

## Protect Yourself This Winter: Get Vaccinated

Getting both the COVID-19 vaccine and the flu vaccine is the best way to protect yourself against the COVID-19 and the flu this upcoming winter.

### COVID-19 Vaccine

The COVID-19 vaccine can help you avoid getting COVID-19, a disease caused by a type of coronavirus. COVID-19 can cause pneumonia and even death. The vaccine prevents most cases of COVID-19. But if you do still catch COVID-19, your symptoms will probably be less severe than if you hadn't gotten the vaccine.

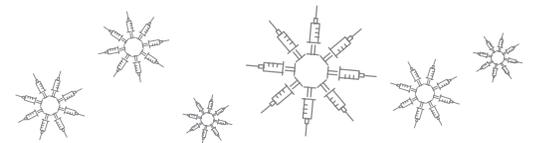
Depending on the vaccine you receive, you may need 1 or 2 doses of the vaccine. You also might need booster doses later to help you stay protected. You should get all the recommended doses to receive the most protection.

It takes two weeks after your last dose to be fully protected from COVID-19.

### The Flu Vaccine

The flu vaccine won't protect you from COVID-19. But it can help prevent the flu or make your symptoms less severe. It is important to get your flu vaccine before flu season starts. Flu season usually peaks between January and March.

Are you 65 years or older? It's especially important to get vaccinated. You are at a higher risk of developing serious complications from the flu. The flu shot is effective in reducing complications, rates of hospitalization and deaths.



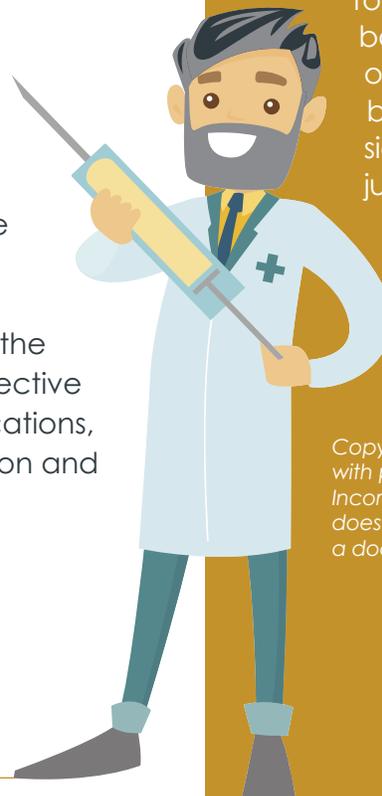
### Why do I need both a flu shot and the COVID-19 vaccine?

It's important to get your yearly flu vaccine. Your flu vaccine from last year will not protect you during this year's flu season. Both the flu and COVID-19 can be active at the same time.

You can get sick with both infections at once. And having both may make you sicker than getting just one.

If you have questions about flu or COVID-19 vaccines, talk to your doctor.

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## What is a Medicare Yearly Wellness Visit?

The Medicare yearly wellness visit is your time to talk and plan with your doctor about your health. It's about preventing health problems and disability. And it's about making sure you get the medical care you need. Together, you and your doctor create a health care strategy that's right for you.

These wellness visits are meant to support healthy aging. They're free, as a part of your Medicare Part B plan. To learn more about when you can have your first wellness visit, go to [medicare.gov](https://www.medicare.gov). Search on "wellness."



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## The Health Plan's Medicare Star ratings have increased this year!

Every year Medicare evaluates plans based on a 5-star rating system that looks at member satisfaction and outcomes. Centers for Medicare and Medicaid Services has ranked our HMO Medicare Plan as one of the highest rated plans with 4.5 stars. Our SecureChoice (PPO) Medicare Advantage Plan also increased to 4 stars.

The Health Plan continuously looks for ways to improve our plans, and having this exceptional rating allows us to:

- Keep our premiums low
- Offer new benefits
- Maintain and grow current benefits and programs

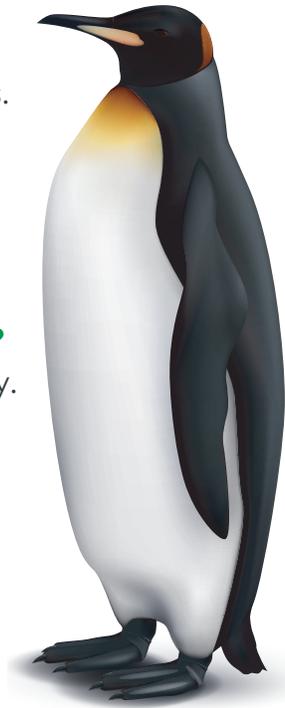
## Preventing Falls in the Winter: Walk like a Penguin

During the winter, snow and ice can cause dangerous conditions. Slipping and falling on ice can cause serious injuries.

This winter remember to walk like a penguin can help you to prevent falls this winter.

### How do you walk like a penguin?

- Take small steps and walk slowly.
- Waddle! Keep your legs apart, your feet flat and your toes pointed slightly outward.
- Keep your arms at your side and use them for balance. Don't put your hands in your pockets.



### Other tips to stay safe and prevent falls in the winter:

- Wear sturdy footwear with good traction.
- Watch where you are stepping.
- Be extra cautious getting in and out of vehicles.

## THP Partners With Enhanced Medication Services



Did you know you may qualify for a service that can help you stay on track with your health? Medication Therapy Management (MTM) is a FREE service. MTM helps you and your doctor make sure your medicines work together to improve your health. The Health Plan partners with Enhanced Medication Services, LLC (EMS) for this service.

If you qualify for MTM, a pharmacist from The Health Plan or EMS will call you. They will talk to you one-on-one. They will review your medications for safety, drug interactions and side effects. They can also answer any questions or concerns you have.

## How to Report Fraud Waste and Abuse

Contact us if you suspect fraud, waste, or abuse has occurred. Our FWA/Compliance Hotline is 1.877.296.7283.



## Don't Delay Care

Now is the time to get back on track with managing your healthcare. If you put off seeing your doctor or getting your preventive screenings last year, call your doctor today to schedule.

## Recipe: Delicata Squash Pasta

Number of Servings: 4

Calories: 528



### Ingredients

- 2 delicata squash, washed and chopped
- 1 pound penne pasta
- 1 tablespoon olive oil
- 5 garlic cloves, minced
- 1 bell pepper, diced
- 1.5 cups kale, washed and chopped
- 1 15 ounce can of diced tomatoes (no salt added)
- 2 large, fresh basil leaves
- 1 tablespoon dried oregano
- ½ tablespoon rosemary, chopped

### Directions

Preheat oven to 350° and line a baking sheet with parchment paper. Evenly arrange the chopped delicata squash on the sheet and brush with olive oil. Roast for 25 minutes.

While the squash is roasting, bring a large pot of water to boil for the pasta. Cook according to the package directions.

In a large, rimmed pan, heat olive oil and sauté 1 garlic clove and the bell pepper until the garlic is fragrant. Add in the kale and sauté until wilted. Set aside.

Use the same pan and combine tomatoes, basil leaves, dried oregano, rosemary, and the rest of the minced garlic. Heat until simmering.

Drain your pasta and mix together your wilted kale, sauce, and roasted squash.

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Health and Wellness or Prevention Information