



Connect with us.

### MyPeoplesHealth—

#### It's *Your* Member Portal

Haven't created an account yet?  
Here's what you're missing!

*Page 2*

### How to Have a Healthy Brain

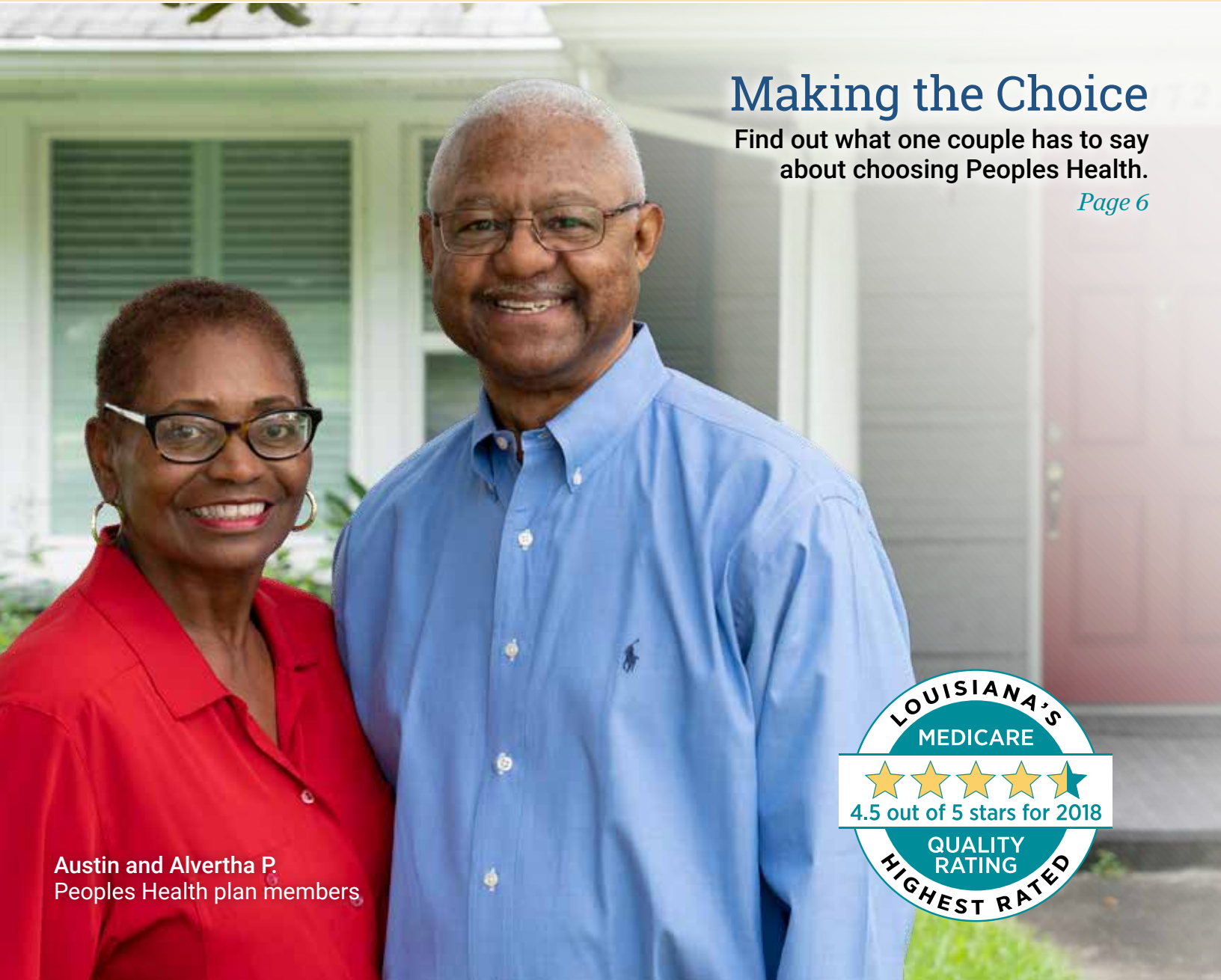
Aging, medical conditions and diet can all affect brain health. Taking a few simple steps can make a difference.

*Page 8*



PEOPLES HEALTH

# Connection



## Making the Choice

Find out what one couple has to say about choosing Peoples Health.

*Page 6*

Austin and Alvertha P.  
Peoples Health plan members.



## Greetings, members,

This time of year is always one of **renewal** and **growth**. It embraces the harvests of fall and our varied traditions honoring family and friendships, while we look forward to the gifts of the approaching year.

I'm thrilled to renew Peoples Health's commitment to you to be your Medicare Health Team. Medicare continues to rate Peoples Health plans as **4.5 stars** out of 5 for 2019. This rating is something to be proud of because it's a measure of how well we take care of our members.

And I'm pleased to share exciting news about the **benefits we're offering for 2019**. These include three new benefits for most of our plans—including coverage for **over-the-counter items**—that will be available for \$0 starting Jan. 1. Most of our plans won't have a monthly premium, and all our members will be able to see their **primary care physician for a low or no copay**. We're also offering a Part B premium Give Back for some plans. This means we'll pay a portion of the Part B premium on our members' behalf. These are just the highlights! And not only could these benefits be great for you, they could be great for your family and friends, too. So I encourage you to take the **Peoples Health Challenge** and ask them to compare their coverage to ours. See **pages 14 and 15 and the back cover** to find out more.

If you haven't yet done so, sign up for your **MyPeoplesHealth** account and get easy access to information about your health and your plan. See

below for more on why you should. MyPeoplesHealth is a great tool to help you stay on top of your regular doctor visits. Get tips on preparing for your visits on page 12, and for why preventive care, including a **flu shot**, is so important, see Your Health Matters on page 5. One way we help you stay on top of your preventive care—and keep your doctor in the loop, too—is with a **comprehensive wellness assessment**. If we contact you about getting one, I hope you do so. I think you'll find it gives valuable details about your health.

You may have heard from friends or read in the newspaper that **UnitedHealthcare** has acquired Peoples Health. This is true, and it's exciting news for us...and for you as a plan member! Working with UnitedHealthcare allows us to tap into new resources to support you and your health, which means we have **even more options for helping you meet your health goals**. What's not changing? **We are still Peoples Health**. The way we work closely with you on your health isn't changing and neither is our part in Louisiana communities. Our care team remains approachable and available to you, for phone calls and face-to-face visits.

We are **your Medicare Health Team**, today, tomorrow and into the years. Thank you for trusting in us to be your health plan.



Warren Murrell  
Peoples Health President and CEO



## MyPeoplesHealth

*Where you get the quickest information about your health care and your plan*

Your MyPeoplesHealth account is your way to stay connected with us and get the information you need when you need it. Here's just some of what you can do:

- See plan documents
- Find a network provider
- See information about doctor visits
- Request a new plan ID card
- Search for covered drugs
- Update contact information
- Check claims and authorizations
- See Explanation of Benefits documents
- Send us messages with questions or things you need us to know

Learn more at <http://www.mypeopleshealth.com>.



**Always on the go?**

Get the free MyPeoplesHealth app for your iPhone or Android! Download it from the Apple App Store or the Google Play Store.

# Peoples Health and UnitedHealthcare Joining Together

You Might Be Asking: *What Does It Mean for Me?*



## Q: *Do I need to re-enroll in my plan?*

**A:** No, you do not need to take any action to remain in your Peoples Health plan for 2018. As usual, you should have received information from us about your 2019 plan benefits.

## Q: *Is my health plan going away? Is my coverage with Peoples Health or with UnitedHealthcare?*

**A:** Nothing is changing about your Peoples Health Medicare Advantage plan in 2018, including the plan name, your benefits and your provider network. Peoples Health will continue to offer Medicare Advantage plans in 2019, and we are pleased to introduce our 2019 offerings during this annual enrollment period.

If you have any questions about your plan benefits, you should continue to call the phone number on the back of your member ID card.

## Q: *When I call the number on my member ID card, will I be connected to a UnitedHealthcare call center?*

**A:** No. When you call the number on the back of your member ID card, you will reach a Peoples Health member services representative at our call center in Louisiana.

## Q: *Does this mean I can start seeing doctors in the UnitedHealthcare network, even if they're not in the Peoples Health network?*

**A:** No. You are still enrolled in a Peoples Health Medicare Advantage plan, and you have access to the providers in the Peoples Health network.

## Get to Know Your 2019 Plan Benefits

You should have your **Annual Notice of Changes for 2019**. We mailed it to you, and it explains how your benefits are changing for the upcoming year. If you opted in to get this document through your MyPeoplesHealth account, we sent you an email letting you know it was ready to view. Read it right away to learn about any enhancements we've made to your plan and how your cost-sharing for medical services and prescription drugs may have changed.

In the past, we sent you an *Evidence of Coverage*, a nearly 300-page document that has information about your plan benefits and covered services. It also explains your costs and the processes you must follow. To be sure we only send hard copies of plan

materials you want to get by mail (or that Medicare requires us to send that way), we're not automatically mailing this document to you. You can view it online or save it to your computer at any time. If you want a hard copy, just let us know (see page 10).

### Quick and Easy Ways to View Your 2019 Plan Documents

- Log in to your MyPeoplesHealth account at <http://www.mypeopleshealth.com>, and look under My Plan Documents. Don't yet have an account? Click the Sign Up Now button under Go Paperless.
- Go to <http://www.peopleshealth.com>, and under Member Resources choose **Member Plan Documents and Forms | 2019**.

# Now's a Good Time to Think About Your Advance Directive

While you're reviewing your 2019 plan documents, you may also want to take a moment to think about your advance directive.

- **If you have one**, an annual review of your wishes and goals could be helpful to make sure your goals haven't changed. It's natural that this may happen as you go through health or life changes.
- **If you don't have one**, think about preparing an advance directive. Start by talking to your doctor for guidance.



## Key Terms to Know

**Advance directive** – how you express your wishes for medical care. It is written instructions to make sure your decisions, including your right to refuse treatment, are understood and followed by your doctors and family. There are two main types: a health care power of attorney and a living will. You can change your instructions at any time.

**Health care (or medical) power of attorney** – use this to name someone to make medical decisions for you. The person you name is sometimes called your health care proxy or agent.

**Living will** – also called a declaration, this is used to state the medical care you would or would not like to have if you become physically or mentally unable to communicate.

## Listen Up, Secure Health and Secure Choice Members!

We want members in our special needs plans—Secure Health (HMO SNP) and Secure Choice #011 (HMO SNP)—to know that we're working even harder to make sure we're helping you meet your health goals.

We'll continue to create a personalized care plan for you and send it to you. But to make sure your care plan works well for you, we've also assigned you to your very own Peoples Health care coordinator.

Your care coordinator can work with you on a regular basis to:

- Help you complete your annual health risk assessment
- Help you update your goals each year
- Help you understand your care options when you enter or leave a health care facility, such as a hospital
- Answer questions you may have about the steps you can take to reach your goals; just call us if you need to (see page 10) and ask for your care coordinator

Are you a member of a different Peoples Health plan and need help reaching your goals? We're here to support your health! Call us to speak to one of our care coordinators.



## This Is Why You Need a Flu Shot

Louisiana was hit hard by the flu this past season, and thousands of residents had the flu or flu-like symptoms. The Centers for Disease Control and Prevention says that the virus is spread when infected people around you talk, sneeze or cough and unknowingly spray tiny droplets into the air. The best way to protect yourself is to take steps to prevent the flu, and the first step is to get a flu shot.

### When should you get one?

Flu season usually starts around October and is most often worse in the winter months. So it's smart to get your flu shot as early as possible—meaning now! Talk to your doctor about getting the shot, or visit your neighborhood pharmacy. There's no cost, and you're better protected when you do!



Think you know about the flu? Test yourself with our quiz on page 9.

## Awareness Is Your Best Defense Against Breast Cancer

One in 8 women will develop breast cancer. Those numbers are sobering...and scary, which might be why some women put off screening or don't get tested at all. Don't let this be you. Finding a problem early is your best chance to be cured. So, what can you do?

- Know your family history and discuss it with your doctor.
- Do breast self-exams regularly.
- Have a healthy weight.
- Exercise regularly.

**When should you get a mammogram?** That depends on your age and risk factors. Talk to your doctor about a screening schedule that's right for you, including if you're older than age 74. General screening recommendations are:

- Ages 35 to 40** – get a baseline, or initial, exam
- Ages 40 to 74** – get screened every two years

Tell your doctor right away if you have:

- A lump or mass in your breast
- A change in the size or shape of your breast
- Discharge from the nipple
- Changes in the skin on your breast or nipple
- An area on the breast that's very different from the rest
- A hard, round area under the skin



## How One Couple Became Peoples Health Members



**Austin P.,**  
member  
since  
2014

**Alvertha P.,**  
member  
since  
2017

Austin P. is somewhat of a Medicare guru. He knows a lot about how Medicare works, having taught himself before he joined his Peoples Health plan in 2014. Ask him about the different Medicare parts—Part A, Part B, Part C and Part D—and he’ll break each one down for you, from what it covers to what you might have to pay to your options for making sure you get all parts.

Austin has a process for his research. He goes to <http://www.medicare.gov>, compares plans and not only looks at doctor networks and benefit coverage, he checks plans’ star ratings, too. He’s come to realize that these ratings say a lot about how well a plan operates. Austin helps others learn about Medicare, too, and says he recommends Peoples Health to everyone he’s helped. His wife, Alvertha, is one of those people.

### From commercial health plan to Medicare Advantage

Alvertha joined her Peoples Health plan in September 2017 when she first became eligible for Medicare. She ran into a bit of a challenge right away, though, because on the day her old commercial plan

coverage ended and her new Peoples Health plan coverage began, she was in a hospital in New York. She had fallen ill while traveling. It was a tricky scenario once she returned home.

.....  
“You can imagine all of the invoices that were coming my way from the hospital in New York,” said Alvertha. “All I needed to do was call up [Peoples Health member services], and I would say, ‘How should I handle this?’ And they would say, ‘OK, just give them this. If there are any problems, we’ll call you back and let you know.’”

.....  
“They were extremely helpful,” she added.  
.....

### Easy enrolling

There are a few options for enrolling in a Peoples Health plan, including online and by phone. Both Austin and Alvertha chose to go to the Peoples Health office in Metairie and meet with a representative in-person to enroll. That worked well for them, being able to talk with someone and get questions answered.

## Why Peoples Health?

“I went to a seminar,” said Austin because that was another way he explored his options. “And then I ended up going to the Causeway office to sign up.”

### Health is everything

Austin and Alvertha are active and involved in their health. Austin works out at the gym. He says his fitness benefit allows him to “stay healthy and get regular exercise and have a nice place to go to do it.” Alvertha prefers being outdoors. She walks and plays tennis often.

“I’m very cognizant of making sure that I am healthy and that I am surrounded by those tools and people that can keep me that way,” said Alvertha. “My health is paramount to me.”

Austin is retired from the city-planning work he once did, but the couple still enjoys riding around and exploring different neighborhoods, to see what’s changed. They also go to movies and plays. They’ve lived in a lot of different states, so they travel quite a bit, too, visiting friends.

Austin regularly volunteers in the kitchen at Second Harvest Food Bank and is on the boards of public radio station WWNO and Unity of Greater New Orleans, an organization focused on helping the homeless. Alvertha, whose profession before retiring was president of a community foundation, sits on three boards: Foundation for Louisiana, KID smART and Propeller.

“For me, it’s absolutely the service. From the time that you call the office, if you have to call, it’s efficient, it gets you to the right person. And if there are questions that you have...that person will get you to the right person who can answer the question for you.”

“I know I’ve got good coverage. I stay pretty healthy. I don’t get sick a lot, so I’m going to try to stay that way.”

“The organization, the company, has actually hit upon a wonderful model of providing access to care, and quality care for folks who are enrolled in Peoples Health.”

“Quality of care. I feel secure in my health insurance. If I didn’t have my Peoples Health plan, I’d be worried.”



Alvertha P.



Austin P.

## DO YOU KNOW?

Senior centers and community centers are a great way to meet new friends, get involved with a variety of activities and find community resources. They offer things like:

- Health, fitness and wellness programs
- Social and recreational activities
- Educational classes, services and counseling
- Volunteer and civic opportunities
- Information and assistance

To find a senior center in your area, call or visit your local council on aging. To find a community center, call your local parish government or visit its website.



## Improve Your Brain Health

Our brains take in information to help us make sense of the world around us. But aging, some medical conditions and diet can affect brain health. The best defense is knowing how the brain works and the things you can do to help it stay healthy.

### How the Brain Works

We use what's called cognitive skills to carry out even the simplest tasks. These skills are how the brain learns, stores, processes, recalls and shares information. In other words, we use them to think, read, remember, reason and pay attention.

When we learn new things or have new experiences, our brain cells create pathways and communicate with other areas of the brain. These pathways make up the brain's memory and ability to think. When we don't learn new things for long stretches of time, our brain slows down.

### How Growing Older Affects Our Brains

We might become more easily distracted as we grow older. Aging brain cells may even cause dementia. Unlike being occasionally forgetful, people with dementia have difficulty every day with thinking and memory.

Other health conditions—such as obesity, stress, diabetes, heart disease, high blood pressure and high cholesterol—may also affect the brain. **Work with your doctor if you have these conditions to keep them under control.**



## Simple Things to Do to Help Keep Your Mind Sharp

**Think about what you eat.** Certain foods are “brain foods,” meaning they’re especially good for brain health. Add some of these to your daily diet:

### Omega-3 fatty acids

- Tuna, salmon, sardines
- Shellfish, shrimp
- Canola, flaxseed, soybean and olive oils
- Walnuts, flaxseeds, olives

### Vitamins B-12, B-6 and folate

- Lean meats, chicken, fish, cheese, milk
- Whole and fortified grains
- Dark green vegetables, asparagus, lima beans
- Oranges, blueberries

### Antioxidants (vitamins E and C)

- Egg yolks, vegetable oils
- Wheat germ, whole grains, seeds, nuts
- Citrus fruits, kiwis, strawberries
- Broccoli, Brussels sprouts, cabbage
- Tomatoes, potatoes, peppers

**Be active!** Studies show that physical activity may delay the onset of dementia and decrease depression. It also increases energy and circulation, sending oxygen to the brain. **Walking is a great low-impact exercise.**

**Remember, always discuss a new fitness routine with your doctor.**

And since new experiences help keep our minds active and sharp, we need to exercise our brain, too. So, try a variety of these on a regular basis:

- Reading, playing games and doing puzzles
- Painting
- Dancing
- Learning a new language or how to play a musical instrument
- Performing home repairs or woodworking
- Traveling and socializing

# TRAIN YOUR BRAIN



Test your knowledge with this quiz!

## What's True About the Flu?

1. The flu mainly causes stomach upset. It is always passed on by being close to someone who has nausea or vomiting.  
 TRUE  FALSE
2. A flu shot is a treatment to get when you have the flu.  
 TRUE  FALSE
3. If you get a flu shot, you don't need to get another shot for three to five years.  
 TRUE  FALSE
4. In some cases, the flu vaccine can give you the flu.  
 TRUE  FALSE
5. How is the flu vaccine given?  
 SHOT  NASAL SPRAY  PILL
6. The Centers for Disease Control and Prevention recommends that only people 50 and older get the flu vaccine each fall or winter.  
 TRUE  FALSE
7. Medicines can help fight the seasonal flu.  
 TRUE  FALSE
8. If you don't touch an infected person, you won't get the flu.  
 TRUE  FALSE
9. If you are 65 or older, you are at higher risk for complications from the flu.  
 TRUE  FALSE

Quiz courtesy of StayWell via the Health Library at <http://www.peopleshealth.com/health-library>.

Answers on page 7.

## Stay in Touch!



Our member services team is available seven days a week, from 8 a.m. to 8 p.m. If you contact us on a weekend or holiday, we will reach out to you within one business day. Call toll-free **1-800-222-8600**. TTY users dial **711**.

### Express Lane Hours

For the fastest service, call Monday through Friday, between **8 a.m.** and **10 a.m.** or **3 p.m.** and **8 p.m.**

### Write or Visit Us

You can write us or visit us at the following address. Our office hours are Monday through Friday, from 8 a.m. to 5 p.m.

Attn: Member Services  
Peoples Health  
Three Lakeway Center  
3838 N. Causeway Blvd.  
Suite 2200  
Metairie, LA 70002

### Send Us a Message

Email questions to [phn.member@peopleshealth.com](mailto:phn.member@peopleshealth.com), or send a message through <http://www.mypeopleshealth.com>.

### Compliance, Fraud, Waste, Abuse and Privacy Hotline

To report potential violations of the law, call the toll-free Peoples Health hotline at **1-877-662-5894**. You may choose to remain anonymous. We have a nonretaliation policy toward all callers.

## Fraud Alert: Lidocaine Cream Prescriptions

Some pharmacies and marketing companies may be using questionable practices to take advantage of you or even commit fraud. As a reminder, for your medications to be covered under your Peoples Health plan, they must be prescribed by your doctor.

Medicare recently let us know that certain pharmacies and marketing companies may be working together to fill false prescriptions for lidocaine creams and bill people who have Medicare for the costs. Lidocaine cream is medication used to reduce pain or discomfort caused by skin irritations or hemorrhoids. The false prescriptions were not written by the person's doctor or requested by the person.

### Here are some ways to protect yourself:

- Never give your social security number, Medicare number or Peoples Health member ID number to anyone you don't know over the phone. Remember, Medicare and Peoples Health already have this information and will not call and ask you for it.
- Review the Explanation of Benefits that we send you each month. Let us know if you see any activity you do not recognize.
- Be on the lookout for any unfamiliar medications sent to you. This may happen when pharmacies send you medication that you never requested or when pharmacies automatically refill medications that you may have received in the past but no longer need.

**If you notice any of the above or have other concerns, let us know. Report your concerns to our hotline. See the number at left.**



# Waiting to See Your Doctor

If you're like most people, when you schedule a doctor visit, you expect to see your doctor at your exact appointment time. Doctors and their staff work to make sure patient visits run smoothly. But it doesn't always turn out that way. Your doctor takes care of many patients, and sometimes emergencies come up. Your time is valuable, and your doctor knows this! But there could be an instance when you might have to wait a bit before it's your turn.

**Scenario:** Let's say "Joe" has a 10 a.m. appointment to see "Dr. Smith" to get a new order for his diabetes testing supplies. Joe gets a ride to the appointment and arrives 20 minutes early. "Jane" also has a scheduled appointment to see Dr. Smith, but hers is for 9:15 a.m. and it's for an annual checkup. During Jane's visit, Dr. Smith found out Jane was having severe complications from her medication. Dr. Smith was focused on helping Jane and

spent more time with her to diagnose the problems. That meant Joe's visit didn't start until 10:20 a.m., and he felt like his appointment started 40 minutes late. The truth is he only waited an extra 20 minutes. The waiting room staff explained to Joe that another patient's visit unexpectedly took longer than planned, and then he understood.

## What should you do in a situation like this?

- Remember that your doctor is taking care of many patients, so allow a little extra time for your visit, and be flexible on when your visit starts.
- If it seems like you're waiting a long time, ask the waiting room staff about the holdup.
- Tell your doctor about your experience, because your doctor may not realize there is a problem and can't address it without knowing about it.

## Keep this in mind:

Some offices have more than one doctor seeing patients, and each doctor works on a different schedule. That means sometimes a patient who came in after you might get called first because he or she is seeing a different doctor.

## Most importantly, be prepared for your visit.

When you're prepared, it makes your visit go smoothly. And when everyone arrives prepared, it helps every visit go quicker.

- Arrive on time. If you have more than one health care appointment in the same day, be sure to allow enough time in between for any unexpected delays.
- Some offices have online check-

in or let you fill out paperwork in advance. Choose these options when you can.

- Bring all your medications with you. It also helps to write them down at home and bring the list to your appointment.
- Also write down the questions you need to ask your doctor and bring that list, too. Then you won't have to try and remember

what you want to ask.

- While in the waiting room:
  - Check your medication and questions lists to make sure you haven't forgotten anything, or use the time to add to your lists
  - Use extra time to enjoy a book, magazine or puzzle

## Health in Motion

Exploring what folks do to stay fit, exercise their minds, be social or give back to the community

2017 Peoples Health Champion **Irwin “Jim” Boulet** is a businessman-turned-farmer, and at 88 years old, he has no intention of slowing down, because making a difference in his community is a challenge he’s willing to accept.

### What does he do?

Every year, he farms 30 acres of fresh produce for the sole purpose of donating it to Second Harvest Food Bank to help feed those in need.



### When does he do it?

Jim was recognized as a Champion for donating 913 pounds of fresh turnips to Second Harvest on Dec. 12, 2012. It was his first harvest dedicated to the organization. Since then, he has donated more than 330,000 pounds of fresh produce to the organization.

### Why does he do it?

The work makes him feel good, he says. “It’s a feeling that business can’t give to you because you’re fooling with dollars...To me, there is a great feeling you get from helping people who can’t say thank you. That’s how I define my life now—what I can do to improve their lives where they don’t have to worry about food.”



### Cushaw Spice Cake

by Chef Susan Goss, Second Harvest Food Bank



#### Ingredients:

- 4 large eggs
- 1 2/3 cups granulated sugar
- 1 cup vegetable oil
- 2 cups cushaw squash, cooked and mashed (can substitute butternut squash or pumpkin)
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 1 teaspoon salt
- 1 teaspoon baking soda

#### Instructions:

1. Preheat oven to 350 F. In the bowl of an electric mixer fitted with the paddle attachment, combine eggs, sugar, oil and squash until light and fluffy.
2. In a separate bowl, stir together remaining ingredients. Add to mixer bowl and mix at low speed until thoroughly combined. Raise speed to medium high and beat batter for 1 minute to aerate.
3. Butter a 9” x 13” baking pan or spray with pan spray.
4. Spread batter evenly into pan, smoothing top.
5. Bake until golden brown and cake tester inserted near middle comes out clean, about 30 minutes.
6. Let cool completely before cutting into bars. Top if desired with your favorite cream cheese frosting.

Visit [no-hunger.org](http://no-hunger.org) for more information about Second Harvest.



# MORE FOR YOU IN 2019!

## The Measure of Quality

Once again, you have the highest-rated Medicare health plan in Louisiana—4.5 out of 5 stars for 2019.

Medicare developed its star rating system to give people with Medicare an objective measure of a plan's performance. The rating system gives people a way to consider quality as well as cost as they make their enrollment decisions. Every year, Medicare evaluates plans based on a 5-star rating system.

In 2018 and 2019, only Peoples Health reached 4.5 stars in Louisiana—the highest quality rating in the state.

Having the highest quality rating has allowed us to offer even greater benefits for our plan members for 2019.



Peoples Health plan members (top: left to right): Ethel W.; Joy G.; Ban T.; and Nettie W. (back page): Mable & Roy C.

# Don't miss the good news!

It's in the *Annual Notice of Changes* for 2019 document you got from us at the end of September. Depending on your plan, you may see expanded or new benefits such as:

- **\$0 plan premium!**
- **Part B premium Give Back.** Most Peoples Health plan members who pay a monthly premium to Medicare for their Part B coverage will see that premium reduced. Peoples Health will pay a portion of that premium for you. Either you'll get a raise on your monthly Social Security check or you'll get a lower monthly Part B statement. *That's more money for you to spend any way you like!*
- **\$0** primary care physician visits
- **\$0** tier 1 and tier 2 generic drugs (tier 2 by mail order)
- Coverage for comprehensive dental services, including dentures (up to \$2,000 per year)
- Coverage for hearing aids (up to \$1,000 per year)
- **\$100** per quarter for over-the-counter health items—that's \$400 per year (**\$200** per quarter for Peoples Health Secure Health members—that's \$800 per year)!
- Meals after inpatient hospital stays
- *And much, much more!*

If you have friends with Medicare—but not Peoples Health—ask them to take the **Peoples Health Challenge** and compare their coverage to yours. With benefits like these coming in 2019, this may be the most important year ever for them to consider a Peoples Health plan. You owe it to your friends and family to let them know they need to consider a Peoples Health plan for 2019.



## Exciting News

**\$0** PLAN PREMIUM IN  
St. Tammany  
Tangipahoa  
Washington

### Friends With Medicare in North Louisiana?

Peoples Health Choices Gold and Peoples Health Secure Health are expanding to Bossier, Caddo and Ouachita parishes.

### Do You or Your Friends Live in St. Bernard Parish?

Peoples Health Choices 65 #14 is expanding to cover people in St. Bernard parish.



**Cut out the card to the right and give it to a friend or family member who could benefit from a Peoples Health plan.**



**COMPARE YOUR COVERAGE TO OURS.**

**IMPORTANT PLAN INFORMATION**

This is the Peoples Health newsletter for members of the following Medicare Advantage health plans:

- Peoples Health Choices 65 #14 (HMO)
- Peoples Health Choices Gold (HMO)
- Peoples Health Choices Select (HMO)
- Peoples Health Secure Choice #011 (HMO SNP)
- Peoples Health Secure Health (HMO SNP)
- Peoples Health Group Medicare (HMO-POS)

 Connect with us.

Peoples Health is a Medicare Advantage organization with a Medicare contract to offer HMO plans. Enrollment depends on annual Medicare contract renewal. This information is not a complete description of benefits. Call 1-800-222-8600 for more information. Every year, Medicare evaluates plans based on a 5-star rating system. Peoples Health is rated 4.5 out of 5 stars for 2018 and 2019. The "highest-rated" designation is based on the Medicare star ratings for Medicare Advantage and special needs plans listed in the CMS publication Medicare & You for 2018 and 2019.

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**PEOPLES HEALTH**

*Challenge*

**"I'M A PEOPLES PERSON!"**  
*You could be a Peoples Health person, too!*



**1-855-301-9663**  
**(TTY: 711)**

[www.peopleshealth.com](http://www.peopleshealth.com)

Challenge your friends to take the **Peoples Health Challenge** and compare their coverage to ours.

[www.peopleshealthchallenge.com](http://www.peopleshealthchallenge.com)

