

The good news: You don't have to spend a lot of money buying games. Many are available at no cost on your phone or computer — or for a low price at your nearby dollar or thrift store. The following games can help promote brain health.

Crossword puzzles or Sudoku

These tried-and-true puzzles require problem solving, logic and information recall. Best of all, they're often included in newspapers or free to play online.

Word games

Word games help with recall, logic and concentration. Pull out the old Scrabble® board for a classic favorite. And be sure to work this issue's find-a-word puzzle on the next page.

Memory games

Memory games, such as matching cards or remembering a sequence of items, can enhance memory and concentration.

Jigsaw puzzles

In addition to being fun and even a bit addictive, jigsaw puzzles can help with patience, hand-eye coordination and problem solving. And puzzles come in many difficulty levels, so it's easy to choose one that matches — or challenges — your abilities.

Trivia games

Whether playing Trivial Pursuit® at home or going out for trivia night with friends, testing your knowledge helps with recall and concentration. Best of all, the social aspect of game playing can make for a fun night, while also putting your memory to work.

Card games

Card games like bridge, solitaire or gin rummy can help improve your memory, concentration and strategic thinking skills. Playing cards with friends or family is also a great social activity.

Strategic board games

Games like chess, checkers, backgammon and Risk® stimulate critical thinking and exercise concentration skills. Having to plan and strategize helps build mental muscle.

Remember, you're never too old to play. In fact, it's the opposite: By tapping into your inner child, you're reversing the effects of aging on your brain.

Sources: National Institute on Aging; Cleveland Clinic; National Institutes of Health

Holiday Fare

The holidays are right around the corner. That means it's almost time to enjoy some of the festive foods listed below. Search up, down, forward, backward and diagonally to find these words:

Apple pie
Cake
Candy cane
Chestnuts
Chocolate
Cloves
Cookies
Corn

Cranberries
Custard
Duck
Eggnog
Fruitcake
Fudge
Gingerbread
Goose

Gravy
Green beans
Ham
Meringues
Mincemeat
Nuts
Oranges
Pecan pie

Potatoes
Pudding
Pumpkin pie
Punch
Rolls
Shortbread
Squash
Stuffing

Sugarplums
Sweet potatoes
Turkey
Yams

V I D A E R B R E G N I G G Y H C A K E Z N S
F C O O K I E S J P U S Q U S K U I E L I T F
U L Y C A G M I N C E M E A T D Y M V D U F A
D O E R C P U D D I N G U P U M P K I N P I E
G V K H T G R A V Y T Q D R A T S U C S E E M
E E R J I U E W R U S O P E C A N P I E T I P
C S U C U C R A N B E R R I E S A A R U A P C
H U T O R S W E E T P O T A T O E S P G L E C
E G Z R F U I J O Y F R X M U I B T U N O L E
S A A N E A G O O S E S U R P S N U N I C P N
T R S H O R T B R E A D E A E R E F C R O P A
N P P R A Z H K Y I O C U G R A E F H E H A C
U L W K Z Y V S C A P J T Z N L R I A M C S Y
T U X A P A D T Y U M V N B E A G N Y D L E D
S M U E T A K W E Y D S T O I P R G O L E C N
D S D S E O T A T O P E G G N O G O O O W T A
V I U C R U F T Y A G V U S M I P R I N L U C
U V J S L D E U I S I G S Q N A F M O L E L R
R I U I I Y A Y I E O Y E D C H H S I Y R L Z

Puzzled? The solution is on page 19.

Tips for a Fall-free Winter

Colder weather calls for extra attention to forecasts and ground conditions. First, try not to venture out when you know it will be slick. But if you must, stay prepared and on your feet with these fall prevention tips:

- Wear shoes or boots with gripper soles.
- Don't text when walking on snow or ice. Pay attention to your path.
- Wear sunglasses. Glare from the sun and snow can affect your vision and increase the risk of falls.
- Use an umbrella as a makeshift walking aid. Hold it in front of you, slightly leaning on it for support.
- Sprinkle sand, cat litter or even coffee grounds on icy walkways.
- Get in and out of your car slowly. Hold onto the door and steering wheel.
- Grip handrails firmly and plant your feet securely on each step when walking on outdoor steps.
- Wipe your feet thoroughly on a mat when coming in from outdoors.
- Ask for help, especially if you have a balance problem or are taking medications that might increase fall risk. Try to find a steady arm to lean on if you have to walk in slippery conditions.
- Avoid carrying heavy bags. Keep your hands free by using a waist bag, cross-body bag or backpack.

Watch for ice!

Some of the most dangerous cold weather walking conditions are those you can't see: icy patches. Black ice is a thin sheet of ice that can make pavement look like it's just wet. Falls on ice can result in traumatic brain injuries, broken limbs and more. The Centers for Disease Control and Prevention (CDC) estimates that 1 million Americans are injured each year by falling on snow and ice. And about 17,000 people have fatal injuries.

Walk like a penguin

Penguins have it all figured out. When walking outdoors in slick conditions, their feet help them balance — and so can yours. To avoid falls in wet or icy conditions, take a tip from a penguin:

1. Point your feet slightly outward and bend your body so it's facing forward and slightly downward. In other words, put your center of gravity directly over your feet as much you can.
2. Keep your hands at the sides of your body — never in your pockets.
3. Adjust your pace according to pavement conditions.
4. Take short, shuffling steps.

Don't text or look at your phone when walking on snow or ice.



Take Care and Save at *Walgreens*

Walgreens Seniors Day is the first Tuesday of each month, and Cigna Healthcare is a proud sponsor at select stores. If you are age 55+ and a myWalgreens member, you can save 20% off eligible, regular-price merchandise. Or shop and save online all week with code SENIOR20 — download the free Walgreens app or visit Walgreens.com/SeniorDay to get started.*

And don't forget to:

- Use your Cigna Healthy TodaySM card for easy access to extra benefits and incentive rewards.
- Schedule your flu shot** at Walgreens.com/ScheduleVaccine.

* Data rates may apply. Offer valid the first Tuesday of each month in store and the first week of each month online (Sunday – Saturday) with myWalgreens membership to members 55 years of age or older. Dates subject to change. Restrictions and exclusions apply. See Walgreens.com/SeniorDay for complete details. The 20% discount does not apply to pharmacy products and services.

** Vaccines subject to availability. State-, age- and health-related restrictions may apply.

Balance helpers

Good balance is key to fall prevention. It keeps your body centered and aligned, making it easier to stay upright and steady. If you could use some extra help in the balance department:

- Consider a cane or walking stick, which provides an additional point of contact with the ground. Make yours a fashionable accessory. These days, canes come with unique patterns or bright colors. And you can personalize your cane with fun stickers.
- Attach LED lights to your cane or walking stick to help you see in low-light conditions.
- Choose footwear with good arch support and non-slip soles. If you live in an ultra-wintery area, consider traction cleats or ice grips you can attach to your shoes.

Fall detection devices

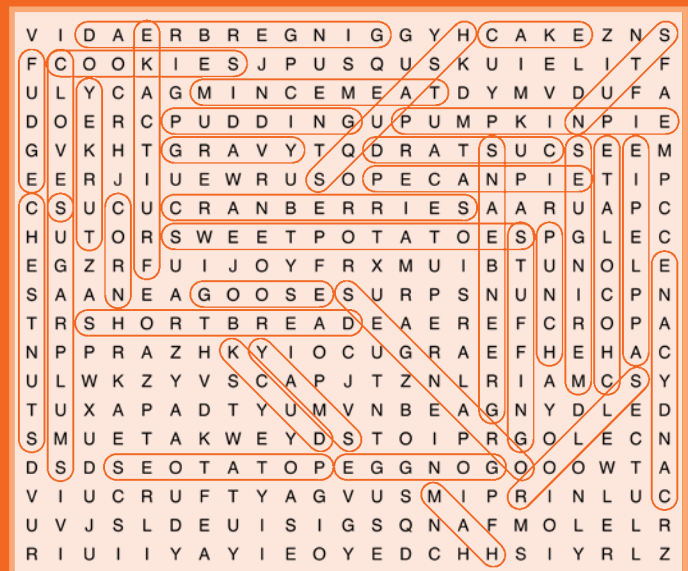
Every year, around 3 million adults age 65+ are treated in an emergency room for fall injuries. And many of those falls result in loss of independence. A wearable fall detection device can give you an extra layer of safety and support. These devices work by detecting an abrupt change in your body's position. And it can call for help even if you're unable to.

Fall prevention programs

The CDC created a program with simple steps you can take to reduce fall risk. It's called STEADI, which stands for Stopping Elderly Accidents, Deaths & Injuries. Learn more at www.cdc.gov/steady/patient.html.

Another CDC program, Still Going Strong, is available at www.cdc.gov/stillgoingstrong. It provides information about the most common causes of injuries for older adults — and how to prevent them.

PUZZLE SOLUTION from page 17



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Health and wellness or
prevention information

Getting to know you

When we understand your specific needs, we can provide resources and support tailored to meet them. That's why we ask for race and ethnicity information from our Cigna Healthcare Medicare Advantage customers. It helps us understand everyone's unique health care needs. And that allows us to reduce disparities and improve access to high quality care for our customers. Rest assured, we keep all data information strictly confidential. This information isn't used in any way to determine benefit coverage under your health plan.



Questions about COVID-19?

As we enter colder months, you might be wondering whether you'll need another COVID booster shot. For the latest information on COVID, including coverage details about booster shots and test kits, visit [Cigna.com/coronavirus](https://www.cigna.com/coronavirus).



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