

Banner Medicare *messenger*

NOVEMBER & DECEMBER 2022

Holiday Season Tips for People with Diabetes

Stay in control of your health this holiday season by following these tips for managing blood sugars:

Check your blood sugars at least once per day. When enjoying a holiday sweet, try reducing the other carbohydrate foods throughout the day to prevent a large blood sugar spike. Our dietitians can give you meal tips. See our Dial into Diabetes feature for more information.

Prioritize sleep. Stick to a routine bedtime. Avoid bright lights, heavy meals, caffeine, and electronics prior to bed. Being overly tired can cause overeating, decreased exercise, a bad mood, and health problems.

Practice stress management. Slow down, relax, and do something enjoyable. Meditate, read something inspirational, practice deep breathing, or do a hobby. High stress levels can increase blood sugars.

Add vegetables to your plate at each meal. Non-starchy vegetables are low in carbohydrates, and provide healthy fiber and nutrients, making them heart healthy and blood sugar friendly.

Move your body. Work towards walking for at least 5 minutes at a time for 30 minutes or more per day. Exercise, especially soon after eating, helps to prevent your blood sugar from rising too high.

Before this year comes to an end...

Dial Into Diabetes

November was Diabetes Awareness Month. As this year comes to an end, ring in the new year with tools and resources to improve your health. Members of Banner Medicare Advantage are eligible for our Dial Into Diabetes program at no additional cost. Our team of diabetes educators include dietitians, exercise physiologists, nurses, health service navigators, pharmacists, and health partners. We can help you create a wellness plan that is right for you. If you are interested, please call the Population Health Management Wellness team at (480) 684-5090, 8:30 a.m. to 4:30 p.m.

Over-the-Counter (OTC) Card Announcement

You will receive a new OTC card in the mail this month. Please keep a lookout and remember to activate it so you can use this benefit in the new year. Remaining 2022 funds will not rollover to the new year. If you need help or have any questions, feel free to reach out to us.

Mom's Meals

(Banner Prime, Banner Plus, and Banner Dual ACC Plans Only)

Mom's Meals can help make your discharge process from a hospital or skilled nursing facility less stressful. Mom's Meals provides high-quality refrigerated meals sent to your door when ordered within 30 days of discharge.

How it works:

1. Contact our Customer Care Center or your case manager.
2. Your contact will work with Mom's Meals and make arrangements for you.
3. Meals are delivered to your home.

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/MA

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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Winter in the Desert

We challenge you to find all of these Winter-themed words!

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

- PEPPERMINT
- COAL
- HOLIDAY
- PIE
- THANKSGIVING
- WINTER
- PUMPKIN
- DECEMBER
- COLD
- SWEATER
- GINGERBREAD
- DESSERT
- FIREPLACE
- NOVEMBER

Banner Medicare Advantage
*thanks you for being a
cherished member of the
Banner family.*

**We wish you a happy holiday
season and look forward to
serving you another year!**



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