

the better bulletin

2018 NEWSLETTER • FALL EDITION



FROM



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*These Rewards may not be used to buy alcohol, tobacco,
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GET READY FOR OPEN ENROLLMENT

Renew with Ambetter in 2019

It's almost time for 2019 Open Enrollment, which starts on November 1. Make sure to renew your Ambetter health plan by December 15, so you can start the New Year knowing you're covered.

Your Ambetter health plan renewal letter will arrive by mail with details about your 2019 coverage. When you receive your renewal letter, review your health plan information to make sure it still fits your health needs and your budget. If you don't have any changes, you'll automatically be renewed for 2019.*

This year, you can also use our online tool to review and renew your Ambetter healthcare coverage. Just follow these steps:

1. Visit Enroll.AmbetterHealth.com.
2. Click on **Renew My Plan** or **Shop for a New Plan** to see other plan options.
3. Confirm your 2019 coverage!



Make sure you renew your Ambetter health plan before the December 15 deadline, to ensure coverage starting January 1st.

If you have any questions, call us at 1-877-687-1189 (TTY/TDD 1-877-941-9236) or contact your broker.

*Automatic renewal applies to members in a current or suspended payment status. Termed members will not be automatically renewed.

Ambetter from Buckeye Health Plan is a Qualified Health Plan Issuer in the Ohio Health Insurance Marketplace. Ambetter from Buckeye Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Ambetter from Buckeye Health Plan's policies have exclusions, limitations, and terms under which the policy may be continued in force or discontinued. For costs and complete details of the coverage, write us (4349 Easton Way, Suite 300, Columbus, OH 43219) or call us at 1-877-687-1189 (TTY/TDD 1-877-941-9236). This is a solicitation for insurance and the phone numbers listed may connect you with a licensed Ambetter agent. AMBETTER™ is a trademark exclusively owned by Centene Corporation, the parent company of Buckeye Health Plan. © 2018 Buckeye Health Plan. All rights reserved. Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Ambetter de Buckeye Health Plan, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-877-687-1189 (TTY/TDD 1-877-941-9236). 如果您,或是您正在協助的對象,有關於 Ambetter from Buckeye Health Plan 方面的問題,您有權利免費以您的母語得到幫助和訊息。如果要與一位翻譯員講話,請撥電話 1-877-687-1189 (TTY/TDD 1-877-941-9236)。 AMB18-OH-C-00138



New in 2019! Shop at Walmart with myhealthpays™ Rewards

In 2019, you'll be able to use your myhealthpays™ rewards to shop at Walmart!* Now, you can use your myhealthpays™ Visa® Prepaid Card to save money on the everyday items you and your family need.

Remember to keep earning more myhealthpays™ rewards. As long as you stay an Ambetter member, they don't expire.** Any rewards from 2018 will automatically roll over into 2019.

Visit Member.AmbetterHealth.com to log into your account and check your current rewards balance.

*Rewards may not be used to buy alcohol, tobacco, or firearms products

**Rewards will expire 90 days after your insurance coverage terminates.

This card is issued by The Bancorp Bank pursuant to a license from Visa U.S.A. Inc. The Bancorp Bank; Member FDIC. Card cannot be used everywhere Visa debit cards are accepted. See Cardholder Agreement for complete usage restrictions. 2019 Ambetter plan benefits and coverage information is pending Qualified Health Plan approval.

Stay Informed with the Latest Tips!



Find helpful articles and expert advice about health-related topics online at Your Better Health Center. Learn about how to make healthier meals, add physical activity to your day and more ways to keep focused on being healthy.

Remember to keep visiting Your Better Health Center for your healthy news!



Check out our feature article:

The Dangers of Working Overtime

[READ ARTICLE NOW](#)

Focus on Your Fitness this Fall

Start the New Year off right by staying focused on your health! Get active by exercising at the gym, going for a hike, playing a game of soccer or taking part in a 5K run in 2019.

Learn tips on how to start and keep up with your exercise routine at [Your Better Health Center](#).

Get started with your fitness activity today!



Keep Yourself and Those Close to You Healthy with a Yearly Flu Vaccine

No one likes getting sick. And the flu virus changes every year, so getting a yearly vaccine helps protect yourself and those around you, especially those at higher risk of health problems from the flu – like children, pregnant women and people with chronic conditions.

If you aren't planning to get your flu vaccine in the fall (9/1 to 12/31), you may be getting the wrong information about it. Here are the most common myths and truths about the flu and the flu vaccine:

MYTH 1

Myth: I'm healthy, and I've never had the flu.

Myth Buster: In order to stay healthy during flu season, a yearly flu vaccine is recommended as your first line of defense.

MYTH 2

Myth: The vaccine can cause you to get the flu.

Myth Buster: The flu vaccine is actually made with an inactive flu virus, so it can't cause you to get the flu.

MYTH 3

Myth: The flu vaccine is harmful to pregnant women.

Myth Buster: The flu vaccine can help protect pregnant moms and their unborn babies, since both have a higher risk of getting the flu.

MYTH 4

Myth: All children are too young to get the flu vaccine.

Myth Buster: Children who are six months and older can develop higher risks of health problems, so the flu vaccine helps keep them healthy throughout the flu season.

MYTH 5

Myth: I got my flu vaccine last year, so I don't need to get it again.

Myth Buster: The flu virus can change and the flu vaccine is updated each season to determine what will be the most common form of the virus. A yearly vaccination also boosts your immune system.

Sources:
<https://www.cdc.gov/flu/protect/keyfacts.htm>
<https://www.cdc.gov/flu/resource-center/nivw/nivw-key-points.htm>

*Members aged 14 or older can receive a flu vaccine at a pharmacy with no appointment needed and at no cost to you.
 **Your PCP or provider will submit a claim to us for your flu vaccine. Approximately two weeks after we receive the claim, your reward will be added to your My Health Pays™ rewards card.



Show you care about your friends and family members by getting your yearly flu vaccine today. It lowers your possibility of spreading the virus, and it's available at no cost to you!

Call your primary care provider (PCP) and ask about when you can visit the office for a walk-in flu vaccine or make an appointment. You can also visit an in-network pharmacy without an appointment.*

Remember, after you receive your flu vaccine, you'll earn \$25 in *myhealthpays*™ rewards!.**

Use our Find a Provider search tool to look for a provider in your area.

SEARCH NOW

Create a Spanish Omelet This Fall

Add this healthy main course to any meal time. It offers the perfect combination of veggies, eggs and more for a memorable dish that is colorful and delicious!

INGREDIENTS

Servings: 5

5 small potatoes, peeled and sliced

Vegetable cooking spray

½ medium onion, minced

1 small zucchini, sliced

1½ cups green/red peppers, sliced thin

5 medium mushrooms, sliced

3 whole eggs, beaten

5 egg whites, beaten

Pepper and garlic salt with herbs, to taste

3 ounces shredded part-skim mozzarella cheese

1 Tbsp. low-fat Parmesan cheese

INSTRUCTIONS



1. Preheat oven to 375 °F.
2. Cook potatoes in boiling water until tender.
3. In a nonstick pan, add vegetable spray and warm at medium heat.
4. Add onion and sauté until brown.
5. Add vegetables and sauté until tender but not brown.
6. In a medium mixing bowl, slightly beat eggs and egg whites, pepper, garlic salt and low-fat mozzarella cheese.
7. Stir egg-cheese mixture into the cooked vegetables.
8. In a 10-inch pie pan or ovenproof skillet, add vegetable spray and transfer potatoes and egg mixture to pan. Sprinkle with low-fat Parmesan cheese and bake until firm and brown on top, about 20–30 minutes.
9. Remove omelet from oven, cool for 10 minutes and cut into five pieces.

NUTRITION INFORMATION (PER SERVING)

Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
260	90	10	3.5	0	135	240

Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% Daily Value)	Vitamin C (% Daily Value)	Calcium (% Daily Value)	Iron (% Daily Value)
3	3	16	8%	60%	15%	8%

Recipe from Centers for Disease Control and Prevention: <https://www.cdc.gov/diabetes/ndep/pdfs/38-diabetes-recipe-spanish-omelet.pdf>

WHERE TO FIND MORE INFORMATION ABOUT YOUR HEALTH PLAN

WEBSITE Ambetter.BuckeyeHealthPlan.com	
SECURE ONLINE MEMBER ACCOUNT Member.AmbetterHealth.com	
PHONE 1-877-687-1189 (TTY/TDD 1-877-941-9236)	
MEMBER HANDBOOK Your Member Handbook is a helpful resource. It provides you with information on how to get the most out of your plan. And it helps you better understand your health insurance coverage and services available to you.	Find your Member Handbook at Ambetter.BuckeyeHealthPlan.com . Click on the <i>For Members</i> section and then on the <i>Member Materials and Forms</i> link.
SCHEDULE OF BENEFITS Your Schedule of Benefits is a summary of your covered services. It lists covered benefits available to you and lets you know when you are eligible to receive them. It also has information about your specific copayment, cost sharing and deductible amounts.	Your Schedule of Benefits and Evidence of Coverage (EOC) can be found when you log in to your secure online member account at Member.AmbetterHealth.com .
EVIDENCE OF COVERAGE (EOC) Your Evidence of Coverage (EOC) is a detailed document that lists all of the services and benefits that your particular plan covers. Your EOC can help you understand how to access medical care, what health services are covered by Ambetter and what portion of healthcare costs you will be required to pay.	After you're logged in, go to: My Health → My Benefits → 2018

If you have any additional questions, please visit:

Ambetter.BuckeyeHealthPlan.com



Contact Member Services for print versions of all informational materials: 1-877-687-1189 (TTY/TDD 1-877-941-9236)