



It's Hurricane Season
Take a minute to get prepared
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Connect with us.

PEOPLES HEALTH

Connection

Music Therapy

The power to heal and stir the soul
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Peoples Health is here for you.

These are evolving times, and the world is changing in many ways. I want you to know that Peoples Health will support you and your health today, tomorrow and into the future.

Over the past months, we've approached new ways of providing you with the personalized care you expect of us, and we made changes so you could continue getting the health care you needed. We waived copays for COVID-related testing and treatment. We also made it easier to get prescriptions filled early. We supported telehealth appointments with your doctors and began offering telehealth comprehensive wellness assessments. The decisions we made were to make sure you could be confident about your ability to get the care you need, when you need it, in as safe a way as possible.

Peoples Health also made sure your health care providers had what they needed to continue offering services to you and to the community at large. Not only did we keep providers informed about the coverage and authorization-simplification changes we made to help you, but we made changes to our processes so providers were paid faster for the care they were delivering. We did all of this so your providers were able to continue operating and offering care as seamlessly as possible.

Supporting the health and wellness of the community is of equal importance to Peoples Health. Many seniors in Louisiana rely on local food programs for their meals and on senior-focused organizations for other services. From making monetary donations to donating reusable cloth face masks and hand sanitizer, Peoples Health has continued to support these programs and organizations because they provide critical services to local communities. We also have

created videos for some of our popular wellness event topics, to give you new ways to get this information. Visit our website at <http://www.peopleshealth.com/wellness>, or “like” Peoples Health on Facebook, to see these videos.

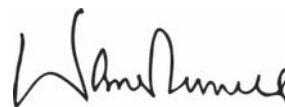
Additionally, with our encouragement and support, United Health Foundation—a nonprofit established by our parent company, UnitedHealth Group—has committed \$500,000 to helping Louisiana residents experiencing homelessness and food insecurity because of the COVID-19 pandemic. The foundation has partnered with two Louisiana charities to support our community's most vulnerable.

Looking out for our members' well-being is not a job to us—it's our commitment. It's who we are.

We are here for you. If you have questions or need assistance, reach out to us in one of the ways outlined on page 16.

Thank you for your trust in us.

Sincerely,



Warren Murrell



Tips to Protect Yourself

Your health and safety are most important. The following are everyday preventive steps you can take:

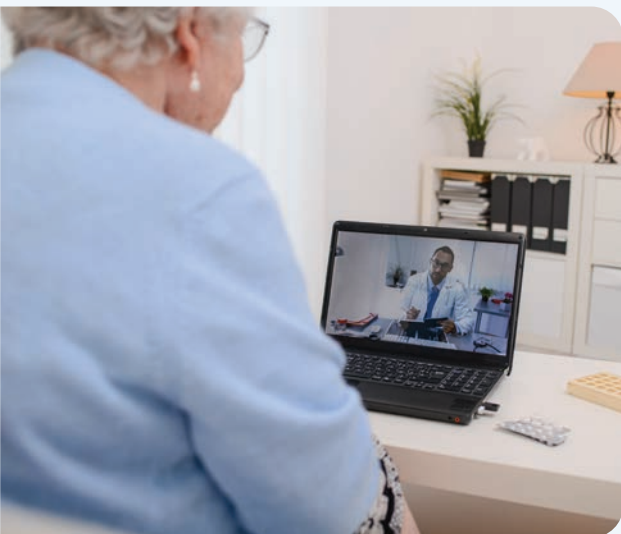
- Wash your hands often with soap and water for 20 seconds.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Clean and disinfect things you touch often, like doorknobs, light switches, phones, keyboards, tables, countertops, toilets and sinks.
- Cough or sneeze into a tissue and immediately put the tissue in the trash.
- If possible, stay home when you feel sick.

Source: Centers for Disease Control and Prevention



Telehealth—A Virtual Visit With Your Doctor

You may have had a telehealth visit with a health care provider sometime in the last few months. If you haven't, this option could be a convenient way to get care.



How does it work?

Telehealth services are a way to visit with a health care provider using your phone, computer, tablet or mobile device. These services connect you with a local provider from the safety and comfort of your home. To do this, your provider must be set up to offer the services through digital audio-visual technologies or dedicated telehealth applications.

Telehealth visits may be used for many of your urgent and non-urgent health care needs. This way, you stay at home but still receive the care you need.

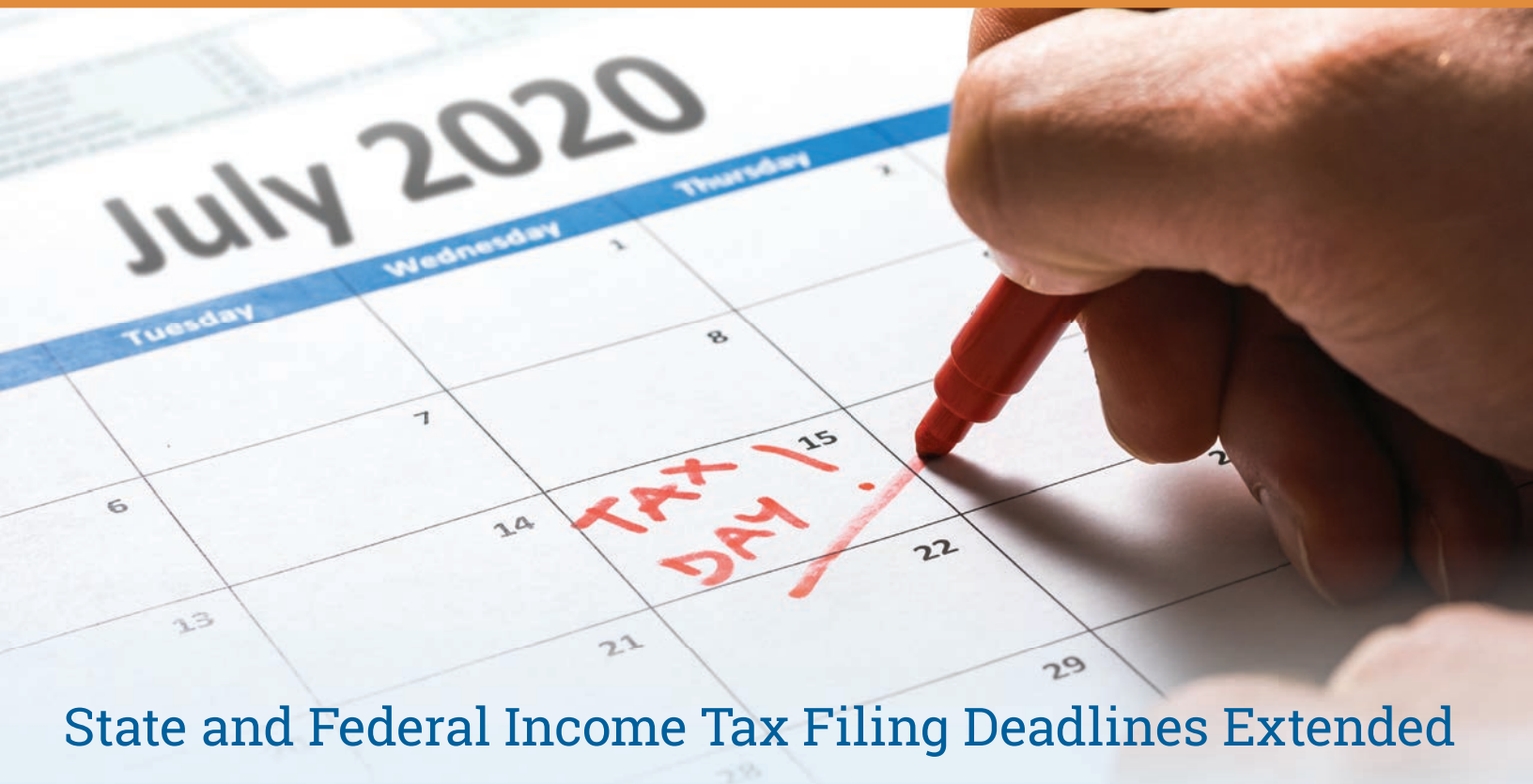
Call us (see page 16) if you have questions about telehealth services.

DO YOU KNOW?

You may get an **Explanation of Benefits** summary from us four times a year. We call this a quarterly EOB for short, and it's a summary of the amounts we paid within the past three months for claims from your providers for services you received. Sometimes, providers wait a long time to send in claims, so the amounts on your quarterly EOB may include amounts for services you got a while ago. The totals shown may include amounts for dental and lab services, as well as other medical services.

A quarterly EOB summary is different from the EOB notice we send with the details of a service after you get it. You may want to keep your EOBs with other important papers.

Save paper! Sign up to get all your EOBs electronically through MyPeoplesHealth.



State and Federal Income Tax Filing Deadlines Extended

Because of the COVID-19 national emergency, state governments and the federal government have extended the deadlines for filing and paying 2019 individual income tax. **The new date is July 15, 2020.** Visit <https://www.irs.gov> and <https://revenue.louisiana.gov> for more information.

The following resources may be available if you need them. IRS-certified volunteers can help with form preparation and filing.

- **Tax Counseling for the Elderly (TCE) program** – for people older than age 60
- **Volunteer Income Tax Assistance (VITA) program** – for people who generally make \$56,000 or less, persons with disabilities and limited English-speaking taxpayers

Find out more about these programs at <https://www.irs.gov/individuals/seniors-retirees>.

Use the **VITA/TCE Locator Tool** or call 1-800-906-9887 to look up sites offering face-to-face visits. To get to the tool, click the **See if you qualify for free tax return preparation by volunteers** link under File Your Taxes.



Stay Alert for COVID-19 Fraud

Scammers take advantage when people are distracted

According to the U.S. Department of Justice, criminals worldwide are using COVID-19 for a variety of scams. Some reports are of:

- Fake cures being sold online
- Phishing emails posing as the World Health Organization or the Centers for Disease Control and Prevention
- Malicious websites and apps appearing to share information about the virus to gain and lock access to devices until a sum is paid
- Requests for donations for illegitimate or nonexistent organizations

Medicare says that scammers are using COVID-19 as an opportunity to steal people's identities and commit Medicare fraud.

In some cases, scammers might say they'll send you a coronavirus test, masks or other medical supplies in exchange for your Medicare number or personal information. They might try a number of ways to get to you, including telemarketing calls, social media and door-to-door visits.

Other scams involve calls or emails about the stimulus check the government is sending or that state your COVID-19 test is positive and you must go to the hospital immediately. Then the scammer asks for personal information to send the stimulus check or for the treatment.

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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 have questions about COVID-19, including treatment and tests, talk to your doctor.

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 (see page 16) to confirm that we were trying to reach you.

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Turn to page 17 for another scam to be aware of and for a national hotline you can use to report suspected fraud.



Things to Note

MyPeoplesHealth News

Check Out Tools in the Member Portal!

You can do a lot through MyPeoplesHealth. For instance, if your plan has a benefit for over-the-counter health and wellness items, do you know you can quickly get to the Healthy Benefits Plus website to find approved items? You'll see links at the top of your home screen to place an order or look at the catalog.

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Other things you can do

- View pharmacy claims information, and look up medications and doctors with our Search Tools.
- We moved our Health Library to MyPeoplesHealth, too! So when you're looking for articles and videos on health topics, or even recipes, check it out. Simply type a key word or phrase in the search field to explore topics.

These and more tools are under the **Quick Links** section on the main page you see once you log in to your account.

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Your Member Portal

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

<http://www.mypeopleshealth.com>



Are you a Peoples Health Secure Health (HMO D-SNP) member?

You can use the transportation request form in MyPeoplesHealth to schedule your next trip through your transportation benefit.



Take Steps to Prepare for Hurricane Season



In Louisiana, we know the drill about hurricane prep: stock up on bottled water, canned goods, flashlights and batteries. But there's more to it than that.

- Remember to keep your health in mind. Refill your medications and other medical items so you have at least a week's supply.
- Coordinate with family and friends and make a plan in case you have to evacuate. Know how you'll protect your pets, too.
- Have important phone numbers, papers and insurance cards handy so you can pack a bag quickly.
- Know your plan covers you for urgent care, emergency and dialysis services if you have to go out of state. Read your *Evidence of Coverage* (EOC) to learn how you're covered away from home.

More steps to take:

Visit <https://www.peopleshealth.com/hurricane> and download **Be Prepared for a Disaster: What You Need to Know**.

Go to the Members tab on our website and click **Plan Documents and Forms** to read your EOC.



Caregivers, Take Care of Yourself, Too

Caring for an aging parent while juggling your own responsibilities, which might include work and looking after grandkids, can be physically and emotionally challenging. It may seem impossible to take care of everyone's varying needs all the time. And if your parent has serious health conditions, that could make things more complicated.

You simply can't do everything on your own and still have time to take care of yourself. Look to resources and get support where you can. You must recharge your physical and mental reserves to properly care for yourself and others.

Ways to Reduce Stress

- **Exercise, eat healthy meals and get enough sleep.** These are at the center of practicing self-care, along with regular visits to your doctor.
- **Take mental health breaks regularly and occasional longer breaks.** For short breaks, do at least one thing a day solely for yourself. It could be watching a favorite TV show, reading, meditating or taking a yoga class. Enlist the help of relatives for longer breaks. You deserve a vacation, too.
- **Practice coping skills to use when situations are beyond your control.** Knowing there are things you just can't change can ease some of the worry, which may help you better care for yourself and your loved one.
- **Put your tasks in order of importance.** If you need to, ask someone to help with housework or other tasks. Even if you do this only once in a while, it will go a long way toward making tasks manageable.
- **Learn about any long-term health conditions you may have to take care of for your parent.** This way, you know what to expect. Also, talk about advance care planning to know your parent's choices for long-term medical care.
- **Join a caregiver support group.** Having a strong support network is vital to meeting the demands of care. Groups provide a place to express concerns and frustrations, get tips, and find comfort in shared experiences.

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**Watch for these
signs of
caregiver burnout:**
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Frustration
Losing patience
Worry
Depression
Loneliness



Caregiving as a Family Affair

Peoples Health members Eileen F. and Marie D. (pictured above) are part of a close-knit family. Marie has a sister and two brothers, and they all help take care of Eileen, their mom.

“My children are so close and take care of me for everything that I need,” said Eileen. “So I feel I’m keeping good health. They’re very close to me. They call me every time if I need anything. And my two girls do everything for me.”

Marie has been a caregiver at other points in her life, too. About eight years ago, she cared for her husband through a serious illness. At the time, she lived in a different state and was doing it all on her own. It was a challenge.

“I found that she was doing so much for him, attending to him,” said Eileen. “So I said, ‘Your health is going to go down.’”

Marie’s family convinced her to move to Louisiana near them and, thus, have greater support to care for her husband in his final days.

Eileen is 95 years old and sometimes needs a bit of help getting around. She doesn’t hear as well as she used to, so Marie takes her to run errands and helps her if she needs to do something online or make a call. But Eileen doesn’t settle for having everything done for her. She continues to cook, although with

some creative modifications, doing her prep work sitting at the kitchen table, then using a walker at the stove to tend her pots.

Eileen and Marie spend as much time as possible in social settings with friends. Their greatest joy is taking part in singalongs, often while Marie plays along on the piano. Marie takes trips to India sometimes, where she and her family are from, but Eileen doesn’t get to travel much anymore. She was lucky enough, though, to fly to California earlier this year for her grandson’s wedding. All her family and extended family were there, and they made sure she had everything she needed while away, including a walker and a wheelchair.

But the best part of the trip? “We had a wonderful, wonderful singalong for two hours,” said Marie. “We just sang all the oldest, oldest songs.” They feasted, laughed and enjoyed each other’s company.

“ **Family. That’s the biggest thing,”** said Eileen. **“You have peace of mind when you have a good family. They’re always asking, ‘What’s your secret?’ I say, ‘I think the TLC of my family.’**”



Haven't Had Your Peoples Health Comprehensive Wellness Assessment?

Call us! We'll let you know when you're due and schedule a time that works for you. Please note that we also now offer telehealth assessments, a safe and secure way to get your assessment at home.

1-866-780-5788 (TTY: 711)

Need a refresher on how the assessment helps you? See our article "Annual Activities to Keep Your Health on Track" in the winter 2020 *Connection* at <https://www.peopleshealth.com/member-resources/newsletters>.

TRUE OR FALSE?

Which of these are good ways to get in some **physical exercise or activity**?
Circle your answers, then check them on page 13.

1. Take the stairs	True	False
2. Walk 10 to 20 minutes every day	True	False
3. Watch your favorite TV show	True	False
4. March in place while watching your favorite TV show	True	False
5. Do alternating leg lifts while seated	True	False
6. Use a gallon jug filled with water to do alternating arm exercises	True	False
7. Lie on the couch and rest	True	False
8. Lift one leg at a time and trace A-L of the alphabet in the air with your foot; repeat with other leg, then do M-Z	True	False
9. Rake leaves	True	False
10. Plant a garden	True	False
11. Sing	True	False
12. Dance	True	False

Get moving! Physical activity is good for mind and body.
Remember, always check with your doctor before starting or changing an exercise routine.

DO YOU KNOW?

Many people have **urinary incontinence**, or unexpected urine leakage. It's not at all uncommon. And it can be treated. If you've had unwanted urine leakage in the past six months and it's interfered with your daily activities or your sleep, **talk to your doctor**.

There are many ways to control or manage this condition. Some ways are medication, bladder training exercises or surgery. Your doctor can tell you more about your options and which would help you.



Men, Make Personal Health a Priority

Colon cancer affects a large number of you, and **heart disease**, **stroke** and **diabetes** are leading causes of death among American men. Get regular checkups for the conditions you're most likely to face. Talk to your doctor about your personal risks.

Colon cancer screenings find problems early

Colon cancer affects men and women of all racial and ethnic groups and occurs most often in people older than age 50. Colon cancer screenings can help find growths, called polyps, which can often be removed before they turn into cancer.

Regular screenings can help find cancer and remove polyps earlier, when treatment may be easier and more effective. So make a commitment to yourself and get screened!

Symptoms to look out for:

- Stomach pain
- Change in bowel movements
- Blood in stool
- Feeling weak or tired

Possible screenings to get—talk to your doctor about which is right for you:

- Colonoscopy, once every 10 years
- Flexible sigmoidoscopy, once every five years
- Fecal occult blood test (FOBT), once every year

High blood pressure: What is it?

Blood pressure is the force of blood against the artery walls as it moves through your body. It normally rises and falls throughout the day. But if it stays high for a long time, it can damage your heart and kidneys and lead to health problems.

High blood pressure raises your risk for heart disease and stroke, which are leading causes of death in the U.S. It has no warning signs or symptoms, so many people don't know they have it.

The only way to know if you have high blood pressure is to check your pressure routinely. Your doctor should do blood pressure checks during your appointments. You can also check it on your own with an at-home blood pressure monitor or at some local pharmacies.



To help control blood pressure:

Get active
Limit alcohol
Avoid tobacco
Maintain a healthy weight
Eat healthy

Talk to your doctor about ways to start doing these things.

Diabetes facts and tips

The pancreas makes a chemical, called insulin, that helps our bodies process sugar. Diabetes is a health condition that causes the body to make less insulin or not use it well, which increases blood sugar levels. If not managed, diabetes can lead to nerve damage, kidney disease, vision problems, heart disease or stroke.

Early symptoms of diabetes can include thirst, fatigue, weight loss, frequent urination and blurred vision.

Lifestyle tips to prevent or control diabetes:

Maintain a healthy weight
Stay active
Eat healthy
Avoid tobacco
Take medication as prescribed

Talk to your doctor today to create a plan to help you best manage your diabetes.



Important Medication Tips:

1. Remember to always take your medication as your doctor prescribes.
2. Let your doctor know about any side effects, and never stop taking medication unless your doctor tells you to.
3. Refill medications on time, never share medications, and don't skip doses or break pills in half.
4. Ask for a new prescription if your doctor changes your dose.

Music: A Cure for the Body, Therapy for the Soul

Listening to music and playing music are fun, creative outlets, but do you know music is also used as therapy to improve physical and emotional health?

What is music therapy?

It uses the rhythms, vibrations and feelings created through music to help people gain or improve certain abilities. Professional music therapists have special training and certifications. They are required to know about music, medicine and psychology.

How does music therapy work?

Music therapists work with individuals and groups in health care and educational settings. They use music with those recovering from injuries, managing long-term conditions, or working through emotional issues, like grief and depression.

Music therapy can help people express themselves, which enhances creativity and communication skills. Group classes are also a great way to be social. Music therapy has been shown to have a calming effect and even reduce anxiety, lower blood pressure and improve pain management.

Do you need to know how to play an instrument for music therapy to work?

Not at all! No musical experience is needed. Through music therapy, you can learn how to use an instrument and create rhythms. But you don't need to use an instrument to get the benefits. Moving to the beat might help those with limited mobility. Sometimes simply listening to music has a powerful effect.

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Learn more

Check out our Guided Relaxation video, which uses music therapy, at <http://www.peopleshealth.com/wellness>. Or “like” Peoples Health on Facebook to see it and more videos.

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Music therapy is done in different ways, including:

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- Drumming
- Learning to play instruments, such as small percussion instruments
- Singing
- Dancing or moving to music
- Listening to music
- Writing songs



Rafael B.
Peoples Health plan member since 2010

Quick Facts About Rafael

- Been singing all his life, and as a young man joined the Navy orchestra while in the service
- Was the original balladeer for the Blue Star Orchestra that enlivened French Quarter clubs in the 1960s
- Traveled and performed throughout Central America, including in Guatemala, his birthplace

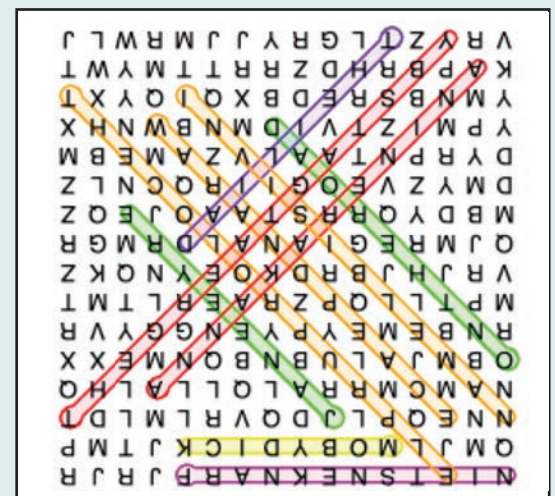
Remembering the Rhythm

Member and vocalist Rafael B. says music “puts you back in the rhythm of your senses.” It’s good for your well-being, because it has a way of transporting you to a treasured place in time.

Rafael is a crooner. He sings big band jazz and what he calls American songbook standards—the music of Cole Porter, Frank Sinatra, Nat King Cole, Tony Bennett, Lou Rawls, Sammy Davis Jr., Ray Charles and Bobby Darin, to name a few.

He has performed at assisted living centers in and around New Orleans for more than 20 years and considers it a service to give back to the community. He enjoys it as much as the residents, who always get up and dance, some even doing wheelies in their wheelchairs. His objective? Connect people with their memories to keep those memories alive.

Answers to puzzle on page 18.



Answers to True or False quiz on page 9.

1. T; 2. T; 3. F; 4. T; 5. T; 6. T;
7. F; 8. T; 9. T; 10. T; 11. F; 12. T

A Safe Home Is a Comfortable Home

To make sure your home is safe and comfortable, you might need to boost its security and get rid of hazards.

Security Around Your Home

Make sure you have good lighting inside and outside your home, sturdy doors and windows, and secure locks. It might be a good idea to use a timer that automatically turns on lights at dusk. Keep windows and doors, including garage doors, locked. Keep blinds or curtains drawn when you're not at home. Think about joining your neighborhood watch program, or start a "buddy system" with your neighbors, where you keep an eye on each other's property.

Safety Around Your Home

Falls are a leading cause of injury in older adults, and many falls happen at home. Take these steps to create safer surroundings:

- Get rid of clutter inside and outside; remove things you can trip over from walkways and stairways (like books, papers, boxes, clothing, and lawn supplies)
- Keep pets in a central area and pet toys off the floor
- Put nonskid tread on steps
- Remove throw rugs, or use double-sided tape and nonslip backing to secure edges
- Use a waterproof seat in the tub or shower and a rubber bathmat
- Don't walk barefoot or in loose shoes

TIP: Does your plan have a fitness benefit? Use it for activities that strengthen your muscles and support balance to reduce your chances of falling. Talk to your doctor if you feel unstable and before starting an exercise routine.

Aging in Your Home

Growing older might mean outgrowing aspects of your home. For instance, while once it was easy to hop up the steps to your front porch, it may be more of a challenge now. Address concerns like these sooner rather than later. Think about:

- Using ramps instead of steps
- Installing handrails or grab bars
- Installing more or brighter lighting fixtures
- Changing doorknobs to handles with levers
- Getting help with chores
- Having meals delivered if you can't prepare your own

Higher cost fixes might be changing out a tub for a walk-in shower or widening doorways to fit a wheelchair.



Resources to Know About

Get family and friends to help with easy changes to your home's safety and security. Other changes may require professional help. Some agencies will assess your home, for a fee, for how it will support you as you age and suggest possible fixes. For more information about aging in your home and agencies that can help, visit <https://www.seniorresource.com/ageinpl.htm>.

If you need help with chores or light housekeeping, check with your local council on aging. It may offer services to help with these tasks, and there's normally a waiting list. Visit <http://goea.louisiana.gov> to find your area's agency.

Check out our video about fall prevention at <http://www.peopleshealth.com/wellness>. Or "like" Peoples Health on Facebook to see it and more videos.

Distracted Driving—Don't Do It!

There are many things around us vying for our attention. Our phones are a big one. Being safe on the road is not just about seeing traffic signs, but also about focusing on the task at hand—driving.

What is distracted driving?

It's when you do other things besides driving when you're behind the wheel. It's dangerous to use your phone, to text or even talk, while driving. Anything that takes your focus away from the road, even for 5 seconds, is distracted driving.

As we age, our driving abilities may change, so it's especially important to be alert in the driver's seat and aware of what's around us.

More tips for being safe on the road:

- Make sure your car is in good working condition.
- Pay attention to the speed limit. Driving too fast or too slow on a highway is dangerous.
- Pay attention to stop lights, stop signs and other street signs.
- Watch for pedestrians.
- Always look both ways before driving over train tracks, and never stop on tracks.



Avoid These for a Safer Trip:

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Talking on the phone

Texting

Adjusting the radio or GPS

Putting on makeup

Eating and drinking

Update About Medicare Savings Programs

Medicare savings programs are Medicaid programs for people with Medicare. They help cover Medicare premiums and cost-sharing for those who don't qualify for full Medicaid. These programs vary by state.

To be eligible, you must meet certain income requirements, which change every year. Louisiana also used to look at assets, too—for instance,

cash, money in bank accounts, stocks, bonds and property—when checking eligibility, but it no longer does as of October 2019. **This change and income requirement changes could mean your eligibility has changed, too.**

To learn more, visit <http://medicaid.la.gov> or call 1-888-342-6207. TTY users call 1-800-220-5404.

Stay in Touch!

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.**

Write or Visit Us

You can write to us or visit us at the following address. Our office hours are Monday through Friday, from 8 a.m. to 5 p.m.

Attn: Member Services
Peoples Health
Three Lakeway Center
3838 N. Causeway Blvd.
Suite 2200
Metairie, LA 70002

Send Us a Message

Email questions to phn.member@peopleshealth.com or send us a message through <http://www.mypeopleshealth.com>.

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.



Health in Motion

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

Robert Finley is a Peoples Health Champion because, as he'll tell you, "Winners never quit, and quitters never win." On July 9, 2019, at age 65, he performed before the largest audience of his "new" career.

What did he do?

Before millions of viewers, Robert sang an original song on a primetime televised American talent show. And he made it all the way to the semifinals.

How did he do it?

Robert has always loved music. He got his first guitar at 10 years old and dreamed of being a star. While in the Army, stationed in Germany, he got tapped to be a bandleader. But when he returned home from the service, he chose carpentry as a career, building the dreams of others. In his 60s, his eyes started failing him. He could no longer read a tape measure, but he could still see his future in his childhood dream.

Why did he do it?

When Robert sings, decades of experience and emotion pour out. His presence is comfortable. His happiness, palpable. His voice, powerful. One talent-show judge compared his voice to a fine wine that needed to be put away until the right time. By chasing his dream, Robert shows the rest of us that our own dreams may yet be in reach.

News From the Department of Justice

Financial schemes targeting seniors are on the rise. The Department of Justice is working hard to protect older Americans from financial harm. One way it's doing this is with a new hotline that seniors can call for assistance if they think they're a victim of fraud.

Through the hotline, you can report suspected fraud, as well as get help with resources and referrals to other services to help with your situation. **Keep this toll-free number handy, and always report suspected fraud!**



National Elder Fraud Hotline
1-833-FRAUD-11
(1-833-372-8311)

Five Ways to Recognize a Social Security Scam

The Social Security Administration is warning that scammers are calling people and then sending emails with false documents. The scammers pretend to be government employees and will try to convince you to give personal information about your Social Security account, number or benefit.

Don't give out any information if you're not sure who you're talking to. Look for these signs of a scam:

1. Threats of legal action or arrest
2. Emails or texts with your personal information
3. Misspelled words and grammar mistakes
4. Requests for payment by cash, wire transfers, or pre-paid cards, like gift cards
5. Offers to increase your benefits in exchange for payment

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The Social Security Administration will never threaten you with arrest or legal action for not paying a fine or fee, and it will send a letter to let you know of any issues.

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Read more about these tips at
<https://www.consumerfinance.gov/about-us/blog/five-ways-to-recognize-social-security-scam>.





Mark Your Calendar

Make note of these important dates!

Men's Health Month	June
National Healthy Homes Month	June
Alzheimer's and Brain Awareness Month	June

D-Day	June 6
Wear Blue for Men's Health Day	June 19
Father's Day	June 21
Independence Day	July 4
Senior Citizens Day	Aug. 21
Read a Book Day	Sept. 6
National Grandparents Day	Sept. 13



TRAIN YOUR BRAIN

Test your mind-strength with this puzzle!

Famous Books

The Great Gatsby
Moby Dick
Invisible Man
Anna Karenina
The Iliad
War and Peace
Jane Eyre
The Color Purple
On the Road
Frankenstein

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

Stumped? Answers on page 9.

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



Peoples Health plan member Rita C.

“WHAT'S YOUR
**PEOPLES
HEALTH**
STORY?”

Tell us what you
like about
Peoples Health.

We love hearing from our plan members. And we've found that the best way to tell the Peoples Health story is by letting our plan members speak for us. That's why you see your fellow plan members in our marketing materials, in our newsletters, in social media, online and elsewhere. When it comes down to it, we are only as good as your opinion of us.

At Peoples Health, we work every day to help our members enjoy the best health possible. Have we helped you? Tell us your story at <http://www.peopleshealth.com/my-story>.

Or mail your message to:

My Story at Peoples Health
Three Lakeway Center
3838 N. Causeway Blvd., Ste. 2200
Metairie, LA 70002



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Share the phone
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with your friends. You
can even share it as a
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I LOVE PEOPLES HEALTH!
... AND I THINK YOU WILL, TOO.
HERE'S THEIR PHONE NUMBER.

1-855-301-9
MONDAY THROUGH FRIDAY
8 A.M. 8 P.M.

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IMPORTANT PLAN INFORMATION

This is the newsletter for Peoples Health plan members.



Connect with us.

Peoples Health is a Medicare Advantage organization with a Medicare contract to offer HMO plans. Enrollment depends on annual Medicare contract renewal. Every year, Medicare evaluates plans based on a 5-star rating system. Peoples Health is rated 4.5 out of 5 stars for 2018, 2019 and 2020—the highest rating given to any Medicare Advantage or special needs plan in Louisiana listed in the publication “Medicare & You” for 2018, 2019 and 2020.

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