

INSPIRING WELLNESS

by Empowering Your Lifestyle

The quarterly member newsletter of eternalHealth

Time to *SPRING* into better health!

After a long winter, we are all looking forward to getting back outside and enjoying these longer days ahead! This is the perfect time to evaluate your health needs and utilize all the benefits that come along with an eternalHealth Medicare Advantage plan!

Whether it's starting a new fitness regimen, getting a jump start on spring cleaning, or even taking care of those pesky allergies, eternalHealth has you covered with our robust benefits package and friendly member services team to help you get started using your Medicare Advantage plan to its full potential.



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A Note From Dr. Chandra Lingisetty, eternalHealth's Chief Medical Officer

Dear Members,

Happy Spring! We have conquered another cold Massachusetts winter, and I know I am looking forward to getting back outside and enjoying these longer, warmer days. I want to start by thanking you for your positive response to the first issue of our quarterly newsletter. It was wonderful to hear that our members have found it informative and useful, and we continue to welcome your feedback to ensure this publication is a valuable resource to you!

Collaboration and clear communication has been an important pillar in my years as a practicing physician, and has helped me build wonderful, therapeutic relationships with not only my patients, but my fellow practitioners and other stakeholders in the healthcare field I have had the pleasure of working with. It is my mission to bring those same pillars to the eternalHealth team, and to work to serve our members for years to come.

At eternalHealth, my goal is to ensure all of our members receive the highest standard of medical care through our trusted in-network providers throughout Massachusetts. Through care coordination, myself, the eternalHealth Care Management team, and your providers will deliver high-quality care with improved outcomes, all while ensuring your out-of-pocket costs are low. Thank you again for choosing eternalHealth as your forever partner in healthcare, and we look forward to an exciting future together.



Dr. Chandra Lingisetty,
MD, MBA, MHCM
Chief Medical Officer



MAXIMIZING YOUR MEDICARE ADVANTAGE PLAN

IN HOME SUPPORT

eternalHealth knows everyone could use an extra set of hands. As an eternalHealth member, receive up to 60 hours of in-home support to help with things like household chores, technical guidance, grocery drop-off, general companionship, and more! Through our partnership with Papa Pals, get the extra help you need right to your front door!

**To be matched with your pal, call
1 (855) 485-8835 today!**

OVER-THE-COUNTER BENEFIT

It's that time of year when allergies are in full swing! With eternalHealth's OTC benefit, you could receive up to \$50 per quarter to use towards over-the-counter items such as allergy relief, cold and flu medicine, and even toothpaste! Use this benefit at your favorite pharmacies or order online for delivery right to your doorstep! Check out the OTC catalog to see what's included in this benefit, and order your products online at www.eternalHealth.com/OTCCatalog.



eternalHealth Give Back PPO plan offers a \$30 per quarter OTC benefit.

All other eternalHealth plans offer a \$50 per quarter OTC benefit.

DENTAL

Regular dental visits are a vital part of your overall well-being. Have you taken advantage of your dental benefit yet? As a member, enjoy a \$0 copay for preventive dental services such as cleanings, fluoride treatments, and oral examinations. There is also no annual maximum on comprehensive dental which includes services such as fillings, crowns, and dental implants. Now that's something to smile about!



HEALTHY GROCERY BENEFIT*

Eating healthy is one of the most important parts of living a healthy lifestyle. With eternalHealth's Grocery benefit, eligible members will **receive \$70 per quarter** to use towards healthy groceries, both in store and online! Combined with your annual OTC dollars, **that's up to \$480 a year** to take control of your well-being!

If you qualify with an HbA1C of 8 or above, reach out to the member services department at 1 (800) 680-4568 to be approved for the Healthy Grocery Benefit.

*The benefits mentioned are part of a special supplemental program for the chronically ill. Available on all plans except the eternalHealth Give Back plan.

HEALTHY BONES - What You Should Know About Osteoporosis

According to the National Osteoporosis Foundation, **approximately 9 million Americans have osteoporosis**, with another 43 million having low bone density, one of the many risk factors for developing osteoporosis. Here at eternalHealth, we wanted to bring awareness to this disease, and give our members the knowledge to take care of their bone health.



What is Osteoporosis?

Osteoporosis is a disease that causes weakening of bones when more bone calcium is absorbed by the body than is replaced. People diagnosed with osteoporosis have a much greater chance of breaking or fracturing a bone from something as simple as bumping into a piece of furniture or even sneezing.



Risk Factors for Osteoporosis

One of the best ways you can prevent osteoporosis is to recognize whether you have any of the many risk factors for developing the disease. Known as the "silent disease," you won't be able to feel your bones getting weaker, so it's good to know your risk factors.

THEY INCLUDE:

- **Age** - Although osteoporosis can happen at any age, those over the age of 50 are at higher risk of developing the disease.
- **Gender** - Females make up 80% of the people who are diagnosed with osteoporosis, and men over the age of 50 are more likely to break a bone due to osteoporosis than men younger than 50.
- **Lifestyle** - Those with more sedentary lifestyles, people who smoke cigarettes, and those who drink alcohol have a higher chance of developing osteoporosis.
- **Family History** - If your parents had a history of broken bones and a curved spine, or were diagnosed with osteoporosis, it is more likely that you will develop it as well.
- **Medications and Current Health** - As always, it is important to talk to your doctor about your risks, but certain medicines like the steroids used to treat asthma, allergies, and arthritis can increase your risk of osteoporosis.

PREVENTION OF OSTEOPOROSIS

The main goal of preventing osteoporosis is to slow down the loss of bone strength over time. Use these tips below to take care of your bone health and improve muscle strength and balance to help prevent falls.

- Make sure to get the proper daily amount of vitamin D and calcium. Talk to your doctor about your current eating habits to see if a supplement may be right for you.
- Bones become stronger when you put them to work! Regular exercise focusing on weight-bearing and muscle-strengthening moves will not only strengthen bones but will improve overall balance to reduce the risk of falls.
- If you are a woman who has reached menopause or are a man 50 years or older, talk to your doctor to see if a bone mineral density test, or tests to determine how much calcium (and other minerals) are in your bones, is right for you.
- Avoid smoking and excessive alcohol use.
- If you have been diagnosed with osteoporosis, be sure to follow the care plan prescribed by your doctor to help prevent broken bones.

Although there is no cure for osteoporosis, use these tips to care for your bone health, and be sure to talk to your doctor about any questions or concerns you may have.

To learn even more about Osteoporosis, join our Chief Medical Officer, Dr. Chandra Lingisetty, at one of his many free seminars on Osteoporosis.

Find one in your area at

www.eternalHealth.com/memberevents.



HOW TO MANAGE SPRING ALLERGIES

It's that time of year again! Birds are chirping, flowers are blooming, and allergies are back in full swing. As we age, we need to consider how treatments for allergies may not work the same way they used to, and what we can do to find relief this allergy season.



SYMPTOMS

Although symptoms of seasonal allergies can vary from person to person, there are a few common signs to help identify an allergic reaction. Many of these symptoms are similar to that of a cold, so see your doctor if you suspect something more serious.

Usual signs of seasonal allergies may include:

- Runny nose
- Red, itchy, watery eyes
- Sneezing
- Headache
- Congestion
- Dry cough
- Sore throat

Tips to Prevent and Manage Seasonal Allergies

The best, most effective way to manage seasonal allergies as we get older is to do your best to prevent them from happening. A few tips to avoid seasonal allergies include:

- **Limiting time outdoors** - avoiding time outdoors when the pollen count is high (usually in the morning), can decrease symptoms of allergic reactions.
- **Using dehumidifiers and air conditioners** - HVAC units in air conditioners filter out harmful particles and prevent allergens from spreading.
- **Maintain hygiene** - wash your hands after returning home from outside, and take a shower to rinse off any allergens after spending extended time outside.
- **Avoid self-medication** - the most commonly used OTC medicine to treat allergies are antihistamines, and these can be dangerous as we get older. To avoid potential side effects from medication, always consult with your doctor prior to taking.

Managing seasonal allergies is an important part of overall well-being, and by making a few lifestyle changes, it is possible to prevent or lessen their severity. As always, talk to your doctor about the best course of treatment for you.

SPRING CLEANING

Nothing beats getting a head start on spring cleaning! Here are a few tips to get the most out of starting fresh!

1. Make getting rid of clutter a priority

Decreasing clutter can free up space and can even reduce the risk of tripping and falling.

2. Set aside small amounts of time

Spring cleaning can feel overwhelming but starting small and making your way through different sections will make it more manageable.

3. Leave the heavy lifting to others

Safety is always the number one priority, so when it comes to moving heavy furniture or lifting heavy boxes, enlist the help of a friend, family member, or even a Papa Pal through eternalHealth's In-Home Support benefit!

4. Check your medicine cabinets

Often overlooked, our medicine cabinets may be full of expired medication or ones that we no longer need. If you have old or expired medication, learn how to dispose of it properly at www.eternalHealth.com/MTM.



Enlist the help of a friend for enjoyable tasks!



Your In-Home Support Benefit (Papa Pals)

offers assistance with spring cleaning. If you need help getting a jump start on yours, call **1 (855) 485-8835 (TTY 711)** to start your assessment and be connected with your pal today!

STUFFED CABBAGE RECIPE

by Judy Palken, MNS, RD, LDN

You may remember stuffed cabbage from your childhood - perhaps someone in your family made them. My mother-in-law called them cabbage bundles, and they do indeed make cute, easy-to-serve bundles when done!

Cabbage has achieved superstar status. It belongs to the cruciferous family - these veggies seem to have anti-cancer properties. It is one of the most healthful vegetables we can eat. And cabbage makes a good wrap for other ingredients.

The molasses gives the filling a wonderful taste. While you don't have to use blackstrap molasses, it is particularly rich in vitamins and minerals - an added bonus.

INGREDIENTS

- 1 green cabbage
- Extra virgin olive oil
- 1 lb ground turkey or "Beyond Meat"
- 1 large onion (or leek) chopped
- 1 tsp Kosher salt
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 2 eight-oz cans tomato sauce, no salt added
- 1 Tbsp blackstrap molasses
- 1 cup cooked brown rice
- 1/2 cup raisins
- Dried dill



DIRECTIONS

Heat a large pot of salted water to boiling. Core the cabbage and place in the boiling water. Simmer, covered for at least 10 minutes, then drain. Peel off the larger outer leaves of the cabbage to stuff.

In a large pan, heat a bit of the oil, and add the ground turkey and onion. Sauté until the turkey is browned, and the onion soft. Add salt, pepper, garlic powder, tomato sauce, molasses, brown rice, and raisins. Stir well.

Place a heaping tablespoon of the mixture on each large leaf, and fold or roll the cabbage. Line the bottom of a baking pan with some of the leaves, and arrange the bundles on top. Add a bit of water around the edges of the pan, to partially cover the cabbage bundles. Sprinkle with dried dill.

Bake at 350 degrees for 45 minutes, loosely covered.



SPRING WORD SEARCH

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

WORD LIST

APRIL

BIRDHOUSE

BLOSSOM

BUDS

CATERPILLAR

FLOWERS

FROGS

JUNE

MAY

NATURE

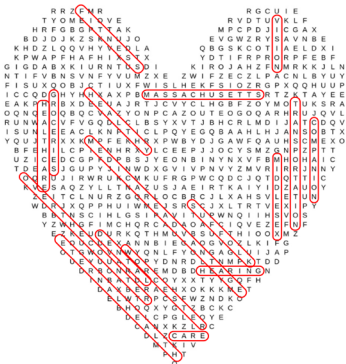
RABBIT

SPRING

SUNNY

TULIP

UMBRELLA



Answer key to last quarter's word search.

AWARENESS & CELEBRATIONS

APRIL is Parkinson's Awareness Month

April 14TH - National Gardening Day

The perfect day to start prepping your garden for the season!

April 20TH - National High Five Day

Give someone you know a high five today!

MAY is Lupus Awareness Month

May 4TH - National Password Day

Update your passwords today to keep your information secure.

May 5TH - Cinco de Mayo

Enjoy celebrating with family and friends on this historical occasion.

May 14TH - Mother's Day

Celebrate a special mom on Mother's Day!

May 29TH - Memorial Day

Remembering the service and sacrifice.

May 31ST - National Senior Health & Fitness Day

Put your sneakers on and get moving today!

JUNE is Alzheimer's and Brain Awareness Month

June 1ST - Say Something Nice Day

Tell someone something nice today!

June 8TH - National Best Friends Day

Celebrate your best friend today!

June 21ST - Alzheimer's Association Longest Day

Bringing awareness to Alzheimer's on summer solstice, a day with the most light.

June 27TH - National Sunglasses Day

Protect your eyes from the sun's UV rays this summer!



National Gardening Day (April 14)



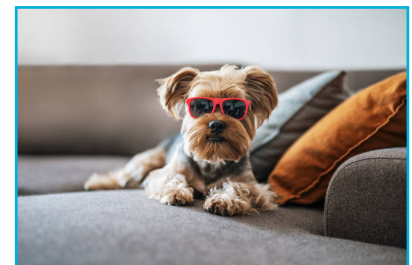
Mother's Day (May 14)



Memorial Day (May 29)



National Senior Health & Fitness Day (May 31)



National Sunglasses Day (June 27)

COMMUNITY EVENTS

Thursday, April 13th, 2023 - Educational Seminar on Hypertension at Millbury Senior Center

11:30 am – 12:30 pm / 1 River St, Millbury MA

Hypertension is a serious medical condition that significantly increases the risk of heart, brain, kidney, and other diseases. Almost half of the adults with hypertension are unaware that they have the condition, and only less than half of the Hypertensive adults are diagnosed and treated appropriately. eternalHealth's Chief Medical Officer, Dr. Chandra Lingisetty, will discuss the best ways to manage this condition which is the major cause of premature mortality among adults worldwide. Join Dr. Lingisetty to learn more about hypertension and what you can do to prevent it!

Tuesday, April 25th, 2023 - Seminar on Diabetes at Shrewsbury Senior Center

10:00 am – 11:30 am / 98 Maple Ave Shrewsbury, MA

Join eternalHealth's Chief Medical Officer, Dr. Chandra Lingisetty, at the Shrewsbury Senior Center to learn more about diabetes, its management, and learn the skills to thrive with diabetes!

Diabetes among adults in Massachusetts is increasing at an alarming rate. Every other adult in Massachusetts would have something to do with diabetes, whether they are diagnosed or undiagnosed or pre-diabetics! (Almost 9% of adults in Massachusetts have diabetes, and about 150,000 more have undiagnosed diabetes, and about 32% of adults have Pre-Diabetes). Diabetes is the leading cause of kidney failure, non-traumatic lower-limb amputations and blindness among adults. Those with diabetes are twice as likely to have heart disease or a stroke as those without diabetes. The best way to prevent diabetes or manage diabetes is to work with a multi-disciplinary medical team.

Tuesday, May 9th, 2023 - Educational Seminar on Mental Health Awareness at Lexington Senior Center

1 pm – 2 pm / 39 Marrett Rd, Lexington MA

Join Licensed Clinical Social Worker Emily McDonough at the Lexington Senior Center during Mental Health Awareness Month to raise awareness about the importance of taking care of your mental well-being and tips for maintaining our mental health as we age!

Thursday, May 18th, 2023 - Educational Seminar on Diabetes – Virtual

11 am – 12 pm / Zoom link provided to RSVPs

Diabetes among adults in Massachusetts is increasing at an alarming rate. Every other adult Massachusetts resident is impacted in some way by diabetes, whether they are diagnosed or undiagnosed or pre-diabetics! (Almost 9% of adults in Massachusetts have diabetes and about 150,000 more have undiagnosed diabetes, and about 32% of adults have Pre-Diabetes).

Diabetes is the leading cause of kidney failure, nontraumatic lower-limb amputations, and blindness among adults. Those with diabetes are twice as likely to have heart disease or a stroke as those without diabetes. The best way to prevent diabetes or manage diabetes is to work with a multi-disciplinary medical team. Join eternalHealth's Chief Medical Officer, Dr. Chandra Lingisetty, to learn more about diabetes.

Tuesday, June 6th, 2023 - Educational Seminar Coping with Depression and Anxiety – Virtual

11 am – 12 pm / Zoom link provided to RSVPs

According to the Kaiser Family Foundation, as many as 1 in 4 older adults report experiencing depression and/or anxiety regularly. If this is something you or a loved one are facing, you are not alone! Join Licensed Clinical Social Worker Emily McDonough for a virtual session focused on learning how to identify depression and anxiety, and healthy ways of coping. Zoom link will be emailed, so please ensure your email is included in your RSVP.

eternalHealth is proud to provide education to our members and communities. For a full list of events visit www.eternalHealth.com/memberevents. For accommodations of persons with special needs at meetings call 1 (800) 464-7198 (TTY 711).

IMPORTANT CONTACT INFORMATION

MEMBER SERVICES: 1 (800) 680-4568

BEHAVIORAL HEALTH*: 1 (800) 892-1361

DENTAL (**DENTAQUEST**): 1 (833) 615-0199

VISION (**EYEMED**): 1 (866) 944-0347

HEARING (**AMPLIFON**): 1 (866) 559-0158

PHARMACY SERVICES: 1 (800) 891-6989

OTC BENEFIT (**INCOMM**): 1 (800) 680-4568

GROCERY**BENEFIT (**INCOMM**): 1 (800) 680-4568

IN-HOME SUPPORT (**PAPA PALS**): 1 (855) 485-8835

TRANSPORTATION (**SAFERIDE**): 1 (888) 617-0350

PERS (**CONNECT AMERICA**): 1 (877) 909-4606

eternalHealth is an HMO plan with a Medicare Contract for HMO and PPO offerings. Enrollment in eternalHealth depends on contract renewal.

* If this is a Behavior Health emergency, please call 911.

** The benefits mentioned are part of a special supplemental program for the chronically ill. Not all members qualify.

Visit www.eternalHealth.com or email us at info@eternalHealth.com

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