

Banner Medicare *messenger*

Are Your Medications Causing More Harm than Good?

Let's organize your medications.

If you are like most people, you may be starting 2024 with a messy medicine cabinet filled with old and new prescriptions alike. With the disorderly chaos, it is easy to be confused with your medication. This can lead to you forgetting why you're taking them in the first place, which can be dangerous. Polypharmacy, the term used to describe people who routinely use five or more drugs, is a common problem in medicine cabinets across the U.S.

The first step is organizing and getting rid of old medications. You may also want to make a list of all the medications that are a part of your daily routine, as well as those you use sparingly. Include the name of the drug, how often you take it and why you're taking it. Review this list with your doctor or pharmacist so they can check for any possible drug interactions and make recommendations.

Know that your prescription drugs expire. To dispose of them safely, you can bring the medication(s) to one of our designated Banner Family Pharmacy locations and use our MedSafe containers to dispose. If this is not a convenient option, you can also dispose certain prescriptions by flushing down the toilet or throwing them in the trash. For more information, visit: www.BannerHealth.com/Services/Pharmacy/Drug-Disposal-Program



How Often Are You Checking Your Blood Pressure?

Once a month? Only at a doctor's visit? Monitoring your blood pressure frequently is crucial to heart health. Uncontrolled High Blood Pressure (HBP) can lead to heart failure, dementia, kidney failure and eye damage.

HBP is silent and initially without symptoms. The good news is that you can prevent, monitor and treat HBP. If you are at high risk of HBP or have a diagnosis, you should be monitoring your blood pressure at home more often.

If you don't already own one, blood pressure monitors are available at your pharmacy through prescription if your plan covers the cost. Alternatively, they're also for purchase over the counter using your Healthy Benefits card.



Banner Family Pharmacy Mail Order Services

Our mail order prescription services can help you combat polypharmacy. In addition to saving you time and money, our expert pharmacists can also help review your medications for any interactions. Mail order copayments are also generally lower than copays at a retail pharmacy. Prescriptions are easy to order and manage by using the mobile app. You can get 90-day supply straight to your door.

Visit www.BannerHealth.com/MA for more information. Or download the "Banner Rx" app on your smartphone.

There are other pharmacies available in our network.

Increasing Heart Health with the Silver&Fit® Program

More daily movement, limiting alcohol, lowering caffeine and sodium intake, as well as managing stress and blood pressure are just a few preventive measures you can take to lower risk factor for HBP.

As a Banner Medicare Advantage member, you can enjoy the Silver&Fit program at no additional cost. This program gives you digital tools and personalized support to increase your daily movement. You can exercise at a participating, no-cost fitness center or join classes from home. For more information, visit www.SilverandFit.com.

The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). Silver&Fit is a trademark of ASH and used with permission herein. Fitness center participation may vary by location and is subject to change.



Daily Care

Living Your Best Life with Diabetes

Join us for free informative and educational in-person events. We will review nutrition, wellness tips, the benefits of being active and discuss any diabetes concerns. Banner Medicare Advantage members living with diabetes are welcome to join us in Tucson. Events are available 9 a.m. to 10 a.m. in English and 11 a.m. to 12 p.m. in Spanish.

March 7, 2024 Spring is Here - Let's Eat Healthy and Be Active

May 2, 2024 Staying Hydrated and Active for the Summer

To register for Daily Care, call to discuss with your Dial Into Diabetes dietitian, or call our wellness line at (480) 684-5090.



February Trivia

Let's answer some trivia questions based on the month of February!

1. What is the birthstone for the month of February? Answer: _____
2. February was the last month of the year in which calendar? Answer: _____
3. Which awards show normally occurs at the end of February? Answer: _____
4. What health topic do we spotlight in the U.S. in February? Answer: _____
5. Letters to Juliet are sent to what city every year? Answer: _____

Answers: 1. Amethyst. 2. The Roman Calendar 3. The Academy Awards. 4. American Heart Month. 5. Verona, Italy.

Do you have a question? We can help.

Eligibility for Daily Care events and/or Dial Into Diabetes program is not assured and will be determined by Banner Medicare Advantage after enrollment, based on eligibility criteria.

For accommodations for persons with special needs at meetings, language assistance services or alternate formats, please call our Customer Care Center. We are open from 8 a.m. to 8 p.m., seven days a week.

Para acomodaciones para personas con necesidades especiales en juntas, servicios de asistencia lingüística o formatos alternativos, por favor llame a nuestro Centro de Atención al Cliente. Estamos abiertos de 8 a.m. a 8 p.m., los siete días de la semana.

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



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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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regarding content of Banner
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