Banner Medicare *messenger*

Mental Health Awareness

Summer is here! The hotter it is, the easier it is to stay isolated in the safety of your home. Unlike other states, Arizonans feel seasonal depression during our hottest months. It is harder to get outdoors, to engage in physical activity or even to get a good night's sleep.

One in four Medicare members have mental health needs. If you are feeling lonely, isolated or stressed, you are not alone. It's important to check in on your friends and check in on yourself.

- **Wake up a little earlier for a walk around the neighborhood:** recruit a friend to make the experience more fun.
- **Take small steps toward human connection:** smile at the grocery store cashier, stop and talk to your neighbors, etc.
- **Join a social club:** book club, weekly Sunday dinners or even a bird watching club.

Additionally, take advantage of your resources as a Banner Medicare Advantage member!

Register for the ThriveWell depression management program. Work with a wellness counselor to receive personalized coaching and build wellness strategies to tackle your problems.

To learn more information contact the ThriveWell team, call 480-684-8293 or email ***bmawellness@bannerhealth.com*** to get started!

Source: National Institute on Aging

Keep an eye on your eye health

Our eyes change as we age. Even those with healthy vision can experience less drastic changes in eyesight.

As we age, we lose contrast sensitivity. Think of a white coffee cup sitting on a white tabletop. As we age, it becomes harder to distinguish an object from its background. This can result in something harmless like a spilled coffee or something much more serious like the risk of falling down the stairs, or even a car accident.

Protect your eyesight by doing the following:

- Add dark leafy greens to your diet (*spinach, kale or collard greens*) and fish that are high in omega-3 fatty acids *(salmon and tuna)*.
- Wear sunglasses regularly while out in the sun.
- Schedule comprehensive dilated eye exams with an in-network provider every calendar year at no cost.

Source: American Academy of Ophthalmology

VSP is here to help

Your VSP network doctor will help keep you and your eyes healthy with a WellVision Exam®. An annual exam that can detect signs of health conditions such as glaucoma, diabetes and macular degeneration.

Plan your next eye exam by doing the following:

- Create an account at ***www.vsp.com*** to review your personalized benefit information.
- Find a network eye doctor on ***www.vsp.com/advantagebannerhealth*** or call 855-492-9028.
- Present your Banner Medicare Advantage member ID card to your network doctor.

Are you tired of waiting in line at the pharmacy?

Get your prescriptions mailed right to your door. Receive a 90-day supply of eligible medications sent to you with no shipping charges. Skip the line and order through a Banner Family Pharmacy or download the Banner Rx app on your smartphone.

There are other pharmacies available in our network.

Join these member events

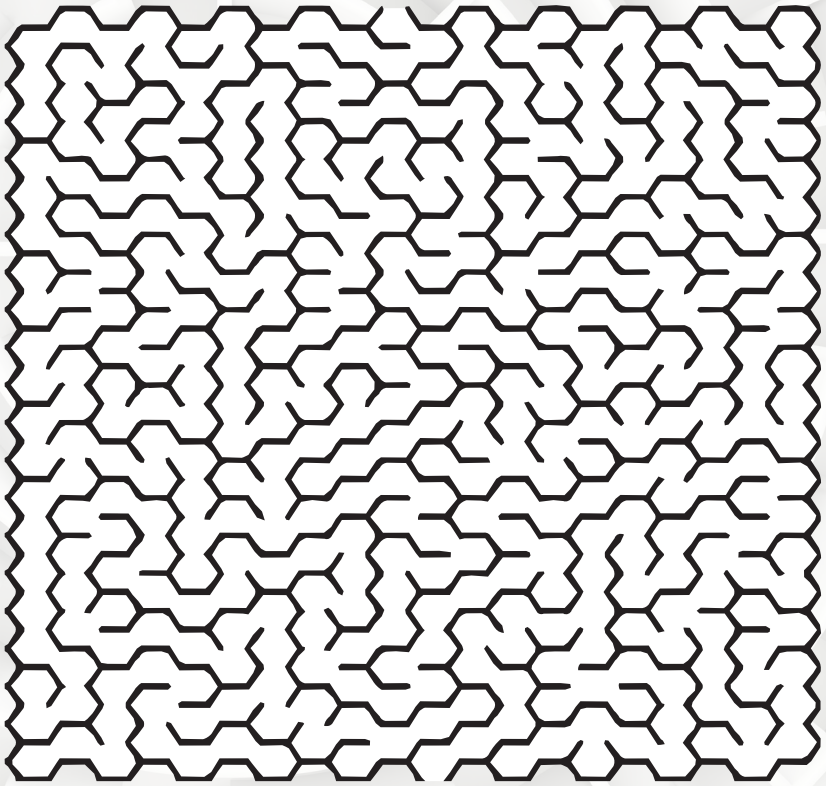
Help shape the future of your Banner Medicare Advantage plan. Join the Enrollee Advisory Committee to provide feedback on your plan, learn more about services and get answers on subjects important to you.

Join our Wellness Academy. June's session centers around Brain Games. Gain the tools to stay sharp, challenge your thinking, meet others and have fun!

Register here
www.BannerHealth.com/MAMemberEvents

Maze activity

Find your way through the maze.



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

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.***

Stay connected. Follow us on our socials.

Banner Health Plans

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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.