

your **ADVANTAGE**

A newsletter exclusively for
WELLCARE BY FIDELIS CARE MEMBERS



Stay Active Each Day

Regular exercise each day can help you stay healthy. To get started, it's important to choose activities you like and that fit your lifestyle. And before you begin any exercise routine, be sure to check with your doctor. Exercise safely. Keep track of your progress to see your success.

Here are some simple ways to make physical activity a regular part of your daily life:

Make it a priority. Many of us lead busy lives, and it's easy to put physical activity at the bottom of the "to do" list. Remember that being active is one of the most important things you can do each day to stay healthy.

Make it easy. You are more likely to exercise if it's easy to do. For example, keep 2-pound weights next to your chair so you can do some lifting while you watch TV. Walk up and down the soccer field during your grandchild's game. Walk the entire mall or every aisle of the grocery store when you go shopping.

Join a class or walking club. Ask a family member or friend to be your "exercise buddy." Take a yoga class with a neighbor. Find an exercise partner by joining a walking club at your local mall. Join an exercise class at a nearby senior center.

Make it fun. Do things you enjoy. If you love the outdoors, try biking, fishing, jogging, or hiking. Listen to music or an audio book while walking, gardening, or raking. Plan a hiking trip at a nearby park.

SPRING 2022

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**We Value
Your Opinion**

Every year, surveys are sent to randomly selected members.

If you receive one, please complete and return it. Your feedback helps us improve member care and services.



**24/7 Access
to Your Benefits**

The Member Portal gives you access to your Fidelis Care account 24 hours a day, 7 days a week. Log in at members.fideliscare.org to order member ID cards, change your PCP, see your claims history, and more!



**Questions?
We Are Here to Help!**

Call us today at:
1-800-247-1447 (TTY: 711)

Living with Osteoarthritis

Osteoarthritis is the most common type of arthritis and is more common in older people. It is also called degenerative joint disease or “wear and tear” arthritis. It causes joint pain and stiffness for a short period after rest or inactivity.

This form of arthritis affects each person differently. For some people, it is relatively mild and does not affect day-to-day activities. For others, it causes a great deal of pain and disability.

Certain factors may make it more likely for you to develop the disease. Some of these include aging, being overweight, having a history of injury or surgery to a joint, overuse from repetitive movements, and a family history of degenerative arthritis.

Some people may worry that arthritis means they won't be able to work or take care of family members. Others think that they have to accept it. While osteoarthritis can be painful, there are things you can do to feel better.

THESE INCLUDE:

Take your medications when and how you're supposed to.

Exercise to reduce joint pain and stiffness.

Use heat and cold therapies to reduce joint pain and swelling.

Use splints and braces. They can support weakened joints or allow them to rest. You should see your doctor to make sure your splint or brace fits well.

Use assistive devices, such as a cane or shoe insert. These can ease pain when walking. Other devices can help you open a jar, close zippers, or hold pencils.

Be Rewarded for Taking Care of Your Health



You may be able to receive wellness incentives (gift cards) for having certain health screenings in 2022.

To learn more, please visit fidelisrewards.novu.com/intake. You can also call 1-888-425-2828 (TTY: 711), Monday – Friday, 8 AM – 10 PM; or Saturday, 10 AM – 3 PM.

The last day to have a qualifying screening is December 31, 2022. The last day to submit a wellness incentive claim for a screening you received in 2022 is January 31, 2023.

Balance Your Diet with Fruits and Veggies

Fruits and vegetables are a key part of a healthy, balanced diet. They give your body important nutrients. They are also easy to digest. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases.

Are you eating enough of these healthy foods?

	Vegetables	Fruit
Women, age 60+	2-3 cups per day	1 ½ -2 cups per day
Men, age 60+	2 ½ -3 ½ cups per day	2 cups per day



USE THESE TIPS WHEN YOU SHOP FOR FRUITS AND VEGETABLES:

- Buy “in-season” produce. It is usually less expensive and at peak flavor. Buy only what you can use before it spoils.
- Canned and frozen fruits and vegetables last much longer than fresh and are a quick way to add fruits and vegetables to your meal. They are as good for you as fresh. They may cost less.
- Choose fruit canned in 100% fruit juice. Buy canned vegetables with “low-sodium” or “no salt added” on the label.
- If you have the freezer space, stock up on frozen vegetables. Choose the ones without added sauces or butter.

Cancer Screenings

An important key to beating cancer is catching it early. Visiting your primary care provider (PCP) regularly can help prevent certain medical conditions or find them when they are easiest to treat. Ask your PCP if you need any screenings and how often.



- **Mammograms (breast X-rays)** help find breast cancer.
- **Colonoscopies** help find colorectal cancer.
- **Pap tests** can find abnormal cells in the cervix that can turn into cancer.
- **Low-dose computed tomography (LDCT)** detects lung cancer and is recommended for people aged 50 to 80 with a history of heavy smoking.

Depending on your results, your PCP may want you to have more tests.

Medication Reminder Tips

Taking all your medications as directed is an important step toward good health. Here are some tips to help you stay on schedule:



- **Get in the habit:** Take your medicine at the same time as another daily activity, like brushing teeth or watching the news.
- **Use a reminder:** If you have a smart phone, set an alarm for the same time each day.
- **Make refills easier:** Try our mail-order pharmacy service, which sends medications directly to your home at no extra cost. For more information, visit fideliscare.org/mailorderpharmacy.
- **Try a pill organizer:** Use a pill box or system to help you keep track of your daily medications.
- **Read easier:** Ask your pharmacy to provide medication labels and information in your preferred language.



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Health and wellness or prevention information

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Keep Your Bones Strong with Diet and Exercise

Exercise can help improve and maintain your bone health. It can:

- **Maintain and even slightly increase bone density and strength in adults.**
- **Increase muscle mass and agility.**
- **Improve posture, body mechanics, and balance.**
- **Reduce the risk for falls and broken bones.**

In addition, to keep your bones strong throughout your life, eat a varied, healthy diet to get the calcium and vitamin D you need. You will likely get all the calcium you need if you eat calcium-rich foods at each meal. These include low-fat dairy foods, dark green leafy vegetables, dried figs, almonds, and beans. Foods with Vitamin D include fish, mushrooms, and eggs. Some foods may be fortified with these nutrients – be sure to check nutrition labels.

Wellcare By Fidelis Care complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For assistance, please call 1-800-247-1447 (TTY: 711).

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