Banner Medicare *messenger*

Summer is here!

Arizona can have really high temperatures during this time of the year. It is important to know how to stay safe but also learn how to not feel isolated indoors.

Be smart

Ready for outdoor fun this summer? Drink plenty of fluids and wear protective clothing to protect yourself from the sun's UV rays. To avoid the worst of the heat, plan your activities in the morning or late evening to steer clear of the Arizona peak hours of 10 a.m. to 4 p.m.

Heavy sweating, muscle cramps, dizziness, fatigue and nausea are all symptoms of heat exhaustion. If you experience any of these, move to a cool place. Call 911 if your symptoms increase over the span of an hour, in the absence of sweating or if there is confusion or unconsciousness.

Let the sunshine in

Keep busy this summer to not feel alone! Finding a new hobby can be as simple as going out in nature, gardening or connecting with a local community center and signing up for a weekly class.

Connect with an old friend or check in on a neighbor. Staying indoors to keep yourself from the heat can be isolating so partaking in out-of-the ordinary activities can make summer more memorable.

Healthy habits for healthy eyes

In the digital age, it is increasingly more important to care for your eyes in a day filled with screens.

Here are some daily things you can do to protect your eyes:

- Stay hydrated!
- Find eye drops that work for you. Review your OTC catalog for options.
- Relax for 10 to 15 minutes with a warm eye mask to give your eyes a rest and soften your eyes' natural oils.
- When staring at screens for a long time, remember to give your eyes a break periodically. Stare out into the distance before returning to your screens.
- Your skin isn't the only thing that needs to be protected from the hot Arizona sun. Remember to shade your eyes from harmful UV rays using a hat, sunglasses, etc.

Care for your eyes with VSP Vision Care

Banner Medicare Advantage members have access to a wide network of doctors through VSP.

An annual exam can detect signs of health conditions such as glaucoma, diabetes and macular degeneration. Eye care is health care. Make sure you are putting your health first by scheduling your exam today.

Call our Customer Care Center for help with finding an in-network eye doctor near you.

Scam alert!

Watch out for those who claim they are from the Social Security Administration (SSA) with the following scams:

- You qualify for a benefit increase.
- You need to fill out forms to get the yearly Cost-of-Living-Adjustment (COLA) increase.
- Your bank account is in danger.

How to protect yourself:

- Avoid phishing scams from emails and texts asking you to reveal personal information. The SSA typically communicates via paper mail.
- Report identity theft or a misplaced Social Security Number card to the SSA at *oig.ssa.gov/report/*.

QR codes – how do they work?

You may have seen QR *(quick response)* codes in restaurants or materials that you receive in the mail. They are a type of barcode that can be scanned with a smartphone camera or a QR code reader app.

Tryitout!

QR codes allow you to reach information, usually on a webpage, quickly. Make sure you only scan QR codes from trusted sources. If you are unsure, it is best to ask for help before scanning a code.

Summer recipe

Ingredients

- 4 cups pitted sour or sweet cherries, fresh or frozen *(not thawed)*
- 1 cup water
- 2-4 tablespoons confectioners' sugar or superfine sugar

Puree cherries, water and sugar to taste in a blender until smooth. Strain through a fine sieve, pressing on the solids to extract as much liquid as possible. Discard solids. Process in an ice cream maker according to the manufacturer's directions until firm and slushy. Transfer to an airtight container and freeze until ready to serve.

Source: Eating Well

Do you have a question? We can help.

Please call our Customer Care Center. We are open from 8 a.m. to 8 p.m., seven days a week.

Banner Medicare Advantage Dual HMO D-SNP: 877-874-3930, TTY 711
Banner Medicare Advantage Prime HMO: 844-549-1857, TTY 711

Or visit us at ***www.BannerHealth.com/MA.***

Banner Medicare Advantage

5255 E Williams Circle, Ste 2050
Tucson, Arizona 85711

PRSRT STD
U.S. POSTAGE
PAID
PHOENIX, AZ
PERMIT NO. 690

Health and wellness or prevention information.

Y0152_MRpd03125_C

Banner Medicare Advantage

Your Journey to Better Health.

Banner Medicare Advantage newsletter provides resources to keep you healthy.

In this issue

We'd love to hear from you regarding content of Banner Medicare Messenger, scan this QR code with your smartphone camera to be routed to our feedback form.