

Banner Medicare *messenger*

MARCH & APRIL 2022

Spring into Fitness

Being active is beneficial to the body, and spending time outdoors is good for the soul. Doing both is ideal. With spring just around the corner, the time to get active is now.

Springtime in Arizona brings pleasant weather and beautiful scenery to explore. Below are three ways to incorporate outdoor activities into your daily fitness routine:

1. Gardening is a great way to stay active and maintain strength and flexibility.
2. Picnics are an easy way to get out and soak up some Vitamin D. Find a new spot to have a tasty and nutritious meal in nature.
3. National parks are a great way to get some fresh air and walk. Consider purchasing a senior pass to explore what the environment around you has to offer.

Silver&Fit® (Not available to Banner Dual ALTCS members)

Starting a fitness journey can be intimidating when you don't know where to begin. Fortunately, as a Banner Medicare Advantage member, Silver&Fit is available to you at no cost. Enjoy a variety of fitness resources dedicated to making this process as simple as possible. Silver&Fit provides thousands of free workout videos from the comfort of your home.

To access your membership, visit:
SilverandFit.com

Resources for Your Health

Daily Care for Diabetes

If you are living with diabetes, you must take necessary measures to practice self-care every day. Everything from eating healthy meals to monitoring blood sugar levels and understanding diabetes-related complications can feel overwhelming.

We are here for you. **Find our diabetes education and support tools at BannerHealth.com/services/diabetes**

Or join our **Dial into Diabetes Program** for direct access to registered dietitian nutritionists, exercise physiologists, registered nurses and so much more! This is a voluntary, no-cost service. To join, call us at (602) 684-5090.

Healthy Feet Matter...

Whether your feet hurt from a long day, or your diabetes demands special attention to foot care, we provide care and coverage to ease the pain. Our Banner Medicare Advantage plans cover treatment of injuries and diseases of the feet, such as hammer toe or heel spurs, and routine foot care for members with certain medical conditions affecting the lower limbs. See your Evidence of Coverage (EOC) to see what podiatry-related services your plan has to offer.



Need help accessing this benefit? Call us for assistance at:

Banner Medicare Advantage Dual HMO D-SNP:
(877) 874-3930, TTY 711

Banner Medicare Advantage Prime HMO:
(844) 549-1857, TTY 711

Banner Medicare Advantage Plus PPO:
(844) 549-1859, TTY 711

8 a.m. to 8 p.m., seven days a week.

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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Sudoku Sample

	5	7		2		6	1	3
					7			8
2		4		1				9
				7				
	8	2		5		9		
	6	3		4		8	5	
	2				5			4
3				9		2	8	
	4				2	7	9	6

**Caring for yourself also means
 challenging yourself mentally.**
Complete this sudoku!

For a quick and fun Silver&Fit workout, Scan this code with your smartphone camera.

