

# Banner Medicare *messenger*

## Welcome to 2025

Happy New Year! We hope this year brings you health, prosperity and overall wellness.

We know it can be overwhelming to be in the driver's seat of your health journey. We are here to help you stay on track. Included are some useful tools to assist you in getting the right information you need to navigate your health care this year.

### **2025 Annual Care Checklist**

We are here to help you understand your care needs. This is an itemized checklist of recommended preventive care services. Take this checklist to your Annual Wellness Visit (AWV) and ask your provider which services are right for you.

### **Digital Health Survey**

Fill out this survey and let us know how we can make the digital health care experience easier for you. Send the survey back through mail with the attached pre-paid envelope or complete it online at [www.BannerHealth.com/MA-DigitalHealthLiteracy](http://www.BannerHealth.com/MA-DigitalHealthLiteracy).

### **Sonora Quest Laboratories Portal Guide**

Accessing your lab results online can be a challenge. The portal guide includes instructions on how to access and navigate your health information.


Remember: you are not alone. We are here to help. Our Customer Care Center is available to you whenever you have a question. Customer Care Center information is available on all newsletters.

There are other providers available in our network.



# The 2025 Fitness Challenge

Start the year off with a healthy habit. We challenge you to a 2025 Fitness Challenge. Consult with your provider to ensure this is the right challenge for you and to find alternative options.

 Get moving! Try a 15 minute walk at least two times a week.

 Incorporate a daily stretching routine.

Make it fun! Find a new way to get active: yoga, aerobics, social walking club, etc. Your Silver&Fit® benefit offers a national network of fitness centers, workout plans and on-demand workout videos to guide you in your fitness journey. You can even choose one home fitness kit per benefit year! Interested in your options and how to get connected?

Visit [www.SilverandFit.com](http://www.SilverandFit.com) to get started or call our Customer Care Center for help.

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



# MyBanner Care Portal

You have access to the MyBanner Care portal through your computer, laptop or smart phone. The MyBanner Care portal is a tool to help you access and manage your personal information securely 24/7.

The following features are available through the MyBanner Care Portal:

- View eligibility and benefits
- Primary care physician (PCP) change request
- Request member ID card
- Update contact information
- View authorization status

To access your member portal, visit [www.BannerHealth.com/MA](http://www.BannerHealth.com/MA).

## Health Risk Assessment

One of the first items on your attached 2025 Annual Care Checklist is to complete or update your Health Risk Assessment (HRA). This questionnaire helps us work with your providers to create a customized care plan that serves your health needs.

You may have already completed this assessment with your broker. If not, this assessment can be completed on your member portal. Check this item off your annual care checklist soon to help shape your version of a healthy lifestyle.

 Banner  
Medicare Advantage

### New Member Health Risk Assessment

Member Information			
Member Name:	Insurance ID#:	Today's Date:	
Current Address:	City:	State:	Zip:
Current Phone Number:	Primary Care/Family Doctor Name:		

[www.BannerHealth.com/MA](http://www.BannerHealth.com/MA)

# Check In with Your Primary Care Physician

This year, when you complete an Annual Wellness Visit (AWV), you can earn an additional \$25 reward added to your &more Benefits Prepaid Mastercard. Your AWV is an opportunity for you and your primary care physician (PCP) to:

- Discuss your health and wellness goals.
- Create a prevention plan for the new year.
- Schedule any follow up screenings.

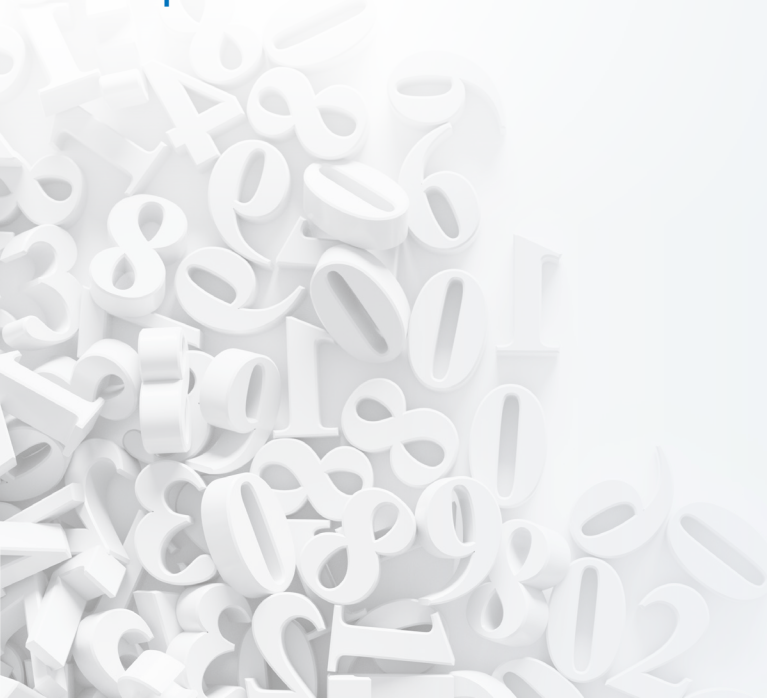
Need help selecting a PCP? Call our Customer Care Center to see your options.

&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.



## Sudoku

Complete the sudoku.



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

For the Sudoku answers, visit:  
[www.BannerHealth.com/MA-Newsletters!](http://www.BannerHealth.com/MA-Newsletters!)

### 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](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.