

Banner Medicare *messenger*

March is Colorectal Cancer Awareness Month

Colorectal cancer is a significant health concern, but it's also one of the most preventable and treatable when caught early through regular screening.

Get tested and catch signs early on. The American Cancer Society recommends that people at an average risk of colorectal cancer should start regular screening at age 45. What are your testing options?

Colonoscopy

Considered the "gold standard" test, it allows a provider to view the entire colon and remove polyps during the same procedure.

Stool based tests

Less invasive option that can be done at home to check for signs of cancer in your stool.

Visual exams

There are options available using x-rays or through examining the lower part of the colon.

Receive an additional \$25 reward when completing a screening. These screenings are considered preventive care services and are covered by Medicare with a \$0 copayment.

Speak to your provider to discuss which screening option is appropriate for you. Taking this simple step can provide peace of mind and potentially save your life.

For questions on covered services, contact our Customer Care Center. Unhealthy diet, obesity and sedentary lifestyles are factors that can contribute to early onset colorectal cancer.

Need support with making lifestyle changes? Email BMAWellness@bannerhealth.com.

Source: American Association for Cancer Research



Ensuring quality care whenever you need it

Getting the care you need is easy with Banner Medicare Advantage. Whether you're home or away, you have great options:



Primary care provider (PCP) and specialist visits: Banner Medicare Advantage Prime HMO members, see your PCP for a \$0 copay or visit a specialist for a \$15 copay. Banner Medicare Advantage Dual HMO D-SNP members, you pay nothing for a PCP or specialist visit.



Telehealth: Skip the travel; book a virtual visit with your provider.



Nurse on Call: For immediate advice on injuries or illness, speak with a registered nurse 24/7 at 888-747-7990, TTY 711.



Urgent care: Pay a \$0 copay. While Banner Health urgent cares are a great choice, any urgent care location in our network is covered.

For emergencies, call 911 or visit an emergency room. Review your Summary of Benefits for coverage details and travel costs.

There are other providers available in our network.



Recover faster with \$0 copay for physical and speech therapy



Surgeries and injuries can require an extensive healing process. Banner Medicare Advantage is here to support your recovery. With your plan, physical therapy comes at a \$0 copayment. Whether you need to go weekly or multiple times a week to restore your strength, these visits come at no cost to you. Additionally, any need for speech and language therapy to support your rehabilitation also comes at a \$0 copayment. Focus on your healing, not your costs with Banner Medicare Advantage.



Experiencing hearing loss?

You are not alone. An estimated 48 million people in the United States experience some degree of hearing loss.

Hearing loss is expected with aging, but there are many other factors that can contribute to your hearing loss. Noise exposure and even unseen medical conditions can be factors. Complete a routine hearing exam to detect other hearing related issues like tinnitus and auditory processing disorders.

Schedule an exam while at your annual wellness visit.

This month's health essentials

- Complete or update your **Health Risk Assessment (HRA)** via the member portal or by calling Customer Care Center to ensure your care plan matches your current lifestyle and health conditions.
- Emergency prep.** Get organized and keep a list of your medications (dosage and frequency) on your fridge for emergencies.
- Join the **Wellness Academy** - April's session centers around *Advanced Care Planning*, a workshop that will give you the tools to make informed decisions. Learn about Power of Attorney, Advanced Directives and more. Register here: www.BannerHealth.com/MAMemberEvents



Word search activity

Find all the words in this month's word search!

- Bees
- Patrick
- Green
- Sun
- Spring
- Mardi Gras
- Blossom
- Flowers
- Arizona
- Basketball
- Clover
- Lucky



To find the answers, visit:
www.BannerHealth.com/MA-Newsletters.

C	G	R	G	E	S	R	S	C	A	S	S	S	L
G	K	K	Y	R	S	A	R	G	I	D	R	A	M
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C	Y	K	C	U	L	U	O	C	L	O	V	E	R

Do you have a question? We can help.

For questions or accommodations for persons with special needs at meetings, 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.



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Important Banner Medicare Advantage information.

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Your journey to better health.

Banner Medicare Advantage resources
to keep you healthy.

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Join our Wellness Academy in 2026!
Visit www.BannerHealth.com/MA-WellnessAcademy or scan the QR code with your smartphone to find a wellness event that fits your needs.