

Banner Medicare *messenger*

The hardest working organ

You might not realize your heart is the hardest working organ in your body. It's hard at work at all hours of the day and while you sleep.

Did you know that aging causes changes in your heart and blood vessels that can increase your risk of heart disease and related health problems? The good news is there are options to help delay or lower your risk.

Follow a heart-healthy diet

Consume foods high in vitamins and fiber, like colorful fruits and vegetables.

Improve your physical fitness

Add more exercise, especially walking, to improve your cholesterol and blood pressure.

Consider living tobacco free

Reduce stress

Connect with family, friends, a pet or nature.

Know the symptoms of heart disease

Seek your primary care physician (PCP) if you experience chest pain, swelling in limbs, etc.

Take a wellness class

No-cost wellness programs are available: www.BannerHealth.com/MA-Wellness-Programs.

Changing your lifestyle can be taxing on your mental health. If you feel you are not making progress or don't know where to begin, speak with a professional who can help you create a plan. Take it one step at a time!



Cancer prevention

Just as healthy lifestyles can look different for everyone, so can illness. Many factors can increase your risk of colorectal cancer including age, family history, diet and lifestyle.

Colorectal cancer is one of the most common cancers in the world and one of the cancers with the most overlooked conditions. A colonoscopy is considered the gold standard for detection.

This month, for National Colorectal Cancer Awareness Month, ask your PCP about scheduling a colorectal screening. If you complete a colorectal cancer screening this year, a \$25 reward will be added to your &more Benefits Prepaid Mastercard®.

Colorectal cancer is largely preventable and treatable. Regular screenings and a healthy lifestyle can help reduce your risk. Therefore, it is important to take measures for early detection and prevention.



Protect yourself and earn more



A new year of preventive care screenings means a new year to earn extra rewards on your &more Benefits Prepaid Mastercard®.

There are several ways to earn \$25 rewards on your new &more Benefits Prepaid Mastercard®:

- Complete a colorectal screening in 2025
- Get your annual flu shot
- Complete an annual wellness visit

Wellness screenings don't stop there. Check with your PCP to schedule preventive care screenings to help you stay healthy.

Scam alert!

Deceptive practices against seniors happen in person and over the phone such as:

- Telemarketing scams target people over the age of 60 with offers of prizes.
- Door knocker scams target people year round with specific services or product offers.

Good practices:

- Do not give in to high-pressure phone sales tactics.
- Avoid transactions with unfamiliar companies. Sounds too good to be true? It usually is.
- Never provide payment or personal information for anything that is advertised as "free."

Do you need help managing a diabetic lifestyle?

Gain access to a team of certified diabetes educators, registered dietitian nutritionists, health coaches and more with our voluntary, no-cost Banner Medicare Advantage Dial Into Diabetes program. This program is tailored to your specific needs to help you manage your health. For more information or to enroll, call **480-684-5090**.

Are you pre-diabetic?

There are also options for you.

Discover more programs at www.BannerHealth.com/MA-Wellness-Programs.



Heart-healthy recipe: banana bread smoothie

Ingredients:

- 2 medium bananas, peeled and sliced
- 1 1/2 cups ice cubes
- 3/4 cup fat-free plain Greek yogurt
- 1/4 cup fat-free milk
- 2 tablespoons rolled oats
- 2 teaspoons pure maple syrup
- 1 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- 1 tablespoon finely chopped unsalted pecans or walnuts *(optional)*

Instructions:

1. In a food processor or blender, process the bananas, ice cubes, yogurt, milk, oats, maple syrup, vanilla and cinnamon until smooth.
2. Pour into two glasses. Garnish with chopped pecans. Sprinkle with additional cinnamon if you'd like. Serve immediately.

Source: www.Heart.org

Do you have a question? We can help.

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

Or visit us at www.BannerHealth.com/MA.





5255 E Williams Circle, Ste 2050
Tucson, Arizona 85711

PRSRT STD
U.S. POSTAGE
PAID
PHOENIX, AZ
PERMIT NO. 690

Health and wellness or prevention information.
&more Benefits Prepaid Mastercard® is issued
by Avidia Bank, pursuant to a license from
Mastercard Incorporated. Use of this card is
subject to the terms and conditions of the
Cardholder Agreement.

Y0152_MRpd92925_C



Your Journey to Better Health.

Banner Medicare Advantage newsletter
provides resources to keep you healthy.

In this issue

- » The hardest working organ
- » Cancer prevention
- » Protect yourself and earn more
- » Scam alert
- » And more!



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.