

Banner Medicare *messenger*

SEPTEMBER & OCTOBER 2022

Breast Cancer Awareness

October is Breast Cancer Awareness Month. Breast cancer is the second most common kind of cancer in women; it affects about 1 in 9 women in the United States. As all humans are born with breast cells, breast cancer poses a risk to all. However, comparatively, men make up less than 1% of breast cancer cases.

According to the National Comprehensive Cancer Network (NCCN), a yearly screening mammogram is recommended for all women ages 40 and older. It's important to be aware of changes in your breasts and get checked out immediately if you see or feel something that doesn't feel normal. It is best to detect breast cancer early when it's most treatable. Talk to your doctor right away if you discover something that doesn't feel right.

For more information, visit nccn.org.

MyBanner Care Portal

Be on top of your health with the easiest access to your personal care information. You have access to the MyBanner Care Portal through your computer, laptop, or smartphone. With MyBanner Care Portal you can:

- o View eligibility and plan benefits
- o Change your PCP
- o Request a Member ID card
- o Update personal contact information
- o And more

To access your MyBanner Care Portal, visit:
www.BannerHealth.com/Medicare

Gear Up for Fall

Flu Season

One thing you can count on this Fall is the recurring Flu season. Every year around this time, an annual flu shot is available to you. According to the Arizona Department of Health Services, more than 4,000 people are hospitalized and more than 700 people die in the state because of the flu each year. Currently, flu vaccine is the most effective method to prevent serious flu symptoms. We encourage you to stay updated on all vaccines this flu season by getting your annual flu shot as soon as possible.

Banner Telehealth

Utilize our Banner Telehealth services during Flu season. We offer telehealth visits with providers across primary care and most major medical specialties, including specialist. You can receive quality care from your medical provider in the safety and comfort of your own home. Learn more at:

www.BannerHealth.com/Services/Telehealth/Resources.

Sweet Tooth Season

When was the last time you saw your dentist? The temptation to consume sweet treats increase as the holiday seasons approach. As the Fall Festivities commence, remember to prioritize dental health and protect your teeth from tooth decay. Overcome your dental anxiety and take advantage of your benefits today. And remember to consume candy responsibly.

Benefits depend on your plan. For a better overview of your benefits, call our Customer Care Center or visit our webpage at <https://www.bannerhealth.com/medicare/for-members/plan-materials>

2701 E. Elvira Rd.
Tucson, Arizona 85756

Do you have a question? We can help.

Banner Medicare Advantage Dual HMO D-SNP: (877) 874-3930
Banner Medicare Advantage Prime HMO: (844) 549-1857
Banner Medicare Advantage Plus PPO: (844) 549-1859
TTY 711, 8 a.m. to 8 p.m., seven days a week or visit us at
www.BannerHealth.com/Medicare

Health and wellness or prevention information.

Banner Medicare Advantage Dual HMO D-SNP, Banner Medicare Advantage Prime HMO, and Banner Medicare Advantage Plus PPO have contracts with Medicare. Enrollment depends on contract renewal.

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**Fall festivities are around the corner.
Try this healthy Candy Corn Parfait recipe!**

Ingredients:

- Pineapple chunks
- Orange slices
- Banana slices
- Vanilla yogurt
- *Optional toppings: whipped cream, candy corn*



Directions:

In a clear cup, layer pineapple chunks, orange slices, and banana slices. Dollop with vanilla yogurt and add optional toppings if desired.



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