

Banner Medicare *messenger*

Your Safety Is In Your Hands

Falls among older adults and seniors can cause devastating injuries. The most common reasons that people fall are:

Health-based factors

There could already be weakness present, vision problems or medication side effects.

Environmental factors

Hazards around the home (*throw rugs, wrong footwear, improper use of cane or other assistive devices*).

Most falls that happen inside a person's home are usually preventable. There are steps that can be taken to help reduce your risk of falling.

Polypharmacy

Speak with your pharmacist about the medications you're taking. Many medications have side effects such as dizziness.

Vision

Have your eyesight checked regularly. Poor vision can cause you to trip on an object you might have otherwise seen.

Footwear

Wearing proper footwear both indoors and outdoors will provide more stability. Avoid wearing unstable footwear such as high heels or flip flops.

Exercise

Engaging in regular exercise can help strengthen your lower extremities.

Home safety

Removing hazards will go a long way towards reducing your fall risk. Get rid of throw rugs, remove extension cords in walkways and keep hallways well-lit at night, especially the path you take to the restroom.



Good Sleep, Healthy Aging

When thinking about wellness, sleep and stress cannot be overlooked. Poor sleep quantity and/or quality can have a major impact on health including increased risk of illness, as well as chronic diseases, weight gain, lack of focus and good judgment that can lead to an increased risk of falling.

Better sleep habits can help end the cycle of stress and sleeplessness.

Tips to improve sleep:

- Regularly exercise and be in the sunlight during the day.
- Modify the environment for light, sound, temperature.
- Establish a bedtime routine (*try meditation or other forms of relaxation*).
- Follow a sleep schedule regularly.
- Engage in healthy daily habits including socialization, healthy diet and physical activity.



Fall Prevention Items

Use your Over-the-Counter (OTC) allotment to take practical steps toward fall prevention.

Your Healthy Benefits OTC card provides options such as bathroom safety rails, cushioned bathtub mats and shower benches. Visit the online catalog to find items that best fit your needs.

Use your OTC card at Walmart, Walgreens, Albertson's, Fry's and more!

If you haven't already, download the free Healthy Benefits+ mobile app, available on the Apple Store or Google Play. Visit the link below to access your account:

www.HealthyBenefitsPlus.com/BannerMedicare

How Do You Speak To Yourself?

Practicing positive self-talk helps to reduce stress. Examples include replacing "I am embarrassed of failing" to "I am proud of myself for trying". However, it's not always easy to remember these positive practices.

Pyx Health is an app offered to members in need of companionship. Pyx will help you measure how you are feeling and give you ways to approach the day. Download the app and get connected to resources to combat loneliness and negative self-talk.

Visit: **www.PyxHealth.com/HiPyx**

hello

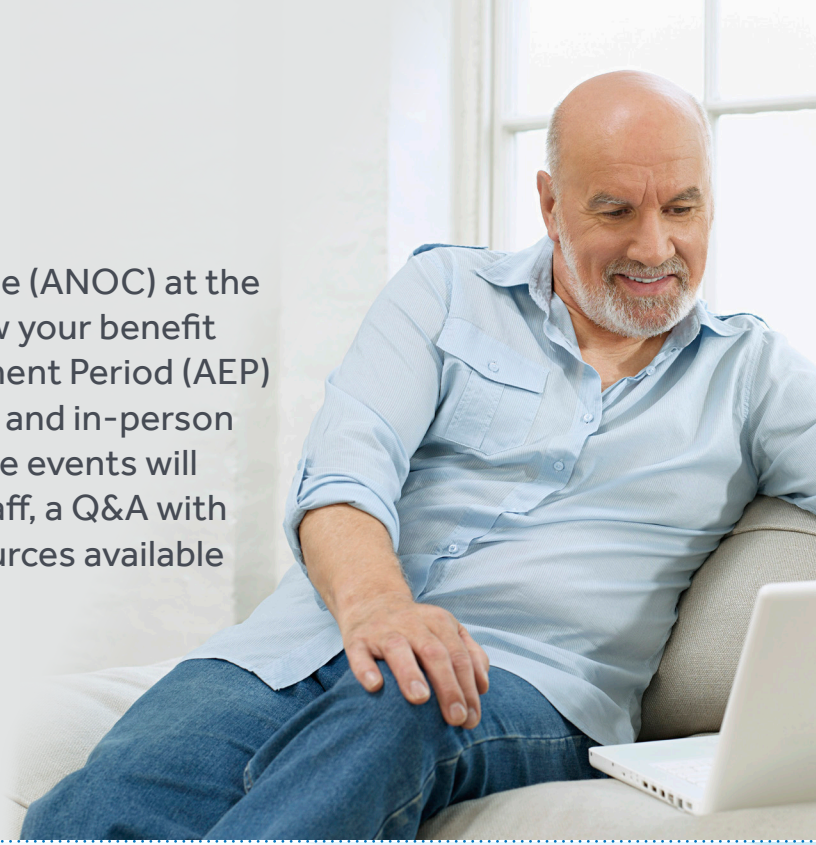


Medicare Meet-Up Events

You will receive your Annual Notice of Change (ANOC) at the end of September. This document will review your benefit changes for 2024. Before the Annual Enrollment Period (AEP) season begins, we will offer virtual meetings and in-person events to review your benefit changes. These events will also include a chance to meet health plan staff, a Q&A with benefit experts and an overview of the resources available to you as a member.

To register and for more details, visit:

www.BannerHealth.com/MAMemberEvents



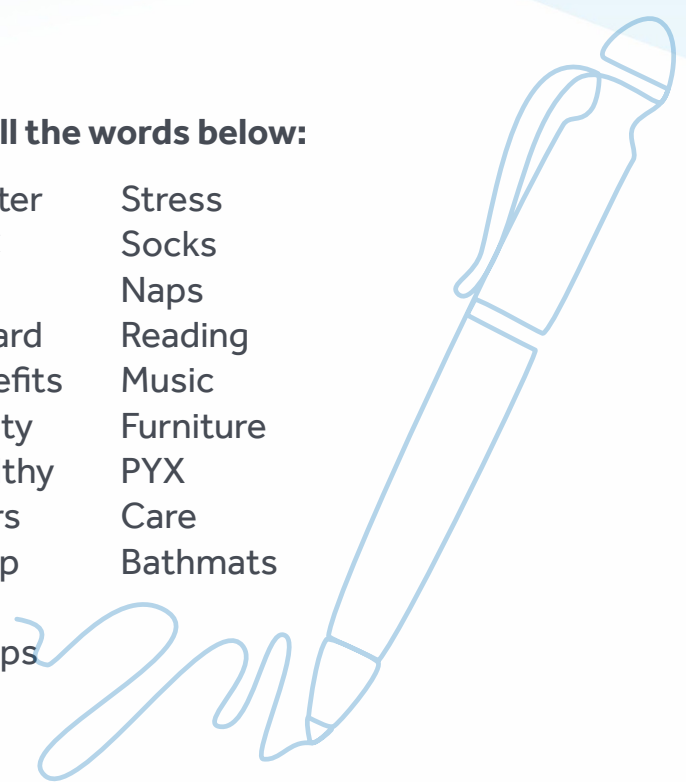
Word Search

Enjoy this newsletter's themed word search.

S	L	S	S	T	R	T	Y	U	R	Y	P	N	O
S	O	C	K	S	A	R	T	S	R	N	S	A	T
S	T	U	L	I	H	E	E	E	C	A	D	P	L
U	B	B	L	U	C	A	F	E	A	Y	R	S	A
U	C	E	S	M	T	D	A	P	R	H	A	F	M
G	E	A	N	A	R	I	S	E	E	T	Z	U	P
C	B	S	L	E	S	N	S	E	M	L	A	R	S
P	L	A	T	F	F	G	Y	L	U	A	H	N	A
S	S	U	T	A	T	I	A	S	S	E	A	I	S
R	S	T	T	H	I	A	T	A	I	H	X	T	A
F	I	S	R	T	M	R	H	S	C	Y	F	U	T
A	C	T	S	E	E	A	S	A	P	P	A	R	E
N	T	A	R	R	S	R	T	S	M	C	S	E	E
C	O	I	D	P	H	S	O	S	T	T	R	I	P

Find all the words below:

- Clutter
- OTC
- App
- Hazard
- Benefits
- Safety
- Healthy
- Stairs
- Sleep
- Trip
- Lamps
- Stress
- Socks
- Naps
- Reading
- Music
- Furniture
- PYX
- Care
- Bathmats



Do you have a question? We can help.

For accommodations for persons with special needs at meetings, please call our Customer Care Center.

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, from 8 a.m. to 8 p.m., seven days a week or visit us at www.BannerHealth.com/MA



5255 E Williams Circle, Ste 2050
Tucson, AZ 85711

PRSRT STD
U.S. POSTAGE
PAID
PHOENIX, AZ
PERMIT NO. 43

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.

Y0152_GPpd16523_M



Your Journey to Better Health.

Banner Medicare Advantage Newsletter provides resources to keep you healthy.

In this Issue

- » Your Safety Is In Your Hands
- » Good Sleep, Healthy Aging
- » Fall Prevention Items
- » How Do You Speak To Yourself?
- » And More!



If you are enjoying our Banner Medicare Messenger content, scan this code with your smartphone camera to be routed to our HealthSmarts magazine.