Oh Yeah, It’s Carnival Time!
“Mardi Gras” might be a universal term for “party,” but celebrations differ, depending on where in Louisiana you are.
Page 4

Connection

One Member’s Unique Way of Promoting Health
Helping others sometimes means sharing your personal story
Page 10

Get the Most Out of Your 2019 Plan
Learn about the resources and benefits available to you
Page 3

Kevin T.
Peoples Health plan member since 2015

Winter 2019
Greetings,

I hope this issue finds you well and settling into your 2019 Peoples Health plan.

We look forward to sharing valuable health care tools with you as you focus on your health this year. And we’re starting with this issue! See the next page for helpful things to know, then check out page 8, which answers common questions about a few benefits we’re newly offering to most members for 2019.

Certain things have a way of pulling communities together and uniting them, and the Carnival season does that for many communities across our state. In the weeks ahead as Mardi Gras day approaches, no matter where you live in Louisiana, a carnival celebration is sure to be taking place somewhere in the larger area. What’s exciting about Mardi Gras is that it’s real Louisiana history: It’s been a legal state holiday since 1875. On page 4, we take a look at how celebrations differ across the regions.

Be sure to read “Health in Motion.” The article shines a light on one member for whom Mardi Gras is a central part of his identity and who makes it his mission to promote health awareness to everyone he meets. He shares his story about why and how he does it on page 10.

There’s so much more packed in this issue! We hope you enjoy it. As always, if you have questions, don’t hesitate to reach out to us.

We are your Medicare Health Team, today, tomorrow and into the years ahead.

Thank you for trusting in us to be your health plan.

Warren Murrell
Peoples Health
President and CEO

Take Care of Your Health and Earn Rewards

Peoples Health Rewards helps you stay on top of your health and rewards you for doing so! Earn gift cards from retailers, like Amazon, Shell, Walmart and others, just for getting certain recommended health care services. For instance, schedule your annual comprehensive wellness assessment this year and collect the gift card of your choice.

What Else You Need to Know

• We kicked off the 2019 program on Feb. 1.
• Be on the lookout for a postcard in the mail.
• Health care activities are different for each member. Yours depend on the services that would benefit you.
• Learn more about your recommended activities and the rewards waiting for you:
  o Call 1-888-286-0216. TTY users call 711.
Settling Into Your 2019 Peoples Health Plan

Welcome, Peoples Health members!
You’ve made a great choice in your Peoples Health plan.

You can be sure that we’ll work with you and your doctors throughout the year to help you have the best health possible. Know that you have the support and resources you need to make good decisions for your health.

Take a moment to explore the many tools available to you.

Ways to get information
• Our website, http://www.peopleshealth.com
  o Find plan information and your plan documents under Member Resources.
  o Look up articles, recipes, videos and more in our Health Library.
  o Check our Wellness Events page for health presentations and fitness programs in your area.
• Your member portal, http://www.mypeopleshealth.com
  o Get important information about your plan, including summaries of your health services.
  o Submit requests, such as for an ID card or to change your primary care physician.

Ways to communicate with us
• Our member services team can answer questions about your plan and benefits.
• Our care team can talk with you about your health and help you coordinate your care.
• Call us, email us, or message us through MyPeoplesHealth! See page 13 for how.
• Follow us on Facebook, Twitter, Instagram and YouTube.

Programs to manage health
We have programs to support our members with specific health needs. For example, we have a program to address chronic conditions and one to help members follow a treatment plan or learn self-care. We also have a program that helps identify and address issues that may be affecting health. We’ll reach out to you if we think you would benefit from one of these.

Reminder: You’re Covered!
With your Peoples Health plan, you’re covered for:
• Regular visits with your primary care physician—your first source for care
• An annual wellness visit—vital for creating health goals for the year
• Annual flu shot
• Annual preventive screenings, including:
  o Mammogram screening (women)
  o Prostate cancer screening (men)
  o Bone mass measurement
  o Colorectal cancer screening
  o Diabetes screening
  o Glaucoma screening

We encourage you to get these, as they’re keys to good health.

Turn to page 8 for details about a few new benefits, plus helpful resources.
Laissez les Bon Temp Rouler!

Nearly every Louisiana city and town has its own traditions for honoring Mardi Gras, the state’s most festive annual event. All along the bayou, throughout Acadiana and up to the northernmost part of the state, Carnival season is for feasting, parading and celebrating.

New Orleans is commonly thought of as the Mardi Gras mecca, with its glitz and hefty tourist participation, and although many Louisiana regions host similar traditions, others keep theirs closer to heart, observing the season in their own indigenous way. Indulgences—like king cake, pralines, music and masking—may cross regional Mardi Gras lines, but there are some subtle and not-so-subtle celebratory differences.

Mardi Gras Down the Bayou
Houma hosts a grand Fat Tuesday celebration that blends the area’s Cajun hospitality with dozens of parades, packed with colorful and themed homemade floats; marching bands; lavish costumes; and Mardi Gras royalty.

The focus is on family-friendly events, and in some more rural areas in the bayou region—like Larose, Cut Off, Golden Meadow and Lockport—cooking out with family and friends is at the heart of the festivities. Favored foods are barbecue, boiled crawfish, boudin and roast pork. Most parades run down Highway 1, and residents line up along the route, spreading out blankets and lawn chairs, waiting for the parade to roll. Those lucky enough to live on the route gather together for a potluck and get comfortable on their front porches and lawns. A common saying in these parts is “a Cajun never meets a stranger.” Everyone is welcome to come on by, share a plate and pass a good time.

Acadiana Mardi Gras

Many Creole and Cajun communities across Louisiana’s prairie parishes host their version of Courir de Mardi Gras—the “Fat Tuesday Run”—a community-based celebration that draws on traditions centuries old. The city of Eunice hosts one of the largest. Participating in the day-long event is known as “running Mardi Gras.” With spectators following along, a parade of les Mardi Gras (as the runners are called) travels through fields—on foot, on horseback, or in hand-decorated trucks, trailers, wagons or tractors—going farm to farm and house to house, asking for contributions of food, livestock or money for a communal gumbo to culminate the day. Often, farmers toss the most prized trophy, a chicken, into the air and les Mardi Gras race to catch it.

Runs are led by a captain and co-captains, and there are rules to follow. For starters, everyone participating must either join the race or play music, and everyone must be in costume. Residents mask and wear colorful handsewn costumes with cone hats to match. What’s more, at each stop along the way les Mardi
Gras dance and do stunts to entertain donors as the musicians perform a traditional Mardi Gras ditty. The procession ends in the town center with a feasting celebration, followed by a fais do-do.

In and around Lafayette and Morgan City, residents celebrate in other ways, too, including with parades, marching bands, Mardi Gras Indians in elaborate costumes, and extravagant Mardi Gras balls featuring a king and queen. Boudin and cochon de lait, along with gumbo, are especially part of Cajun Mardi Gras feasts.

Mardi Gras au Coeur de la Louisianne (Mardi Gras in the Heart of Central Louisiana)
The festivities here are fairly young and still developing, as the area has only recognized Carnival since 1994, but residents are becoming more enthused about the season with each passing year, establishing krewes, hosting parades and focusing on family-friendly events. Alexandria’s Annual Children’s Parade is one of the season’s biggest draws.

Ark-La-Tex Mardi Gras
Some say the Shreveport-Bossier area is home to some of Louisiana’s largest parading Mardi Gras krewes. There are about 15 krewes, including an “animal krewe,” where furry friends reign. The area has celebrated Mardi Gras since the late 1980s. Krewes host elegant masked balls, with proceeds supporting local charities, and grand parades, for which spectators secure a spot along the route and set up tents to barbecue or grill while awaiting the floats to roll. To keep festivities family-friendly, the city designates certain areas as alcohol-free zones. Some krewes even have “float loading” parties, commonly called the “party before the party,” where revelers can visit the krewe’s den as the floats are prepared for parading.

Folks from nearby towns in Texas and Arkansas join in on the fun. And the Ark-La-Tex Mardi Gras Museum houses an impressive display of Mardi Gras royalty costumes. It’s run by the Krewe of Gemini, the area’s oldest krewe, and highlights Mardi Gras in northern Louisiana.

While Mardi Gras traditions may vary across Louisiana, what we’re all celebrating during the Carnival season is shared community and our shared heritage.

Floats and parades and revelry...oh my!

Mardi Gras is famously thought of as being one serious party, but its roots are in history and religion.

Mardi Gras means “Fat Tuesday” in French.

It’s the day before Ash Wednesday, which marks the start of Lent in Christianity.

Historians think the first American Carnival was on March 3, 1699, when French explorers landed in what is now Louisiana, just south of what came to be New Orleans.

Tradition has it that people could only eat fish during the 40 days of Lent, and Mardi Gras was a way to use up other, richer foods before the fasting started.
Confronting Depression and Social Isolation

We all feel down-in-the-dumps or sad sometimes. And we also might feel alone or lonely at times. But there is a difference between having these feelings occasionally and having them often.

**Depression:** Sad feelings may last a few days, but usually we can lift our spirits by doing things we enjoy or spending time with someone we care about. Depression, on the other hand, is a medical condition. It causes continued sadness that affects daily life. But depression is treatable. Your doctor can help you find ways to manage it.

**Social Isolation:** When you’re cut off from contact with others for long periods, you might become socially isolated. This can lead to loneliness and depression. Most people feel better when they’re part of a community and engaged with others on a regular basis. For instance, make it a point to connect with friends, join a club, volunteer, or use social media sites to share messages and keep up with what others are doing.

Depression and social isolation are two different things, but one can lead to the other. Emotional wellness is key to overall health. When you’re worried or downhearted for long stretches or don’t have regular contact with other people, your whole body suffers. That’s why it’s important to talk with your doctor openly about everything that’s going on with you, physically, emotionally and mentally. If you have symptoms of depression or social isolation, schedule an appointment sooner rather than later.

**Know the Signs**

You may be depressed if you have several of these for more than two weeks:

- Feelings of sadness, hopelessness, tiredness, irritability or restlessness
- Loss of interest in favorite activities
- Withdrawal from social activities
- Loss of appetite or tendency to overeat
- Problems sleeping (too little or too much)
- Trouble focusing or making decisions
- Repeated thoughts of suicide or death

Living alone is a risk for social isolation. So are situations that keep you at home for long stretches. Examples are:

- Having a health condition that makes it hard to get around or that requires a lot of rest or recuperation
- Being a full-time caregiver to a loved one
- Being unemployed
- Struggling with grief or depression

Do You Know?

We offer community classes on a regular basis where you can learn about a variety of health topics, including depression, disease prevention and healthy living. Visit [http://www.peopleshealth.com/wellness](http://www.peopleshealth.com/wellness) to find classes in your area.
Looking for a Way to Help Others?
Senior Corps is a network of service programs. It connects volunteers age 50 and older to organizations that address critical community needs, like tutoring, elderly care and disaster relief. Learn more at https://www.nationalservice.gov/programs/senior-corps.

Member Surveys: We Want to Know What You Think!
We're always looking for ways to improve the quality of care our plan members receive. So if we send you a survey or if Medicare sends you a survey, we encourage you to take it and give your honest feedback. Your answers will not affect your plan benefits, but they will help us identify ways our staff and our network of providers can serve you better.

Decisions About Your Coverage
Do you ever wonder how we make decisions about what health care services are covered under your plan? Know that we follow Medicare guidelines, and that:
• Decision-making is based only on appropriateness of care and services and existence of coverage
• We do not reward practitioners or others for denying coverage
• Financial incentives for decision makers do not encourage decisions that result in underutilization of services

Safe Use of Opioids
If your doctor prescribes opioid pain medication for you, we will work closely with your doctor and your pharmacist to make sure you have a safe experience with the medication. Part of how we do this is by following Medicare's new rules for limiting the amount of the drug you get in certain circumstances. You can only get a seven-day supply of an opioid medication:
• When you’re filling your prescription for the first time ever
• Or if you’re filling a prescription for the first time in three or more months
You may get a larger supply for future fills if your doctor prescribes it. Visit http://www.peopleshealth.com/member-resources/filling-a-pain-medication-2019 for more information.
**Get my Part B premium reduction?**
If you have a Part B premium reduction benefit through your Peoples Health plan, we work directly with the Social Security Administration (SSA) to pay part of your Medicare Part B premium on your behalf, before any payment is collected from you. We do not send payment to you. If you normally pay your Part B premium through your Social Security check, you will see an increase on your monthly check. This is for the portion we are paying for you and that you no longer pay yourself. If you normally get a statement to pay your Part B premium, you will see the portion we are paying for you as a credit on the statement.

It may take up to three months before you see a change in the amount you pay.
This is because it may take time for the SSA to put the reduction in place. Once it does, you should see an initial lump-sum reduction in your next month’s Part B premium to “catch up.” For example, if the SSA gets it in place in February, you will see a change in your Part B premium that will be for the amounts of your premium we paid for January and February.

**Order items through my over-the-counter benefit?**
If your plan has an over-the-counter benefit, you can order items online or by phone through our network mail-order provider. Items will be delivered to you within seven to 10 business days.

- **To order online**, visit [http://www.peopleshealth.com/otc](http://www.peopleshealth.com/otc). You can see the mail-order provider’s catalog here, too. Create an account to place your first order, then simply log in to your account to place any orders after that.
- **To order by phone**, call 1-888-628-2770, Monday through Friday, from 8 a.m. to 7 p.m. TTY users call 1-877-672-2688.

**Some other things to know:**
- The only items covered are those in the catalog. We do not cover items bought from any retail locations or other providers.
- You pay $0 for each covered item. The price you see in the catalog is the retail price. It’s important to know because you can only order up to a certain amount each quarter under your benefit. See your 2019 plan documents for this amount.
- You can only place one order per quarter.

**First quarter:** January, February and March
**Second quarter:** April, May and June
**Third quarter:** July, August and September
**Fourth quarter:** October, November and December

**Get fitted for my hearing aids?**
We work with TruHearing to offer a hearing aid benefit for most of our plans. TruHearing is a team of audiologists and hearing instrument specialists. If your plan offers the benefit, call them at 1-866-202-0324 to schedule an appointment for your hearing aid fitting and evaluation. TTY users call 711. Up to two hearing aids are covered, one per ear, up to a maximum of $1,000 for both ears combined.

**Not sure if your plan offers these benefits?**
Check the Annual Notice of Changes, which we mailed last fall, or check your plan’s Evidence of Coverage, which you can find under Member Resources at [http://www.peopleshealth.com](http://www.peopleshealth.com). Click Member Plan Documents and Forms | 2019, then choose your plan.
Help Paying Utility Bills

Energy costs can be high, especially in the winter and summer. There are community programs you can tap into if you need help paying your utility bills. Most have income requirements you’ll need to meet. Below are a few that serve large areas of Louisiana. Also check with your utility provider for information about other programs local to your area.

- **The Power to Care** helps low-income, elderly and disabled customers pay their energy bills in times of financial need. Area councils on aging and the Salvation Army participate in the program. Find a list of agencies across Louisiana parishes at [http://www.entergy-louisiana.com/content/your_home/docs/LOUISIANA_P2C_Agencies.pdf](http://www.entergy-louisiana.com/content/your_home/docs/LOUISIANA_P2C_Agencies.pdf).

- **Louisiana Housing Corporation** offers assistance through the:
  - **Low Income Home Energy Assistance Program**, which helps low-income households through bill payment or energy crisis assistance. For information about applying, visit [https://www.lhc.la.gov/page/energy-assistance](https://www.lhc.la.gov/page/energy-assistance). You can also visit [http://www.entergy-louisiana.com/content/your_home/docs/Louisiana_LIHEAP.pdf](http://www.entergy-louisiana.com/content/your_home/docs/Louisiana_LIHEAP.pdf) for a list of participating agencies.
  - **Weatherization Assistance Program**, which helps insulate homes to improve heating and cooling efficiency to reduce costs and improve household comfort. For information about applying, visit [https://www.lhc.la.gov/weatherization-assistance-program-wap](https://www.lhc.la.gov/weatherization-assistance-program-wap).

Help Filling Out Tax Forms

The deadline for most Americans to file their 2018 federal income tax return is **Monday, April 15, 2019**. If you haven’t yet filed your taxes and need help with the forms, free help is available. AARP Foundation Tax-Aide is the nation’s largest free, volunteer-run assistance and preparation service. It’s available to taxpayers with low and moderate incomes and gives special attention to people ages 60 and older. For more information, or to find a location near you, call toll-free 1-888-687-2277. TTY users call 1-877-434-7598. You can also email taxaide@aarp.org.

Ever Wonder How We Might Work With Your Doctor on Your Care?

The Peoples Health quality improvement department works with your doctors to make sure you get quality health care. You or your doctor can ask us to send you a written outline of our Quality Improvement Program. This document describes the measures we take to make sure you get the best health care possible. Contact member services for a copy, and we’ll mail it to you within three business days.
Member Kevin T. is Big Chief of the Cheveyo Mardi Gras Indians, and the Indian culture he adopted in 2008 is one of the most important things to him. For the past year, he’s been sewing and beading his suit for this Mardi Gras season. It’s a special suit, in that it honors his ancestors who’ve passed away, many from some form of cancer—including his father, who had prostate cancer. The suit’s theme is part of Kevin’s continued efforts to raise awareness about this men’s health issue.

**What does he do?**
Every chance Kevin gets, he talks to others about prostate cancer risks, sharing his personal story. “One out of 5 men will be diagnosed,” he says. Kevin also has diabetes and he tells others that if an immediate family member has a condition, it’s more likely you’ll have it, too.

**How does he do it?**
Kevin partners with a variety of groups to teach about Mardi Gras Indian history, and he always works in lessons about health awareness, because he’s lost many fellow Indians for not going to the doctor. He uses his suits as conversation starters, and the theme of his 2018 suit was prostate cancer awareness. He’s hosted talks at a regional luncheon for the American Cancer Society, at Life Center Cathedral, in public libraries, and at other venues in and around the New Orleans area.

**Why does he do it?**
Helping people is at the core of who Kevin is. In the past, he worked with the Red Cross, and now he regularly volunteers with the New Orleans Police Department’s Mobile Crisis Unit, helping people with mental health issues when they’re in distress. He’s keenly aware of the connection between physical and mental health.
It takes a year to sew a new suit. Member Kevin T. didn’t realize at first when he was working on his 2018 suit that he had chosen to accent it in the color of prostate cancer awareness—blue.

In 2018, Kevin was diagnosed with prostatitis, which is swelling and inflammation of the prostate. He says there’s not enough messaging out there about prostate cancer risks, so he educates others about them, encouraging men to examine their health and family history and get checkups. “Your prostate is supposed to be the size of a walnut. If it gets larger than that, it’ll progressively get larger and larger,” he warns.

The key message... is go to the doctor, because some illnesses, they don’t have a symptom that you can see, Kevin says.

“When you don’t know something, you can’t fix it. But if you know there’s an issue, go to the doctor.” He likens caring for the body to caring for a car. When your car isn’t running right, you bring it to the mechanic to be fixed, because you know how your car normally runs. “Same with the body,” he says. Monitor yourself. Know your body.

And if you’re diagnosed with a condition, be sure to address your mental well-being. Find something that soothes you. For Kevin, sewing is his therapy.

Prostate cancer is the most common cancer among men in the United States, and often there are no symptoms in the early stages. Prostatitis and an enlarged prostate are other common conditions that don’t necessarily mean cancer. Talk to your doctor about whether a screening or evaluation is right for you.

Pay Attention to These Signs:
- Frequent urination, especially at night
- Difficulty holding urine
- Weak urine flow
- Pain or burning when urinating
- Pain or stiffness in the lower back, pelvis or thighs

It takes a year to sew a new suit. Member Kevin T. didn’t realize at first when he was working on his 2018 suit that he had chosen to accent it in the color of prostate cancer awareness—blue.
## Mark Your Calendar

### Upcoming holidays and events:

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Black History Month</td>
<td>February</td>
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<tr>
<td>Valentine’s Day</td>
<td>February 14</td>
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<tr>
<td>Mardi Gras Day</td>
<td>March 5</td>
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<tr>
<td>Daylight Saving Time</td>
<td>March 10</td>
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<tr>
<td>St. Patrick’s Day</td>
<td>March 17</td>
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<tr>
<th>Event</th>
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<tbody>
<tr>
<td>Federal tax deadline</td>
<td>April 15</td>
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<tr>
<td>Cinco de Mayo</td>
<td>May 5</td>
</tr>
<tr>
<td>Mother’s Day</td>
<td>May 12</td>
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<tr>
<td>State tax deadline</td>
<td>May 15</td>
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<tr>
<td>Memorial Day</td>
<td>May 27</td>
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### It’s Festival Time!

<table>
<thead>
<tr>
<th>March 8-10</th>
<th>March 9</th>
<th>March 15-17</th>
<th>March 21-24</th>
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<tbody>
<tr>
<td>Independence Sicilian Heritage Festival</td>
<td>Black Heritage Festival Lake Charles</td>
<td>Amite Oyster Festival Amite</td>
<td>Louisiana Crawfish Festival Chalmette</td>
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<th>April 5-7</th>
<th>April 6</th>
<th>April 11-14</th>
<th>April 12-14</th>
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<tbody>
<tr>
<td>Boudin Festival Scott</td>
<td>Scottish Tartan Festival Minden</td>
<td>French Quarter Festival New Orleans</td>
<td>Ponchatoula Strawberry Festival Ponchatoula</td>
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<tr>
<th>April 12-14</th>
<th>April 13</th>
<th>April 13-14</th>
<th>April 24-28</th>
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<tbody>
<tr>
<td>Downtown Lake Charles Crawfish Festival Lake Charles</td>
<td>Franklin Parish Catfish Festival Tickfaw</td>
<td>Baton Rouge Blues Festival Baton Rouge</td>
<td>Festival International de Louisiane Lafayette</td>
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<tr>
<th>April 26-28</th>
<th>April 25-May 5</th>
<th>May 3-5</th>
<th>May 9-12</th>
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</thead>
<tbody>
<tr>
<td>The Italian Festival Tickfaw</td>
<td>New Orleans Jazz and Heritage Festival New Orleans</td>
<td>Breaux Bridge Crawfish Festival Breaux Bridge</td>
<td>Cochon de Lait Festival Mansura Mansura</td>
</tr>
</tbody>
</table>
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 call 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 to 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 or send us 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.

A Recipe Fit for a King

Whatever you do this Carnival season, don’t go without King Cake! Try this quick and easy recipe. So what if it takes a few liberties...the important thing is to have cake!

Mini King Cakes
Serves 8

Ingredients:
1 can cinnamon rolls (with 8 rolls)
1/2 cup powdered sugar
1 1/2 teaspoons milk
1/4 teaspoon vanilla extract
1 tablespoon each purple, green and gold sugar sprinkles

Directions:
For icing
Mix powdered sugar, milk and vanilla extract until smooth.

For cakes
2. Unroll 2 cinnamon rolls and place side by side.
3. Twist rolls together, and then form a circle.
4. Repeat for remaining dough.
5. Bake 15-18 minutes or until golden brown.
6. Pour icing over warm cakes and top with sugar sprinkles.
The Annual Enrollment Period ended on December 7. But your friends may still be able to enroll.

Medicare offers several exceptions that allow people to join a Medicare Advantage plan outside of the Annual Enrollment Period.

If you have friends or family who could benefit from Peoples Health, but didn’t get a chance to join before the December 7 deadline, have them call us. We’ll find out if they can still enroll for 2019 benefits.

**They may be eligible for:**
- Part B Premium Give Back
- $0 Over-the-Counter Items
- $0 Fitness Center Membership
- $0 Hearing Aids
- $0 Dental X-Rays, Exams and Cleanings
- $0 Eyeglasses or Contacts
- Rewards for Certain Healthy Activities

**Enjoy the Best Health Possible**
At Peoples Health, we want you to enjoy the best health possible. And you can see that reflected in our benefits.

Many of our plans have no copay for primary care doctor visits, because we want you to see your doctor.

Most of our plans have a $0 fitness center membership, because we want you to be fit.

Most of our members get a generous allowance for over-the-counter items, because we want you to have the things you need to keep yourself healthy.

All of our members get the benefit of a coordinated team approach to care, because if you’re not well we want to get you back to health.

All of our members can get rewards for certain healthy activities.
“Peoples Health will be there for you ... Thanks to Peoples Health, I am in much better health than I was before.”

— Ethel W., Peoples Health plan member

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

“I am delighted to be with Peoples Health. I wouldn’t go back to any of the other ones.”

— Nettie W., Peoples Health plan member

“Peoples Health has given me everything I need as far as taking care of my medical needs. I feel very confident in them.”

— Mable C., Peoples Health plan member

“When I tell people about Peoples Health, I say ‘It’s a good company to be with. The people are very nice and they care about you.’”

— Edward B., Peoples Health plan member

“Thanks to Peoples Health, I really don’t have any worries. I’m doing great.”

— Joseph R., Peoples Health plan member

Challenge your friends!

www.peopleshealth.com/challenge

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

Challenge your friends!

www.peopleshealth.com/challenge
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-POS)
- Peoples Health Secure Choice #011 (HMO SNP)
- Peoples Health Secure Health (HMO SNP)
- Peoples Health Group Medicare (HMO-POS)

People's 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 (TTY: 711) 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 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 2019.

Connect with us.

“challenge people to take the 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

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

www.peopleshealth.com/challenge