



Banner Medicare Advantage Prime HMO

Banner Medicare Advantage Plus PPO



2022 Healthy Living Programs

Banner Medicare Advantage Prime HMO and Banner Medicare Advantage Plus PPO have contracts with Medicare.
Enrollment depends on contract renewal.



Beginning January 1, 2022, our Banner Medicare Advantage plans will include additional benefits – *at no cost to you* – through our Healthy Living programs. We have designed these programs to promote healthy living in the way you desire most to help you enjoy an active, independent lifestyle.

- **Value-Based Insurance Design** – Benefits that help you proactively manage your chronic and complex conditions and live and age safely at home
- **Part D Senior Savings** – Program that lowers the cost of Select Insulins for our members with diabetes

VALUE-BASED INSURANCE DESIGN

As a Banner Medicare Advantage member, you are eligible for Wellness and Health Care Planning services to help you manage your health now and in the future.

Wellness and Health Care Planning

Wellness and Health Care Planning benefits are available to all Banner Medicare Advantage members – whether or not you participate is entirely up to you.



Wellness Classes

You may choose to participate in one of three wellness classes to help you make the right choices for your lifestyle and health care goals. Classes will be offered both in person as well as online.

1. Know Your Health Numbers
2. Healthy Cooking – Simplified
3. Nutrition for a Healthy Heart

If you are interested in taking one of these classes, please call our Customer Care Center (*phone numbers are printed on the back cover of this booklet*). Periodically, we will send you communications regarding available wellness classes in which you are eligible to participate.



Advance Care Planning (ACP)

ACP ensures your medical treatment is consistent with your wishes if you become unable to make health care decisions for yourself. ACP includes resources such as an Advance Directive, a Living Will, or other legal documents you give to your representative or health care power of attorney (POA), your doctor(s), and anyone else who needs them.

With Banner Medicare Advantage, you have access to free resources you need to feel confident your desires for medical care, treatment, and management will be honored throughout your lifetime.

If you are working with a Banner Health care manager, your care manager can help you with this. If you would like additional information on ACP, please call our Customer Care Center (*phone numbers are printed on the back cover of this booklet*).

Annual Wellness Visit (AWV)



Your AWV helps you proactively manage your health in partnership with your primary care provider. That's why you are encouraged to schedule and complete your AWV. Once Banner Health verifies through medical claims review that you have completed your AWV, a \$25 reward will be added to your current Banner Medicare Advantage over-the-counter (OTC) card.

You can use your rewards to purchase quality products from brands you know and love. Shop in-store at your local Albertson's, CVS, Fry's, Safeway, Walgreens, Walmart, and other participating stores or online at Walmart.com. Product restrictions include alcohol, tobacco, and firearms.



If you have not yet received your Banner Medicare Advantage OTC card, please call toll-free 1-855-577-1359 (TTY 711), 8 a.m. to 8 p.m., Arizona time, seven days a week from October through March, and Monday through Friday from April through September.



Independent Living Support

If you have diabetes and/or a musculoskeletal disorder, the benefits described below are available to encourage and support you in maintaining optimal health and independence.

DIABETES

Our *Dial into Diabetes* program includes both the support and incentive you need to take control of your diabetes and manage it effectively. Our *Dial into Diabetes* program will be available to anyone who has a diabetes diagnosis.

Through *Dial into Diabetes*, you have:

- » Access to a care team, including a care manager, health behavioral coach, and exercise physiologist.
- » A minimum of six sessions with care team members who will analyze your medical history and help you meet your health goals.
- » An exercise physiologist who, like a personal trainer, will be available to discuss your health goals and help you create a safe and appropriate plan to promote improved wellness. You will have access to an exercise physiologist while you work to successfully complete the *Dial into Diabetes* program.
- » The opportunity to have \$25 added to your current Banner Medicare Advantage OTC card when you complete a minimum of six sessions with any member of the *Dial into Diabetes* care team. Once your Banner Health care manager confirms you have completed the program, the \$25 reward will be added to your existing Banner Medicare Advantage OTC card. You can use your rewards to purchase quality products from brands you know and love. Shop in-store at your local Albertson's, CVS, Fry's, Safeway, Walgreens, Walmart, and other participating stores or online at Walmart.com. Product restrictions include alcohol, tobacco, and firearms.



If you have not yet received your Banner Medicare Advantage OTC card, please call toll-free 1-855-577-1359 (TTY 711), 8 a.m. to 8 p.m., Arizona time, seven days a week from October through March, and Monday through Friday from April through September.

We identify members who may be eligible for this program through claims review and the Health Risk Assessment (HRA) that you complete and mail back to us. If you are identified as potentially being eligible for this program, we may send you a communication regarding the program. If you believe you qualify for this program or would like more information, please call our Customer Care Center (*phone numbers are printed on the back cover of this booklet*).



MUSCULOSKELETAL DISORDER (MSD)

If you have had an MSD diagnosis in the past 12 months (or are diagnosed with MSD during the plan year), you may be eligible for the benefits described below.

Simple Therapy

Simple Therapy is an on-demand program that includes an app you download to your smartphone. This program includes:

- » Coaches, physical therapists, and other in-network providers to help you prevent and recover from injuries.
- » Guided exercise programs and real-time monitoring by a care team through the program app.
- » Coordination with the appropriate in-network medical provider(s) if your symptoms worsen or additional treatment options are needed.

We identify members who may be eligible for this program through claims review and the Health Risk Assessment (HRA) that you complete and mail back to us. If you are identified as potentially being eligible for this program, we may send you a communication regarding the program. If you believe you qualify for this program or would like more information, please call our Customer Care Center (*phone numbers are printed on the back cover of this booklet*).

Home Modifications

To help you live safely at home, up to \$300 for American Disabilities Act (ADA)-compliant doorknobs and up to \$2,000 for permanent ramps may be available to you – totaling up to \$2,300 in home modifications per plan year. To be eligible for these home modifications, you must meet the following criteria:



MSD diagnosis in the past 12 months



Evaluation through the Simple Therapy app documenting your MSD is worsening



Assessment of your home by a physical and/or occupational therapist verifying you would benefit from home modifications

We identify members who may be eligible for this benefit through Simple Therapy's assessment and through a Banner Health care manager. If you are identified as potentially being eligible for this benefit, we may send you a communication regarding the benefit. If you believe you qualify for this benefit, please call our Customer Care Center (*phone numbers are printed on the back cover of this booklet*).

Part D Senior Savings - Select Insulins

If you have been diagnosed with diabetes, you will have stable, predictable copays of no more than \$35 for a one-month supply of Select Insulins. With a wide array of Select Insulins covered on our formulary (drug list), you can have confidence knowing your prescribed insulin will be accessible and affordable.

Stable, predictable copays through all Part D drug phases



The list of Select Insulins below can change during the plan year. For the most current list of Select Insulins, view our online formulary at www.BannerHealth.com/Medicare. In the formulary, you can identify Select Insulins by the letters "SSM." If you have questions about the Select Insulins we cover, please call our Customer Care Center (*phone numbers are printed on the back cover of this booklet*).

List of Select Insulins

HUMALOG® 10ml vial
HUMALOG 3ml vial
HUMALOG Cartridge pen
HUMALOG Junior KWIKPEN®
HUMALOG KWIKPEN U-100
HUMALOG KWIKPEN U-200
HUMALOG Mix50/50 vial
HUMALOG Mix50/50 KWIKPEN
HUMALOG Mix75/25 vial
HUMALOG Mix75/25 KWIKPEN

HUMULIN® 70/30 KwikPen®
HUMULIN 70/30 10ml vial
HUMULIN 70/30 3ml vial
HUMULIN N 10ml vial
HUMULIN N 3ml vial
HUMULIN N KwikPen
HUMULIN R 10ml vial
HUMULIN R 3ml vial
HUMULIN R U-500 vial
HUMULIN R U-500 KwikPen

LANTUS® vial
LANTUS Novaplan® vial
LANTUS SoloStar® pen
LANTUS SoloStar Novaplan pen

LYUMJEV™ vial
LYUMJEV KwikPen® U-100
LYUMJEV KwikPen U-200

SOLIQUA™ 100/33 pen

TOUJEO® Max SoloStar® pen
TOUJEO SoloStar pen

XULTOPHY® pen



If you have questions, or to find out if you qualify for any of our Healthy Living programs, please call our Customer Care Center, 8 a.m. to 8 p.m., seven days a week, at:

Banner Prime Members
(844) 549-1857, TTY 711

Banner Plus Members
(844) 549-1859, TTY 711