Banner Medicare
messenger

Bladder control

Urinary incontinence

As you age, you may notice visits to the restroom become more frequent. Long road trips become harder with added pit stops. The need to go may constantly affect how you are in social settings and might even cause a fall if you are rushing to make it in time.

Fortunately, many cases of poor bladder control, otherwise known as urinary incontinence, can be explained and treated.

In fact, there are different levels of urinary incontinence. You may experience stress incontinence, meaning you leak when you cough, sneeze and do anything that exerts force onto your bladder. Or maybe you are dealing with functional incontinence, meaning you have a natural obstacle that prevents you from making it to the toilet on time *(e.g. arthritis that makes it difficult to unbuckle your pants).*

Treatment

Talk to your provider if you have been experiencing urinary incontinence or any signs of poor bladder control. Urinary incontinence may be affecting your quality of life. Your care team is here to provide solutions such as:

- Medicine and topical creams
- Bladder control training
- Healthy lifestyle changes *(such as choosing water over coffee)*

Finding the best treatment for you starts with a conversation.

Source: Mayo Clinic

OTC and Special Supplemental Benefits for the Chronically Ill

Banner Medicare Advantage continues to offer enhanced support for your health and lifestyle. Members receive a quarterly allowance loaded onto their &more card, perfect for purchasing over-the-counter (OTC) health items like vitamins, pain relievers and cold medicine.

We also offer Special Supplemental Benefits for the Chronically Ill (SSBCI) to eligible members. In addition to OTC items, eligible members may use their quarterly allowance to purchase healthy food and produce items, or pay utility bills. SSBCI is designed for members with qualifying chronic conditions, such as diabetes or heart failure, to support health management at home.*

Remember, OTC and SSBCI funds do not roll over. Use your allowance before the end of each quarter to maximize your savings. Visit ***www.BannerHealth.com/MA*** to check your eligibility.

&more Benefits Prepaid Mastercard® is issued by Avidia Bank, pursuant to a license from Mastercard Incorporated. Use of this card is subject to the terms and conditions of the Cardholder Agreement.

Why your morning needs a glass of water

- ✓ Drinking water on an empty stomach in the morning can **increase your metabolism by up to 30%**. Improve digestion and help weight management.
- ✓ Drinking water when you wake up **improves blood flow** to your brain to prevent headaches and lack of concentration.
- ✓ As you sleep, your body works to repair and regenerate cells. A glass of water in the morning helps your kidneys **flush out waste and toxins** more effectively.

Health plan updates and upcoming events

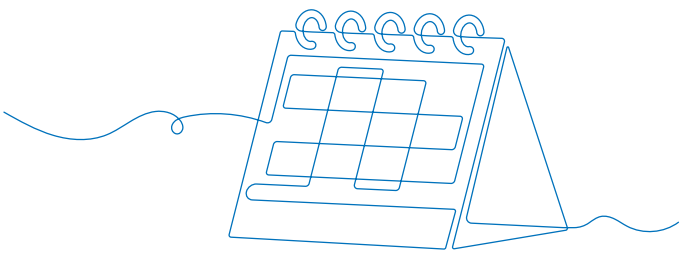
Your Annual Notice of Change (ANOC) arrives this September to outline next year's plan updates. To answer your questions, we are hosting local Banner Medicare Advantage Meet-Up events right before the Annual Enrollment Period (AEP).

Don't miss our upcoming summer and online events:

Member Appreciation Movies
Fun events start this July in Maricopa county!

Wellness Academy
Attend our online "*Smart Choices*" session to learn how to find reliable health data.

Register for our AEP events and the Wellness Academy at:
www.BannerHealth.com/MAMemberEvents



We want your feedback on this newsletter!

Calling all Banner Medicare Advantage members! The **Banner Medicare Messenger** newsletter you receive every two months is written just for you. Let us know you are reading and loving the content! Are you enjoying the articles, or are there other topics you want to see featured?

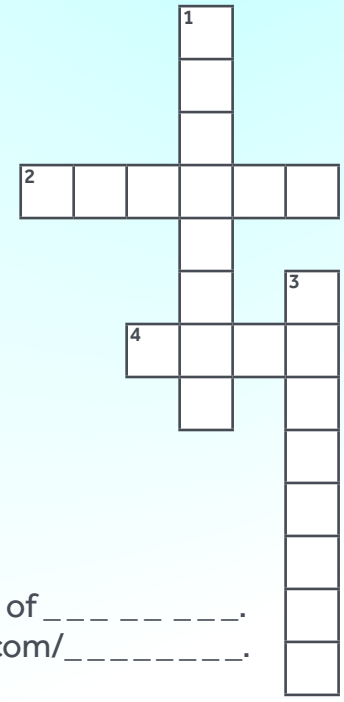
We value and thank you for your feedback. Please share your thoughts by completing our quick survey.

Visit ***www.msteams.link/9RS4*** or scan the QR code to submit your response today!

Stay Connected!

Following us on social media is a great way to stay informed on your health plan programs and info. We don't only post about that, but we also want to help you take charge of your health. We post helpful tips and resources for your health and wellbeing.

@BannerHealthPlans



Across

2. On Instagram, our 'Link in bio!' link is _ _ _ _ _ _.link/bannerhealthplans
4. The caption of our first pinned post starts off with "Our _ _ _ _ Bus Stop Initiative is..." Fill in the blank.

Down

1. On our Facebook profile cover photo, a group of kids are playing a game of _ _ _ _ _ _ _ _ _ _.
3. The first link listed under 'Links' on our Facebook profile is bannerhealth.com/_ _ _ _ _ _ _ _.

Answers: 2.sprout, 4.SAFE, 1.Tug of War, 3.Medicaid

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.***

The benefits mentioned are Special Supplemental Benefits for the Chronically Ill (SSBCI).* ***Banner Medicare Advantage Prime HMO members**, you may qualify for SSBCI if you have a high risk for hospitalization and require intensive care coordination to manage chronic conditions such as diabetes mellitus, chronic kidney disease (CKD), cardiovascular disorders, chronic heart failure, and chronic lung disorders.* ***Banner Medicare Advantage Dual HMO D-SNP members****, you may qualify for SSBCI if you have a high risk for hospitalization and require intensive care coordination to manage chronic conditions such as diabetes mellitus, chronic kidney disease (CKD), cardiovascular disorders, chronic and disabling mental health conditions, and chronic heart failure. Not all members with a chronic condition will qualify, as other coverage criteria may apply. For a full list of chronic conditions or to learn more about other eligibility requirements needed to qualify for SSBCI benefits, please refer to Chapter 4 in the plan's Evidence of Coverage.*

Banner Medicare Advantage

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Important Banner Medicare Advantage information.

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Banner Medicare Advantage

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.