



Understanding Your 2023 Coverage

Great things are on the horizon for Jan. 1!

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Connect with us!



PEOPLES HEALTH

Connection

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Peoples Health earned
Medicare's highest rating for 2023.



5 out of 5 stars

Meet Our New CEO



Greetings, and thank you for being a Peoples Health plan member!

I am thrilled to step into the role of CEO for Peoples Health. It is my honor and privilege to continue the Peoples Health vision to positively impact your overall health. This goal remains our primary

focus, and it serves as our guiding light as we work with you to ensure your best possible health and well-being.

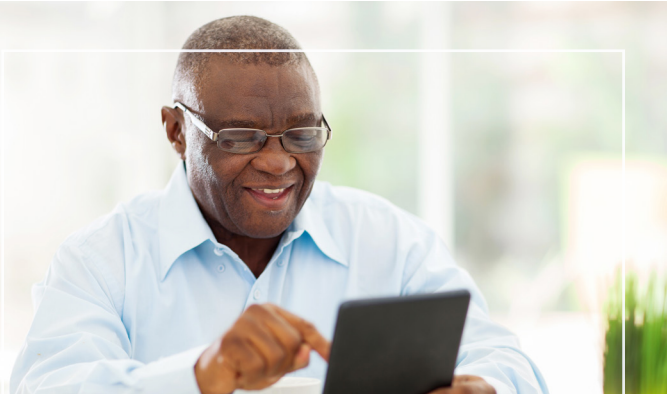
We are rounding out this year and looking forward to 2023 with a continued commitment to be a partner in your health. I'm so pleased to share that some of the ways we're doing this are through the rich benefits we're offering you in 2023. The extra benefits we've designed for you will make it easier to get the care you need. See page 3 for more about these exciting offerings. Other ways we're showing our commitment are in the ways we hope to stay connected with you, including through our new text messaging program.

Your health is always at the forefront of everything we do. That's why we've covered a variety of topics in this issue that focus on overall well-being, from a checklist to plan your annual care (page 5) and a reminder about protecting yourself against the flu (page 7) to exploring ways to inspire awe in your daily life (page 8), live mindfully (page 13) and prepare for your next doctor visit (page 11).

I hope you enjoy the issue! Thank you for trusting in us to be your health plan and for giving us the opportunity to continue to serve you.

We're here to support you and your health today, tomorrow and into the years ahead.

Suzi Swoop O'Brien
Suzi Swoop O'Brien
CEO



Real-Time Information When You Need It

We know it's important to you to have real-time facts at hand when you need them. Our text messaging program makes this easy.

You may have received an automated call about the program. We hope you signed up! Text messages to your mobile device are a quick way for us to send you valuable information, such as updates about your health plan or alerts about getting care during weather emergencies. When these types of updates are available, we want you to know right away.

Learn more about our text messaging program

- Visit www.peopleshealth.com/textingterms for frequently asked questions. This page also includes the program's terms and conditions.
- Call our member services phone number (page 10) and **press #** to speak to a specialist.

Another great resource to easily have valuable information at your fingertips is our member website, **MyPeoplesHealth**. See page 4 for more information. You can also call member services and **press #** to speak to a specialist about MyPeoplesHealth.



Important Changes on the Horizon for 2023

We're pleased to offer enhanced features for our plans, starting in 2023.

New Point-of-Service (POS) Plan Type

For Jan. 1, the following members will see a change to their plan type:

- Members in our health maintenance organization (HMO) plans will have the plan type **HMO-POS**
- Members in our dual-eligible special needs plans (D-SNPs) will have the plan type **HMO-POS D-SNP**

What does this mean? We've added a new POS benefit to your dental benefits for flexible coverage. This means, beginning Jan. 1, you can see out-of-network dental providers for covered dental services. The POS benefit **only** applies to dental services.

Even Greater Extra Benefits

We're pleased to offer enhanced extra benefits, **starting Jan. 1**. New features give members more access to routine services such as dental, vision and hearing. See below for details, including about the companies we're working with to give you these great features.



2023 Extra Benefit	Vendor	What You Get in 2023 and What You Should Know
Routine dental care	UnitedHealthcare Dental www.uhcmedicaredentistsearch.com	• More services covered • Out-of-network option for covered dental care Find providers through the vendor.
Routine vision care	UnitedHealthcare Vision www.medicare.myuhcvision.com	• Covered routine eye exams and eyewear for vision correction • In-person and virtual care • Options for online eyewear ordering and home delivery Find providers through the vendor.
HMO-POS D-SNPs: Routine hearing care and hearing aids	UnitedHealthcare Hearing 1-877-704-3384 www.uhchearing.com/medicare	• Nationwide network of hearing specialists • In-person and virtual care • Wide selection of hearing aids and option for home-delivered hearing aids Find hearing exam providers through the vendor or at www.peopleshealth.com . You must get hearing aids through the vendor.
All other plans: Routine hearing care and hearing aids	UnitedHealthcare Hearing 1-855-523-9355 www.uhchearing.com/medicare	



2023 Extra Benefit	Vendor	What You Get in 2023 and What You Should Know
HMO-POS D-SNPs: Credits for OTC items, healthy food and utilities	Solutran 1-877-909-2479 www.healthybenefitsplus.com/hwpcard	• Prefilled debit card to shop online or in-store for covered items or to pay utilities • More retail stores to shop in Find covered items and participating stores through the vendor.
All other plans with an OTC benefit: Credits for OTC items	Solutran 1-877-909-1359 www.healthybenefitsplus.com/hwpcard	• Prefilled debit card to shop online or in-store for covered items • List of retail stores to shop in Find covered items and participating stores through the vendor.
Personal emergency response system*	Philips Lifeline 1-855-595-0464 www.lifeline.com/uhcmedicare	• Monitoring device to quickly connect to a trained emergency operator 24 hours a day if help is needed Order your device through the vendor.

*New benefit for most plans for 2023

Read Your 2023 Plan Materials

We’re committed to providing the peace of mind that comes with coordinated, easy-to-understand care. This means walking you through steps for reviewing your plan coverage for the coming year. Use the simple checklist below to get started.

✓ See What’s New—Read Your 2023 Plan Documents

There are two important documents that show how your coverage is changing next year:

- 1

To see updates to your benefits for the coming year, take a look at your **Annual Notice of Changes**. You should have received notice of this document in September by mail or by email.
- 2

For a full description of your benefits and coverage, review your plan’s **Evidence of Coverage**.

Find these documents: Check your MyPeoplesHealth account or go to www.peopleshealth.com.

Your Member Website and App

✓

Get plan documents

✓

Request an ID card

✓

Find medications and providers

✓

Change your PCP

✓

Send us messages

www.mypeopleshealth.com

Try the app: App Store or Google Play

✓ Take advantage of online resources

We have plenty of resources for you, and they’re easy to use. These include:

- 1

Your MyPeoplesHealth account – see above for some of what you can do through it
- 2

Our Member Resources page at www.peopleshealth.com/resources – explore videos about benefits and more

Quick Tip

Haven’t yet set up your MyPeoplesHealth account or not sure how to start?
We can help! Call us to speak with our friendly member website specialist for help getting connected. We’ll get your account set up, and you can ask any questions you have about MyPeoplesHealth, so you can begin using it right away! See page 10 for our phone number.



Do You Know?

Through your **One Pass™ fitness benefit**, you’re not limited to using only one fitness center. You can use multiple fitness centers. Take fitness classes at one and use strength-training equipment at another. It’s your choice! Your benefit offers online classes, too, plus resources to support your brain health. Learn more: www.peopleshealth.com/onepass

Annual Care Checklist

Nothing is more valuable than your health. That’s why you can count on your Peoples Health plan to help you get the care you need, when you need it. Read on for tips to map out your health care activities for the year.

Start with a yearly checkup with your primary care physician. Then plan other yearly activities, such as regular preventive screenings and assessments.

Use this checklist at your next doctor’s appointment.

Good preventive care helps catch health issues early when they may be easier to treat. Together, you and your doctor can decide which tests and care services are right for you. Recommended preventive care services may include the following:

Once a year	Date done
Flu shot (every flu season)	
Vaccine review (see what shots you may be due for)	
Labs (ask your doctor which ones you need)	

Annual wellness visit/routine physical	Date done
Blood pressure check	
Head-to-toe examination	
Height, weight and body mass index (BMI) check	
Lifestyle screening check, such as for alcohol use, help quitting tobacco and healthy eating if applicable	

As recommended by your doctor	Date done
Cervical cancer screening (Pap smear) for women ages 21-65	
Cholesterol screening	
Dental exam	
Discuss screening and prevention of osteoporosis	
Eye exam	
Fasting blood sugar screening	
Hearing exam	



As needed	Date done
Colon cancer screening (for adults age 45 or older)	
Hepatitis C virus infection screening (for people at high risk; and a one-time test for adults born between 1945-1965)	
Mammogram screening (every year starting at age 45; starting at age 55, it can change to every other year)	

For people with diabetes	Date done
Exam to detect diabetes-related issues for eyes	
Exam to detect diabetes-related issues for feet	
Hemoglobin A1c (HbA1c) test	
LDL cholesterol test	
Urine test for protein	

Topics to discuss with your PCP

Prepare for your appointment by filling in the information below. Then during your visit, write down recommendations your PCP has about the topics and treatment options.

Annual labs

Ask your doctor if there are any labs you need, such as an A1c test or other blood tests.

Medications

Write down the prescriptions, over-the-counter medications, supplements and vitamins you’re taking or having difficulty taking. Ask:

- ☐ Am I taking these correctly?
- ☐ Are there any side effects?
- ☐ Are there lower-cost options?

Tests and treatments

Discuss tests ordered during your appointment. Ask:

- ☐ When can I expect results?
- ☐ Will I receive a follow-up call?
- ☐ Do I need a follow-up appointment?

Care team

List any specialists or other providers you see. This will help your PCP coordinate your overall care.

Mental health

Discuss your mental health with your PCP. Let your PCP know if you’re feeling sad or blue or having difficulty sleeping. Or, talk about challenges you’re having with planning or with memory loss that disrupt daily life.

Physical health

Discuss your physical health with your PCP, including if you’re having pain that interferes with your regular activities, work or social life.

The Flu and You

Reprinted by permission, Renew by UnitedHealthcare magazine, Fall 2021

The flu season—usually most prevalent between December and February each year—can result in up to 45 million illnesses in the U.S., according to the Centers for Disease Control and Prevention (commonly known as the CDC).



Health evaluations

Risk of falls

- ☐ I have had a fall
- ☐ I have problems with balancing or walking
- ☐ I don’t have problems with balancing or falling

Bladder control

- ☐ I have problems with bladder control
- ☐ I have problems with leaking of urine
- ☐ I don’t have bladder control or urine leakage problems

Physical activity

- ☐ Start exercising
- ☐ Increase exercise
- ☐ Maintain current exercise level

Other health concerns

What to know—and do—to help keep you and your loved ones healthy and safe this season



Safety measures and extra hygiene precautions like wearing masks, social distancing, and an abundance of hand-washing and sanitizing helped keep germs at bay during last year’s flu season. Flu shots have also helped prevent infection. According to the CDC, more Americans received the flu vaccine in 2020 than in the previous four flu seasons, helping to lower the number of cases.

To help everyone stay healthier this cold and flu season, here’s what experts suggest:

Keep up the good work

Continue to use good personal hygiene habits: Wash hands well and often, use hand sanitizer with at least 60% alcohol, and avoid people who appear sick.

Give it a shot

Having the flu vaccination can make all the difference, especially when immunities are lower—like during the winter months. And it doesn’t just protect you. Getting vaccinated can also help protect people around you, including those who are more vulnerable, like young children, older adults and people with ongoing health conditions.

“Getting an influenza vaccine—though not 100% effective—is the best way to prevent the misery of the flu and its complications,” says the Mayo Clinic.

The CDC also recommends that everyone stay up to date with COVID-19 vaccination, including all primary series doses and boosters for their age group. **Talk to your doctor about getting the vaccinations you need.**

Discover the Power of Awe

Excerpted and reprinted by permission, *Renew* by UnitedHealthcare magazine, May 2022

A sense of wonder helps you connect to life and may have health benefits, too

Find it watching the sunset over the ocean, gazing at the Milky Way or staring into the eyes of a newborn baby. Awe is a powerful human emotion. It can change our worldview. Recent studies have shown that finding that sense of wonder also helps improve our health. And we don't need to climb up to a mountain peak to get the benefits. If we're looking, we can find awe in everyday moments.



The Exploration of Awe

For thousands of years, people have pursued the meaning of awe by studying its relationship to religion and philosophy. More recently, social scientists have explored the impact awe can have on our physical and mental health.

Awe stops us in our tracks. It makes us confront our smallness and puts us in our place. It expands our frame of reference. And it helps us look outside of ourselves. In doing so, the emotion has served as an evolutionary tool throughout history. It has motivated us to work with others, contribute to the greater good and, ultimately, ensure our survival.

How to Find Awe

People most commonly report experiencing awe when spending time in nature. The great outdoors can wow us with stunning views, but it can affect our well-being, too. A 2021 study published in the *Journal of Environmental Psychology* showed that contact with nature—even when viewed from indoors—can boost positive feelings and reduce stress.

However, awe doesn't only come as a response to mighty natural

wonders. Music, movies and books can also move people. Just think of how many times a beautiful song or a touching movie or story has given you goosebumps. Moments from your own life can stir up awe, as well. Take some time to think about life's precious memories, like a baby's birth, a reunion with friends or a meaningful experience shared with your spouse.

You don't need to travel far for awe, either. Find local places to enjoy art, gardens, parks or even buildings that stir up feelings of appreciation. You can also simply take the time to watch a sunrise or look up at the stars on a clear night to experience the wonders of the world.

As humans, we encounter everyday moments of awe at least two or three times a week. These fleeting moments serve as small reminders that we are a part of something much bigger than ourselves. When we're humbled by these experiences, we find humility, social connection and an impulse to help others.



The Health Benefits of Being Wowed

Over the past decade, researchers have focused on the influence of awe on characteristic traits. A 2019 study found that experiencing awe led to more positive social behavior. The study showed that feeling awe decreases the sense of self-importance.

This helps shift our focus away from just ourselves and toward our role as a connected member of society. That shift makes room for us to act in kinder, more ethical and generous ways.

There may also be physical benefits. Numerous studies are ongoing, examining evidence that positive feelings can affect our physical health and help protect our bodies from illnesses associated with stress.

One such study found that positive feelings can help to minimize the effects of stress and the inflammation that can come with it. Inflammation is linked to heart disease, diabetes and even depression, so the idea that positive, awe-inspired feelings can reduce stress holds exciting promise.



“Love the life you live. Live the life you love.” – Bob Marley

Make Time for Regular Checkups, Including for Mental Health

When someone asks how we are, we often automatically say, “I’m fine.” But when things aren’t fine, and it’s your doctor asking, this reply may prevent you from getting the care you need.

Have an open conversation

It’s not always easy to talk about depression, anxiety, stress or other problems that affect your emotional, mental or behavioral health. But the first step toward feeling better may be to talk with your primary care physician (PCP) about the issues you’re having. Your PCP can point you to resources that may help. These might include scheduling an appointment with a counselor or therapist, educating yourself about your condition, or developing coping skills.

Mental health is as important as physical health

Deciding to get treatment for any condition—whether physical or emotional—is a sign of strength. It means that taking a leading role in your overall well-being is important to you.

You might think you *should* be able to control mental or emotional problems on your own, so you don’t need to talk with anyone about them. This is not so! Counselors, psychologists and psychiatrists specialize in these types of problems, which are sometimes complex. They can help you figure out your symptoms and can recommend the right tools and treatment.

Take steps toward the care you need

- **Connect with others and find a supportive network of family and friends.** Being alone with your problem won’t solve it.
- **Get comfortable talking to your PCP.** Your PCP is your advocate.
- **Get treatment.** When you understand your condition, you’re better able to find relief from your symptoms.

Your plan covers mental health care, including virtual mental health visits through Optum. Go to www.liveandworkwell.com to learn more about virtual visits. See your plan’s *Evidence of Coverage* for more about your mental health benefits.

We're available when you need to reach us. If you contact us by message or phone on a weekend or holiday, we'll reach out to you within one business day.

Send Us a Message
Send your message through www.mypeopleshealth.com.

Call Us During Express Lane Hours
For the fastest service, call toll-free **1-800-222-8600**, Monday through Friday, between **8 a.m.** and **10 a.m.** or **4 p.m.** and **8 p.m.** TTY users call 711. Our standard hours are seven days a week, from **8 a.m.** to **8 p.m.**

Visit Us
For in-person assistance from a member services representative, visit us at the following location. Parking is free and convenient.

Peoples Health Medicare Center
3017 Veterans Memorial Blvd.
Metairie, LA 70002

Write to Us
Send your letter to our business office address (for written correspondence only):

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 for all callers.



Talk to Your Doctor About Advance Care Planning

It's a good idea to think about your future care and what you'd like it to be. Advance directives are simply your plan for just that, including for if a time comes when you might be unable to communicate what you want.



Advance directives help you make known:

- 1 Who should handle health care decisions for you when you cannot
- 2 The kind of treatment you want or don't want (your living will)
- 3 How comfortable you want to be (in managing pain)

Your doctor is a good resource for helping you think about your decisions. If you already have a plan—great! Be sure to review it at least once a year to make sure you don't want to change it. And anytime you do change your advance directives, make sure your doctor—and trusted family and friends—have a copy. Check out www.peopleshealth.com/advancecareplanning for more tips and resources.

Waiting to See Your Doctor

When you have a health need, you want to see your doctor quickly and with ease. Doctors and their staff take care of many patients, and they work to make sure visits run smoothly. Sometimes emergencies come up, and you might have to wait a bit during your doctor visit.



Be prepared for your next visit—keep these tips in mind:

- ✓ Arrive on time. If you arrive too early, it may seem like you're waiting a long time.
- ✓ Check in online beforehand if you can.
- ✓ Have questions for your doctor written down.
- ✓ Bring all your medications with you, or have a list of them.
- ✓ Know that some offices have more than one doctor. Patients called before you may be seeing a different doctor.
- ✓ Ask the waiting room staff about long wait times.
- ✓ Use the extra time to enjoy a book, magazine or puzzle (bring your favorites with you).



No Referrals Needed Here

Do you know you don't need a referral from your PCP to see a network specialist or a behavioral or mental health provider? Even so, your PCP **can** recommend an appropriate network specialist for your health needs, answer questions you might have about a specialist's treatment plan and provide follow-up care as needed. We recommend that you tell your PCP when you see a specialist, so your PCP is in the know and can help coordinate your care.

Is a referral the same as prior authorization?

No. A referral means your PCP gives permission for you to see a certain specialist, and your Peoples Health plan does not require referrals. Prior authorization is approval in advance, and some medical services do require this before your plan will cover or pay for the service. In such cases, your PCP or treating provider must get the approval from us before giving you the service. Certain drugs (which may or may not be on our drug list) also require prior authorization. You or your provider can get the approval before these drugs are provided or paid for.

Covered medical services that may need prior authorization are marked in the Chapter 4 Medical Benefits Chart in your plan's *Evidence of Coverage*. Covered drugs that need prior authorization are marked in our drug list.



Moved Recently or Changed Your Phone Number?

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



Vegetarian Slow-Cooker Pozole

Rich hominy made from whole corn kernels and often found with the canned vegetables at the grocery store stars in this traditional, comforting soup. This version is vegetarian, replacing the meat with pinto beans. It’s hearty, delicious and easy to put together in a slow cooker.

Ingredients

- 4 cups low-sodium vegetable broth
- Two 15-ounce cans low-sodium pinto beans, drained and rinsed
- One 4-ounce can chopped green chilis
- 1 poblano pepper, seeded and chopped
- 1 cup onion, chopped
- 2 cloves garlic, finely chopped
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 bay leaf
- 1 cup store-bought low-sodium salsa verde
- Two 15-ounce cans low-sodium hominy, drained and rinsed
- 2 tablespoons lime juice

Suggested toppings
Shredded cabbage, sliced radishes, chopped onions, cilantro, cheese, avocado, tortilla strips

Directions

In a slow cooker, place vegetable broth, beans, chopped chilis, poblano pepper, onion, garlic, oregano, cumin, chili powder and bay leaf. Cook on high setting for 3 to 4 hours. Stir in salsa, hominy and lime juice. Cook an additional 30 minutes or until heated through. Serve with your toppings of choice. Serves 8.

Calories: 210, **Total fat:** 1.2g, **Saturated fat:** 0g, **Cholesterol:** 0mg, **Sodium:** 402.6mg, **Carbs:** 40.5g, **Dietary fiber:** 10.3g, **Sugars:** 5.8g, **Protein:** 8.1g



Got a Minute?

Check out our wellness videos at www.peopleshealth.com/wellness.



The Power of Laughter

There are surprising health benefits to having a good chuckle

Reprinted by permission, Renew by UnitedHealthcare magazine, May 2021

They say that laughter is the best medicine, and it turns out there may be some truth to that. While it can’t magically cure ailments, laughter has been shown to have positive effects on our mental and physical health. Let’s look at some of the potential short-term benefits and long-term effects of laughing.

- Improved mood:** According to the Mayo Clinic, laughter decreases the levels of stress-related hormones in your blood and encourages your body to produce serotonin and dopamine—hormones that make you feel good.
- Stronger immune system:** Laughing can eliminate toxins and increase the number of lymphocytes—which help protect you from disease—in your blood, according to Northwestern Medicine.
- Increased blood flow:** The Mayo Clinic says a good laugh can increase your intake of oxygen-rich air, enhancing blood flow to your organs.
- Decreased pain:** According to Harvard Health, laughter may help increase your pain tolerance by releasing endorphins, hormones that act as your body’s natural painkillers.

Need a laugh?

What did one hat say to the other?
You wait here. I’ll go on a head.

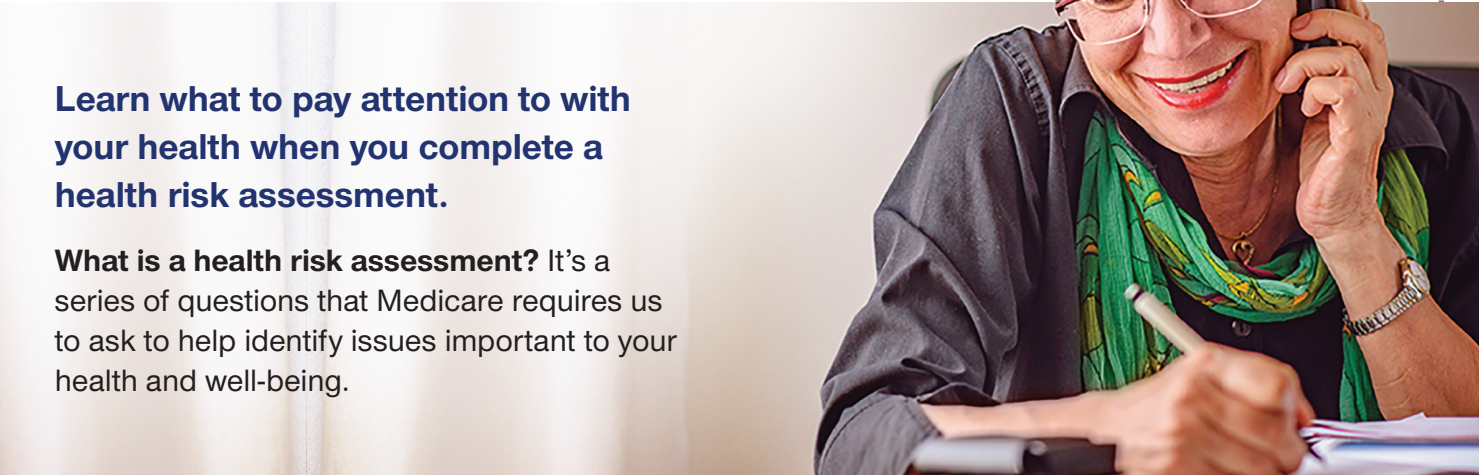
What did the ocean say to the beach?
Nothing, it just waved.

Eight Ways to Have Yourself a Healthier Holiday

Reprinted by permission, Renew by UnitedHealthcare magazine, Fall 2021

- Bundle up:** Layer up with gloves, hats, scarves and boots on cold days.
- Get your flu shot:** The Centers for Disease Control and Prevention advises getting one every year (see page 7).
- Keep germs away:** Wash hands often and for at least 20 seconds each time.
- Get out:** Enjoy some fresh air—and exercise—with daily strolls around the neighborhood.
- Eat, drink and be merry:** Sweet and salty indulgences are sure to be flowing. Mix in some fruits and vegetables, and drink plenty of water to help combat overeating.
- Manage stress:** Do festivities sometimes leave you feeling burned out? Don’t be afraid to step away for a little downtime if needed.
- Get some ZZZs:** Aim for 7 to 8 hours of sleep, and hit the sack around the same time every night.
- Be in the moment:** The holidays are a great time for making memories with family and friends. But for some, the season can be difficult. Try to set aside differences, stay positive and be present.

Complete Your Health Risk Assessment



Learn what to pay attention to with your health when you complete a health risk assessment.

What is a health risk assessment? It's a series of questions that Medicare requires us to ask to help identify issues important to your health and well-being.

When should you complete it? It's important to have an initial assessment when you first enroll in your Peoples Health plan, and then complete one again every year. Your health could change year over year, and your responses help us see how we can help you improve your health in the areas where you might have some risks.

We share information from the assessment with your primary care physician, too, because it may be helpful to your physician when planning your care.

Are you in a special needs plan (have Medicare and Medicaid)? One of our care team members will call you to complete your assessment by phone.

In one of our other plans? We'll contact you when it's time to complete your assessment.



Reminder!

Our 2022 Peoples Health Rewards Program is ending soon. It's not too late to participate in an eligible activity and earn a reward if you haven't already. Learn more at www.peopleshealth.com/rewards.

Remember!

- Never give out personal information to someone you don't know. This includes your social security number.
- Medicare will never call, text or email you to request or verify your Medicare number or personal information unless you've given permission in advance.

If you get a call from a Peoples Health representative and you're not sure the call is really from us—end the call. Don't give out any personal or sensitive information, like your social security number (we'll never ask for it). Then contact member services (page 10) to confirm that we were trying to reach you.

You May be Eligible for the Affordable Connectivity Program

If you're enrolled in a Peoples Health special needs plan, you may qualify for the Affordable Connectivity Program, which helps lower the cost of internet service and computer equipment for eligible households.

The program was created by the Federal Communications Commission and provides:

- A discount of up to \$30 per month for broadband service
- A discount of up to \$75 per month for households on qualifying tribal lands
- A one-time discount of up to \$100 for a laptop, desktop computer or tablet purchased through a participating provider when the household contributes more than \$10 but less than \$50 toward the purchase price

Guidelines to Qualify

Your annual household income must be below 200% of the Federal Poverty Guidelines, or a member of your household must meet at least one of the requirements listed at www.fcc.gov/acp. These include participation in an assistance program or being a current recipient of a federal Pell Grant.

Steps to Enroll

1. Go to www.affordableconnectivity.gov to apply and find participating providers; you can apply online or print out an application to mail in.
2. Contact a participating provider to select a plan and have the discount applied to your bill.

For More Information

Visit www.fcc.gov/acp, or call 1-877-384-2575.



Things to Know About Peoples Health for 2023

1. Automatic Membership Renewal: You don't have to re-enroll during the Annual Enrollment Period. Your membership renews automatically.

2. More Convenience: We've added a retail, in-store option for \$0 health & wellness items on most plans. Plus, \$0 diabetes supplies will be available at retail pharmacies.

3. Enhanced Dental: We've redesigned your dental benefit, giving you more dentists with more services covered and \$0 costs up to your plan's maximum. You can even see out-of-network dentists.

4. Better Vision: We've more than doubled your vision provider network compared to 2022. And you get an allowance for frames or contacts that you can use at major local, national or online retailers.

5. More Fitness Options: If you haven't tried your new One Pass™ fitness membership, maybe 2023 is the year!

6. Tell Your Friends:

Have them call to see if Peoples Health is right for them. There's no obligation.



1-855-301-9663 (TTY: 711)
7 a.m. to 10 p.m., daily

IMPORTANT PLAN INFORMATION

This is the newsletter for Peoples Health plan members.



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. One Pass is a trademark of Optum, Inc. and/or its affiliates. © 2022 Optum, Inc. Every year, Medicare evaluates plans based on a 5-star rating system. Peoples Health HMO-POS plans under Medicare contract H1961 are rated 5 out of 5 stars for 2023.

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**Peoples Health has
earned Medicare's
highest rating. Again!**



Tell your friends!



The Connection — a newsletter for you
Enjoy

PEOPLES HEALTH

A UnitedHealthcare Company