Banner Medicare
messenger

Tips for healthy holiday eating

The end of the year is filled with potlucks, party food and sweet treats galore. For those with diabetes or pre-diabetes, planning ahead can help you enjoy the season while staying on track with your health goals.

Plan your meals and snacks

- Create a weekly menu to help manage your eating habits.
- Before heading to the grocery store, make sure to shop your own pantry for ingredients you already have!

Choose nutritious options

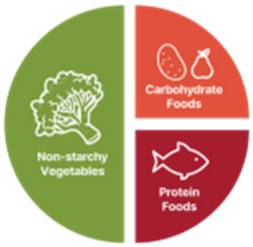
- Pick items that have a good source of positive nutrients like protein and fiber.
- Limit foods with sodium and added sugars.
- Read labels carefully – similar products may contain very different levels of added sugar or sodium.

Stay mindful of hunger and thirst

- Add healthy snacks to your list to aid hunger in between meals.
- Determine if you are thirsty or hungry before opting for a snack.
- Make snacks that combine protein, healthy fats and fiber. For example, try having fruit with cheese or nuts.

Use the diabetic plate method

- Fill half of plate with non-starchy vegetables like broccoli or carrots. Add one quarter with lean protein like chicken or turkey and the other quarter with carbohydrates. Carbohydrates can also include starchy vegetables or low-fat dairy.



Visit ***www.DiabetesFoodHub.org/recipes*** for more diabetes-friendly recipes.

Source: American Diabetes Association

The Annual Election Period (AEP) ends December 7. Are you ready?

Review these frequently asked questions (FAQs) as you prepare for 2026.

How do I review the Banner Medicare Advantage 2026 plan changes?

The Annual Notice of Changes details the changes between 2025 and 2026. You may also visit ***www.BannerHealth.com/MA*** for the 2026 Summary of Benefits.

What do I need to do to stay enrolled in my Banner Medicare Advantage plan?

No action needed! Your enrollment for January 2026 will automatically continue.

How do I check if my doctor or pharmacy is still in network?

Go to ***www.BannerHealth.com/MA*** and use the "Find Care" page to find a provider, dentist, medication and more.

Visit our website for more FAQs or call our Customer Care Center.

Banner Medicare Advantage supports your health with podiatry care

Diabetes may cause diabetic nerve damage which can lessen your ability to feel pain, heat or cold in your feet. This can create complications when washing your feet with hot water, trimming your own nails and not noticing a cut or blister.

Whether dealing with a foot injury, foot disease or need a simple trim, reach out to your podiatrist to meet your foot care needs. Take advantage of your Medicare-covered foot exam, treatment and routine foot care with a $0 copayment.

Friendly reminder: no OTC rollover into 2026

Make sure to use your over-the-counter (OTC) allowance. It does not roll over into the new year.

Want to check if an item at the store is covered before getting to the register? Download the andmore mobile app. Find a store near you, check your OTC balance and review past transactions all from your phone.

Additional rewards received by completing annual wellness visit, colorectal cancer screening and/or annual flu shot can be carried into the new year. Rewards expire one year after applied.

Happy Holidays!

Thank you for being a member of the Banner Medicare Advantage family. We wish you a happy holiday season and look forward to seeing you in the new year!

Don't miss out on opportunities to connect in 2026 by visiting ***www.BannerHealth.com/MAMemberEvents***.

Try this diabetes-friendly recipe!

Cranberry – Coconut Oatmeal Cookies

Ingredients

- 1 large egg
- ½ cup granulated sugar
- ⅔ cup rolled oats
- ¼ teaspoon salt
- ¼ teaspoon vanilla extract
- 2 teaspoons melted butter
- 3 ½ tablespoons unsweetened coconut flakes, crushed
- 2 tablespoons finely chopped dried cranberries
- ⅛ teaspoon lemon extract

Instructions

1. Preheat oven to 325°F. Coat a baking sheet with cooking spray.
2. Beat the egg in a medium bowl. Gradually add sugar, stirring to combine. Stir in the oats, coconut, cranberries, butter, salt, vanilla and lemon extract until thoroughly combined.
3. Drop the dough by the teaspoonful onto the prepared baking sheet, about one and a half inches apart. Spread each dough mound into a circular shape using a fork dipped in cold water.
4. Bake until lightly browned, 10 to 15 minutes. Let cool on the baking sheet for 3 minutes before transferring to a wire rack to cool completely.

Source: EatingWell

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

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Health and wellness or prevention information.

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Banner Medicare Advantage

Your Journey to Better Health.

Banner Medicare Advantage resources to keep you healthy.

In this issue

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