

# Banner Medicare *messenger*

## Where Is Stress Appearing in Your Life?

According to the National Council on Aging, stress and aging don't go well together. Stress can negatively impact your health by promoting inflammation, which can lead to negative health outcomes that worsens with age. Learning how to manage and cope with stress is important for your health and well-being.

**Strategies to help combat stress:**

### **Focus on nutrition.**

A healthy and balanced diet can help boost your immune system and fuel your physical energy which in turn, will positively impact your mood.

### **Stay hydrated.**

Staying hydrated is key to boosting your brain performance, keeping you mentally sharp and your emotions stabilized.

### **Stay active.**

Regular exercise can help lift your spirit. Try going for a walk or try a new stretching routine at home.

### **Get some rest.**

Sleep and rest are essential for physical and mental health.

### **Ask for help.**

Don't be afraid to reach out to others. Talk to friends and family to build relationships that will support you.

Everyone experiences stress. Learning to manage your stress can greatly benefit your mental and physical health so you can live a healthy life.

Sources: National Council on Aging, The American Institute of Stress and Harvard Health Letter



# Caring For Your Eyes

Here in Arizona, we get plenty of sun. While sunlight exposure has many benefits, it's also important to be mindful of protection from harmful sun rays. Your skin isn't the only thing at risk, your eyes are as well. Remember to protect your eyes with UV sunglasses. Here are more steps to achieving optimal eye care:



Your diet plays a key role in your overall eye health. Be sure to eat a balanced diet of healthy fruits, vegetables, lean meats and whole grains while limiting your sugar intake.



Lessen strain on your eyes by always wearing your prescription glasses and lenses.



Eye strain increases in dark rooms so make sure to read or watch TV in well-lit rooms.



Limit time in front of screens whenever possible. TVs, tablets and smartphones all cause eye strain.



Schedule your annual eye exam to ensure you are up to date on your eye health. Preventive eye exams are an important part of your overall health. If you have not done so, be sure to schedule your yearly exam with an eye care professional. For questions regarding your plan's vision coverage, call our Customer Care Center.

# Urgent Care vs. Emergency Care



**Emergency Care** (*the ER*) is your first choice if you have difficulty breathing, chest pains, bleeding or other life-threatening conditions.

**Urgent Care** is not emergency care. Unable to get a quick appointment with your primary care physician (PCP)? This is a great substitute to get treated quickly.

**Telehealth Urgent Care** allows you to access consultations without leaving the house.

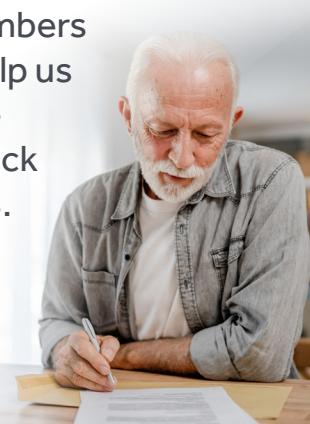
Appointments are included in your plan. Call **Nurse On Call**, at 888-747-7990, available 24 hours a day, seven days a week.

## Do You Struggle With Technology?

The Centers for Medicare and Medicaid Services (CMS) has identified that low digital health literacy is one of the most significant obstacles in achieving health equity. This means that not using your digital health applications could be a barrier to accessing the resources available to you as a patient and through Banner Medicare Advantage.

Our goal is to help all our members with their digital needs. To help us achieve that, please take the attached survey and send back to us by September 30, 2024.

Or you may also take the survey online by visiting [www.BannerHealth.com/MA-DigitalHealthLiteracy](http://www.BannerHealth.com/MA-DigitalHealthLiteracy).



# Annual Enrollment Period (AEP) Is Coming!

Join us in October to review your 2025 benefit changes and upcoming health plan changes. Meet Banner Medicare Advantage staff, other members and ask questions to a panel of experts. We hope to see you there!

## Tucson, AZ

October 4, 2024 – Banner University Medical Center South

## Mesa, AZ

October 7, 2024 – Banner Corporate Center Mesa

## Sun City, AZ

October 8, 2024 – Banner Del Webb Medical Center

## Yuma, AZ

October 11, 2024 – Four Points by Sheraton

Visit [www.BannerHealth.com/MAMemberEvents](http://www.BannerHealth.com/MAMemberEvents) for more information.

## Fill In The Blank

Based on the topics in this newsletter, fill in the blanks from the word bank below.

**Word Bank**   Diet   Information   Time   Nutrition   ER

1. By focusing on \_\_\_\_\_, you can boost your immune system and fuel your physical energy to boost your mood.
2. Keep in mind, your \_\_\_\_\_ plays a key role in your overall eye health and stress management. Be sure to eat a balanced diet.
3. Be sure to limit the \_\_\_\_\_ you spend in front of computer screens, TV's, your tablet or smartphone as this can lead to eye strain.
4. The \_\_\_\_\_ is your first choice if you have difficulty breathing, chest pains, bleeding or other severe conditions.
5. The goal for the provider is to make all forms of health \_\_\_\_\_ easier to understand for the patient.

Answers: 1. Nutrition 2. Diet 3. Time 4. ER 5. Information

## Do you have a question? We can help.

For accommodations for persons with special needs or if we can help you with anything else, 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

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

Or visit us at [www.BannerHealth.com/MA](http://www.BannerHealth.com/MA).



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Health and wellness or prevention information.

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## Your Journey to Better Health.

Banner Medicare Advantage Newsletter  
provides resources to keep you healthy.

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We'd love to hear from you regarding content of Banner Medicare Messenger, scan this QR code with your smartphone camera to be routed to our feedback form.