



Your Health Matters:

Know the risks for heart disease,
seasonal depression and falls

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Connect with us!



PEOPLES HEALTH

Connection

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5 out of 5 stars

**Peoples Health HMO Plans and D-SNPs Earned
Medicare's Highest Quality Rating for 2022!**

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Greetings, members!

We're proud to share exciting news—for 2022, our HMO plans and D-SNPs earned Medicare's highest rating for a Medicare Advantage plan, and that's 5 out of 5 stars!



Every year, Medicare rates plans on important items, such as quality and cost. Tell friends and family about the recognition, because you should be proud, too. You chose the right health care company!

We're your Medicare Health Team, and our hope is to keep you in your best health. That's why we continue to make sure you get the care you need, including during times throughout the year when easy access is needed most. For instance, we removed authorization requirements for services in response to COVID-19 and significant weather events that impacted our area. We also encourage you to **see your primary care physician every year** for a checkup and preventive care. Your primary care physician is truly **a partner in your health** and can offer the best recommendations for your

overall well-being through regular interactions. We're growing our network, too, so you have options when choosing health care providers to keep you on track with your health. Read more about these topics on pages 4 and 5.

As a reminder, be sure to check out our website's redesigned **Member Resources page**. In our continued efforts to **enhance your health care experience**, we're making sure you have at your fingertips what you need to get the most out of being a Peoples Health member. **See Stay Informed About Your Plan** below. We're also looking to **communicate with you in real time** through text and email. These are other ways to enhance your experience.

COVID-19 remains a health risk. Be sure to keep following safety guidelines to protect yourself and

your family. Other viruses, too, including the flu and pneumonia, often accompany fall and winter weather. So talk to your doctor about the **vaccines you would benefit from**. Learn virus facts in our article on page 6.

We hope you enjoy this issue! Thank you for trusting in us to be your health plan.

As the year comes to a close and 2022 approaches, we're reflecting on what we are grateful for—and that includes how much we value your membership in your Peoples Health plan. We are here to support you and your health today, tomorrow and into the years ahead.

Warren Murrell
CEO

Stay Informed About Your Plan

There's a good chance you'll find the answers you need about your plan on our website's **Member Resources** page. We've enhanced this page with you in mind so that many of the resources you'll want to know about are in one place.

- **Check out** videos to:
 - » Explore your benefits (like OTC and fitness)
 - » Learn how to use tools on our website, like ways to search for a provider (see Quick Tip, page 5)
 - » Learn what a Peoples Health comprehensive wellness exam can do for you
- **Sign up** for and manage your MyPeoplesHealth account

Find Member Resources:

www.peopleshealth.com/resources

my PEOPLES HEALTH

Your Member Website and App

| | |
|---|--------------------------------|
| ✓ | Get plan documents |
| ✓ | View claims |
| ✓ | Request an ID card |
| ✓ | Find medications and providers |
| ✓ | Change your PCP |
| ✓ | Send us messages |
| ✓ | Update personal Information |

www.mypeopleshealth.com

Try the app: App Store or Google Play

Be Sure to Read Your 2022 Plan Documents

These materials tell you how your coverage is changing next year. Find plan documents in your **MyPeoplesHealth** account or see them at www.peopleshealth.com.

Review the 2022 Welcome Packet for Your OTC Benefit

We're excited—most of our plans offer a great benefit for over-the-counter (OTC) items. If your plan does, keep an eye out for your benefit welcome packet. It tells you how your benefit works and gives you tools to start using your benefit. Your packet includes a catalog of approved items, along with contact information and purchasing instructions.

Not sure if your plan has this benefit?

Check your plan documents.



Be on the Lookout

2022 OTC Welcome Packet
arriving by mail Jan. 1

Get Familiar With Extra Benefits

Benefits vary by plan, so be sure to read your plan materials to know if these are covered for you:



Virtual visits

With your doctor anytime, anywhere



Meals after an inpatient stay

Available for eligible stays



Preventive dental

Cleanings and exams twice per year for good dental hygiene



Respite care

Available for members with dementia and their caregivers

New ways for us to connect with you...and for you to get what you need, when you need it

Want real-time information? Share your email address and phone number with us! We'll contact you through emails and text messaging to get information to you immediately when needed, such as when weather-related events might affect your ability to get health care services. You may have received outreach from us—or you will soon—about how to opt in to begin receiving these types of communications from us.





Your PCP, Your Partner in Health

Your primary care physician—your PCP—is your closest ally in your health. See your PCP regularly, even if you feel healthy. Doing so is the way to build trust with your PCP.



What your PCP does for you

Your PCP is your main contact for health care, and your relationship with your PCP is an important one, because he or she can:

- Offer most of your care
- Help coordinate your care with your other doctors
- Help you stay on top of your health by ensuring that you have the annual routine care you need—such as checkups, screenings, labwork and vaccines

Getting routine care can protect you from illnesses like the flu and help prevent or delay some health conditions. Your PCP takes into account your age, health risks and medical history to develop a personalized plan of recommended screenings and tests. **Be honest with your PCP about activities that may affect your health**, because your PCP can offer the most helpful treatment options when he or she knows all of what's going on.

Don't wait until you get sick to see your doctor!

Your Peoples Health plan covers a free wellness visit with your PCP every year. Schedule your free annual visit today.

Stay Alert About COVID-19

COVID-19 variants continue to develop and affect people. Masks, handwashing, physical distancing and vaccination are all important steps in slowing the spread of the virus and key to helping protect your health.

Talk to your doctor about the right time to get a COVID-19 vaccine or—if you're eligible—a vaccine booster. For those eligible, the FDA authorized an extra dose

at least 28 days after the second dose of a two-dose COVID-19 vaccine.

With flu and COVID-19 spreading this fall, being vaccinated against both may be your best protection. Your plan covers the flu vaccine at \$0, and the COVID-19 vaccine is also covered for you at \$0. See **Steps to Take** on page 7.



Be Informed

- To understand how viruses work, see page 6.
- Keep an open dialogue with your doctor about what to do if you think you have COVID-19 or been exposed.
- For more about your coverage for COVID-19, visit www.peopleshealth.com.
- For the latest on COVID-19 guidance and vaccines, go to www.cdc.gov.





Stay on Top of Your Medications

Do you take several medications? Use the chart below to help keep track of them. Write down each drug and dose that your doctor prescribed, as well as the time of day each should be taken. Include any over-the-counter medications, supplements or vitamins. You can even cut out this chart to keep near your medications. Then bring it with you to your next doctor appointment.



Medication

Date

Time (a.m./p.m.)

Medication

Date

Time (a.m./p.m.)

Medication

Date

Time (a.m./p.m.)

Medication

Date

Time (a.m./p.m.)



QUICK TIP

Finding a doctor in the Peoples Health network is fast and easy at www.peopleshealth.com/physicians. Simply type in one or more details or use the drop-down menus to narrow your search (such as with letters in a doctor's name, your city or ZIP code, or the type of service you need). You'll get a list of doctors

to choose from, and you'll see office addresses and phone numbers. Then use the Print This Page or Download All Results buttons to save the information. For more about using this tool, watch our video **Using the Peoples Health Physician Search** on our **Member Resources** page at www.peopleshealth.com/resources.

Do You Know?

There's a way most members can complete a health risk assessment: through MyPeoplesHealth. It's easy! Simply log in to your account, and from the homepage, click **Health Risk Assessment** below Quick Links at the bottom of the screen. If you're a member of one of our special needs plans, we'll call you when it's time to complete your assessment, and you can do it easily over the phone. The assessment helps you understand how healthy you are in a number of different areas and helps identify your health risks. For more about MyPeoplesHealth, see page 2.

Our Provider Network Is Growing

We continue to welcome quality providers to our network so you have more choices for care. In recent months, we've added to our network throughout the state, and many of our newest providers are local to the southeast area.



By the Numbers

400+ new providers

Across varying specialty types, including primary care and specialist physicians

Viruses: 9 Fascinating Facts

Reprinted by permission, Renew by UnitedHealthcare magazine, winter 2021

The word “virus” was brought to the forefront in 2020, with daily news reports on COVID-19 symptoms, infection rates and evolving safety measures. But as informed as we are about the global health crisis, many of us don’t know much about viruses in general. Where do they come from? How are they spread? And how can they be avoided?

1 In Latin, “virus” means poison, but not all viruses deserve a bad rap.

Researchers from the University of Florida reported in 2017 that while some viruses are capable of causing severe or fatal diseases, others can lead to cures for cancer and corrections of genetic disorders. Who knows? With ongoing research, more and more viruses may be acknowledged as helpful, not harmful, to humans.

2 Viruses are universal.

Viruses have been found “everywhere on Earth,” according to the National Human Genome Research Institute. They’re too small to be seen without a microscope, but if we could see them with our eyes, we would see that they are all around us. And they’re diverse. In fact, there are more types of individual viruses than stars in the universe.

3 They can infect every known living thing.

Animals, plants and even bacteria catch viruses. The American



Society for Microbiology estimates that at least 320,000 different viruses can infect mammals alone. That’s a scary-sounding number, but most viruses are harmless.

4 Viruses spread in lots of ways.

Mosquitoes, for example, can spread viruses between people they bite. Eating contaminated food can cause foodborne viruses such as gastroenteritis and hepatitis. Sneezes and coughs from an infected person can transmit viruses that cause common colds. Other viruses, such as Ebola, spread from contact with infected blood, feces or vomit.

5 Viruses can only survive inside a living cell.

A virus can’t live outside of a living cell indefinitely (like on a doorknob or counter), and they can’t move or reproduce without the help of a living host cell.

6 Antibiotics aren’t effective against viruses — but vaccines can be.

Antibiotics are only useful in treating bacterial infections, such as strep throat and urinary tract infections. Vaccines, on the other hand, can be a good preventive measure against viruses. They contain the same germs or altered particles that cause diseases and help our bodies develop immunity to those diseases.

7 Speaking of immune systems, the healthier yours is, the better.

“General healthy-living strategies are a good way to start giving your immune system the upper hand [over viruses],” reports Harvard Medical School. Those strategies include regular exercise, eating a diet high in fruit and vegetables, maintaining a healthy weight and getting adequate sleep.

8 Flu shots matter.

As we age, we are more likely to contract infectious diseases and more likely to die from them. This is possibly because infection-fighting cells (called T cells) decrease as we get older. That’s why Johns Hopkins Medicine encourages people to get the flu vaccine “as soon as possible” when flu season is about to begin because it takes about two weeks to develop protection



after a vaccination is administered. Not sure about getting the flu vaccine? Harvard Medical School reports that “vaccinations for influenza...have significantly lowered the rates of sickness

and death in older people when compared with no vaccination.” Also worth noting: The Centers for Disease Control and Prevention (CDC) points to the societal benefit of flu vaccines, since health care resources can be saved for the care of patients with COVID-19.

9 Good habits are your best defense.

Beyond getting a flu shot every year (the “single best way to prevent seasonal flu,” according to the CDC), common sense habits can help you avoid contracting harmful viruses. Avoid close contact with sick people and stay home when you’re sick. Cough and sneeze into the crook of your elbow or a tissue. Clean your hands often with soap and water or alcohol-based hand sanitizer. And try not to touch your eyes, nose or mouth.

Steps to Take

Talk to your doctor:

- To find a flu shot location near you—or go to www.peopleshealth.com/pharmacies for pharmacies in your area
- About getting vaccinated for COVID-19—or go to <https://ldh.la.gov>
- About vaccinations before traveling internationally



Guard your COVID-19 vaccination card

After you get your COVID-19 vaccine, keep your vaccination card safe. According to Medicare, scammers are using the COVID-19 pandemic to try to steal people’s personal information.

Don’t share a photo of your COVID-19 vaccination card online or on social media. Scammers can use content you post—like your date of birth, health care details or other personal information—to steal your identity.

If someone contacts you to buy or sell a vaccination card, it’s a scam. Report COVID-19 health care fraud at <https://oig.hhs.gov/fraud> or call **1-800-HHS-TIPS (1-800-447-8477)**. TTY users call 1-800-377-4950.

Heart Disease Risks

Understanding other health conditions that may increase your chances of cardiovascular disease down the line

Reprinted by permission, Renew by UnitedHealthcare magazine, winter 2021



February is National Heart Month—but no need to wait until then to learn about your risk for coronary disease. Part of doing so is understanding the common health issues that are directly related to heart disease. According to the American Heart Association and the Centers for Disease Control and Prevention, you may be at a higher risk and should talk with your doctor if you have—or have had—any of the following conditions:

Diabetes

◆ **What it does to the heart:**

Diabetes causes sugar to build up in the blood, which can damage artery walls. It can also cause the buildup of fatty deposits, leading to possible coronary issues.

◆ **The risk factor:** Adults with diabetes are two to three times more likely to die from heart disease than those without. Although people with diabetes are at a higher risk even when glucose levels are steady, it can be worse if blood sugar is not well controlled.

◆ **What to do:** It's important to manage your blood sugar through a diabetes-friendly diet and regular

physical activity. These steps can also help prevent diabetes in those that don't yet have it.

Hypertension (high blood pressure)

◆ **What it does to the heart:** High blood pressure makes the heart work harder. As a result, the heart muscle may thicken and become stiffer, causing it to function abnormally. Plus, when blood pressure is too high for too long, it damages the blood vessels.

◆ **The risk factor:** High blood pressure is a major risk factor for heart disease. When combined with obesity, smoking, high

cholesterol or diabetes, the risk of heart attack or stroke goes up even more.

◆ **What to do:** High blood pressure usually has no symptoms, so it's important to talk with your doctor and have your blood pressure measured. If your numbers are high, certain medicine and lifestyle changes can help reduce your risk of heart disease and stroke.

High cholesterol

◆ **What it does to the heart:** A thick, hard substance can build up on the inside of the arteries, causing them to get narrower. If a blood clot forms, it can lead to a heart attack or stroke.

◆ **The risk factor:** As your blood cholesterol rises, so does your risk of coronary heart disease. When combined with other factors (such as high blood pressure and tobacco smoke), the risk gets even higher.

◆ **What to do:** Remember the three C's. Check your cholesterol levels. Change your diet and lifestyle to help improve your levels. Control your cholesterol—with help from prescription drugs if needed.

The earlier you focus on heart disease prevention the better. Talk to your doctor about what you can do to help keep your heart healthy.

Combating Seasonal Depression

Reprinted by permission, Renew by UnitedHealthcare magazine, fall 2020

Seasonal affective disorder is a type of depression that often starts in the fall when there is less natural sunlight. Here are six ways—including being active—to help ease feelings of depression.

- 1 Light Therapy** - Also called phototherapy, this has been one of the first lines of treatment for seasonal depression since the 1980s. Symptoms may be eased by sitting in front of a light box, which replaces the loss of natural sunlight in the winter months.
- 2 Mind-Body Connection** - How we think can affect how we feel. And how we feel can affect our thinking. The Mayo Clinic recommends mind-body relaxation techniques, such as yoga, meditation, tai chi, and art or music therapy.
- 3 Get Outdoors** - Even on cold or cloudy days, a long walk outside can do wonders. The Mayo Clinic says outdoor light can help, especially within two hours of waking up in the morning.
- 4 Behavioral Therapy** - The National Institute of Mental Health notes that behavioral therapy—also called talk therapy or psychotherapy—can help with seasonal depression. The goal is to identify negative thoughts and replace them with more positive ones. It also helps with managing stress.
- 5 Healthy Lifestyle** - Regular physical activity and a good diet are known to help relieve stress and anxiety. Try to avoid alcohol, and get enough sleep—though not too much. The Mayo Clinic recommends 7-9 hours each night.
- 6 Medication** - Your doctor may recommend an antidepressant treatment, especially if your symptoms are more severe.

If you are having seasonal or other depression symptoms, talk to your doctor about treatment options.

“Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

—World Health Organization

More on Mind-Body Activities

- **Not comfortable with yoga or tai chi?** Try lying on a bed and focusing on slowly relaxing each part of your body, starting with your toes and moving up to your head.
- **A big part of meditation** is slow, deep breathing, so try that.
- **Creating art** is as simple as grabbing some paper and sketching things you see outside your window. Focus on relaxing, not perfecting.
- **Music therapy** could mean making music or simply listening to relaxing or feel-good music.



Got a Minute? Check out our wellness videos at www.peopleshealth.com/wellness.

Help Prevent Falls at Home

The chance of falling increases with age. Falls may be caused by physical changes, health conditions or medications. Here are some simple ways you can help reduce your risk:



✓ Closet/Attic

- Avoid climbing and reaching high shelves.
- Only use a stepladder with a handrail on top.

✓ Bedroom

- Use a nightlight or lamp by your bed.
- Move cords, clothes or bedding that may cause you to trip.

✓ Bathroom

- Install grab bars by the shower and toilet.
- Place nonskid mats in the shower and bath.

✓ Kitchen

- Clean up spills right away.
- Avoid cleaning products that make surfaces slippery.

✓ Hallways

- Keep lights on at night or use reflective tape.

✓ Living Room

- Remove furniture from high-traffic areas.
- Keep floors clutter-free.
- Track your pet by putting a bell on its collar.
- Avoid throw rugs and secure carpets to the floor.

✓ Stairs

- Cover wood stairs with carpet or nonslip tread.
- Install sturdy handrails on all stairways.
- Wear shoes with rubber soles or socks with grippers on the bottom.

Falling does not have to be a part of aging.

Talk with your doctor if you've had issues with balance, walking or falls.

Choose the Right Vision Provider

January is National Glaucoma Awareness Month, so now or in the months ahead is a good time to get your vision checked. Talk to your doctor about the type of exam you might need. Your costs may vary based on the type of care you need and the provider you see.

Find a provider with our targeted searches

If a routine eye exam is what you need or a new prescription for glasses or contacts, you'll see an **optometrist**. Visit www.peopleshealth.com/routinevisionproviders for a list of **routine vision providers** in your area.

An **ophthalmologist** provides medical vision care to diagnose problems with your eyes that may require medication or surgery.




Visit www.peopleshealth.com/physicians and select **Vision (Medical)/Ophthalmology** from the Provider/Service Type drop-down menu for providers in your area.



Where to Get Care

Reprinted by permission, Renew by UnitedHealthcare magazine, winter 2020

The choice you make about where to seek medical attention can affect the cost and efficiency of the care you receive. Take a look at this chart to get a sense of where you should go to get the care you need in different circumstances.

| What You Need | Where to Go |
|--|--|
| <p>Preventive and routine care:</p> <ul style="list-style-type: none">• Checkups• Immunizations• Minor illness• Minor injuries |  <p>Your primary care physician (PCP)</p> |
| <p>Your issue isn't an emergency, but your PCP isn't available.</p> <p>For example:</p> <ul style="list-style-type: none">• Sprains• Minor broken bones (e.g., finger)• Minor burns• Minor infections• Strep throat• Ear ache | <p>Urgent care</p> |
| <p>Life threatening or very serious conditions. For example:</p> <ul style="list-style-type: none">• Heavy bleeding• Chest pain• Major burns• Broken bones or spinal injuries• Difficulty breathing• Progressive confusion or slurred speech | <p>Emergency room</p> |

What if I can't get to the doctor's office?

If physically getting to an appointment isn't easy for you—whether it's because you are no longer driving or don't have access to transportation—rest assured. There are ways to take advantage of modern conveniences and technologies:

◆ **Ridesharing:** If you have a smartphone, search “rideshare” in the app library or ask a friend or family member to do it for you. Some rideshare companies even offer senior discounts or free rides on certain days of the month.

◆ **NurseLine:** A registered nurse is just a phone call away. Speak with a nurse around the clock for help with questions about medications, health concerns, identifying symptoms and deciding the right place to seek care.

NurseLine: 1-877-365-7949
24 hours a day, seven days a week; access to *interpreters for more than 140 different languages*

◆ **Virtual Visits:** With virtual visits, you can talk to a doctor from your smartphone or computer any hour of the day. Doctors can diagnose and treat a range of nonemergency medical conditions—including cold, flu, skin rash, sore throat, pink eye and sinus problems—and even write you a prescription.

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'll 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 **4 p.m.** and **8 p.m.**

Send Us a Message

Email questions to phn.member@peopleshealth.com or send us a message through www.mypeopleshealth.com.

Write to Us

You can write to us at the following address:

Attn: Member Services
Peoples Health
Three Lakeway Center
3838 N. Causeway Blvd.
Suite 2500
Metairie, LA 70002

Compliance & Ethics HelpCenter

To report potential violations of the law, call our toll-free hotline at **1-800-455-4521**. You may choose to remain anonymous. We have a nonretaliation policy toward all callers.

Moved Recently or Changed Your Phone Number?

Let us know so we can be sure to update our records with your new contact information. Notify the post office, too, if you move, so any mail that gets sent to your old address can be forwarded to your new one.



Peoples Health Champion Rudy Griffin

On May 5, 2020, at age 69, Rudy Griffin cooked meals for more than 500 frontline hospital personnel. It was the biggest meal he had ever cooked.

Health in Motion



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

How did he do it?

Rudy enjoys cooking. He's not a gourmet chef, but he's developed a real understanding of flavors and ingredients. He says, presented with a dish, he can generally reverse engineer it by taste alone. Of course, creating a great dish isn't just about ingredients, it's about layering those ingredients. It's about timing and patience. It's about learning from every meal he creates. "There's really no recipe when you're cooking in these quantities," he says. "It takes experience."

Why did he do it?

Rudy didn't start cooking on this scale until after he retired. His granddaughter asked him to cook for her wedding. Since then he's continued to develop his ability by cooking for church and school fundraisers and other causes. "I've got a talent for cooking," he says, "and I use it to give back to the community."

Know a Peoples Health Champion?

Nominate them! Go to <http://champions.peopleshealth.com/nominate-a-champion>.



Take note of these important dates!

| | |
|---|-------------------|
| American Diabetes Month | November |
| National Alzheimer's Disease Awareness Month | November |
| Lung Cancer Awareness Month | November |
| American Cancer Society's Great American Smokeout | November 18 |
| National Handwashing Awareness Week | December 1-7 |
| National Influenza Vaccination Week | December 5-11 |
| Medicare's Annual Enrollment Period ends | December 7 |
| National Glaucoma Awareness Month | January |
| American Heart Month | February |



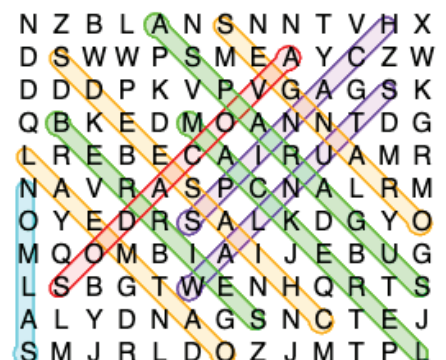
Train Your Brain

Test your mind-strength
with this puzzle!

Heart-Healthy Foods

| | |
|------------|---------|
| Asparagus | Oatmeal |
| Avocados | Oranges |
| Berries | Salmon |
| Chia seeds | Spinach |
| Mackerel | Walnuts |

Stumped? Answers are here, but
don't peek if you don't have to!



N Z B L A N S N N T V H X
D S W W P S M E A Y C Z W
D D D P K V P V G A G S K
Q B K E D M O A N N T D G
L R E B E C A I R U A M R
N A V R A S P C N A L R M
O Y E D R S A L K D G Y O
M Q O M B I A I J E B U G
L S B G T W E N H Q R T S
A L Y D N A G S N C T E J
S M J R L D O Z J M T P L

Word search made at www.puzzle-maker.com.

Peoples Health has earned Medicare's highest quality rating: 5 out of 5 stars!

When it comes to quality, don't take our word for it. Take Medicare's.

How do you know if a Medicare plan offers the quality you need? Check their Medicare star rating. The higher the stars, the higher the quality.

Medicare developed this rating system to offer an objective measure of a plan's quality and performance. It's based on analysis of up to 44 unique quality and performance measures, including the experiences of plan members. This rating gives people the information they need to get the best coverage possible.

Peoples Health is a proven leader in health care quality. Every year, Medicare evaluates plans based on a 5-star rating system, and Peoples Health has consistently earned high scores.

Peoples Health is the only Medicare Advantage organization to earn Medicare's highest rating in Louisiana five years straight. Four years at 4.5 stars, and now 5 stars!

You don't have to sacrifice value for quality. Medicare encourages plans to provide high quality by giving high-performing plans bonuses—which generally reflect back as lower costs or more services for plan members. That's how Peoples Health is able to offer such incredible benefits.

If you have friends with Medicare, do them a favor: tell them about Peoples Health earning Medicare's highest rating.

If your friends have considered Peoples Health before but not made the switch, this may be the year for them to look again.

Picture your friends with Peoples Health.

Give them this number to call.

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

Toll-free, 8 a.m. to 8 p.m., seven days a week

Great Benefits for 2022[°]

Tell your friends about benefits like these:



Part B Premium
Give Back



\$0 Over-the-
Counter Items



\$0 Tier 1 and 2*
Generic Drugs



\$0 fitness center
membership

Picture More Freedom

Peoples Health offers even more choices to fit specific needs. We have Preferred Provider Organization (PPO) plans that offer the confidence that comes with Peoples Health, the freedom to choose out-of-network providers and the additional savings available in-network. We offer two PPO options, one with Part D drug coverage and one without.

We also offer Dual Special Needs Plans which are designed for people who have both Medicare and Medicaid. If you or someone you know has Medicare and Medicaid—even if the state only pays your Part B premium—ask about other plans Peoples Health has available to you.

*\$0 Tier 2 generic drugs available by preferred mail-order on 90-day supplies.

[°]Benefits vary by plan.

Three Lakeway Center
3838 N. Causeway Blvd., Suite 2500
Metairie, LA 70002

IMPORTANT PLAN INFORMATION

This is the newsletter for Peoples Health plan members.



Connect with us.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies. For Medicare Advantage Plans: A Medicare Advantage organization with a Medicare contract. For Dual Special Needs Plans: A Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal. Out-of-network/noncontracted providers are under no obligation to treat Peoples Health members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services. 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 HMO and HMO D-SNP plans under Medicare contract H1961 are rated 5 out of 5 stars for 2022. Our PPO plans (contract H4544) are too new to be rated.

Y0066_NOV2021NEWS_C

Tell Your Friends and Family About Peoples Health!



**Medicare's Annual Enrollment Period
started October 15 and ends December 7.**

PEOPLES HEALTH

A UnitedHealthcare Company