



MyTru Advantage

Wellness Quarterly

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Lung Cancer Screening

Lung cancer is the 3rd most common cancer in the US. Low-dose CT scans are used to test those who have a history of smoking, even if there are no symptoms of lung cancer.

As with most cancers, early detection makes for more effective treatment.

Breast Cancer Screening

Breast cancer is the most common cancer in women. The best way to test for breast cancer is to have a mammogram, which can help find breast cancer early, even before a lump can be felt.

Early detection means earlier treatment.



Source:

<https://seer.cancer.gov/statfacts/html/common.html>

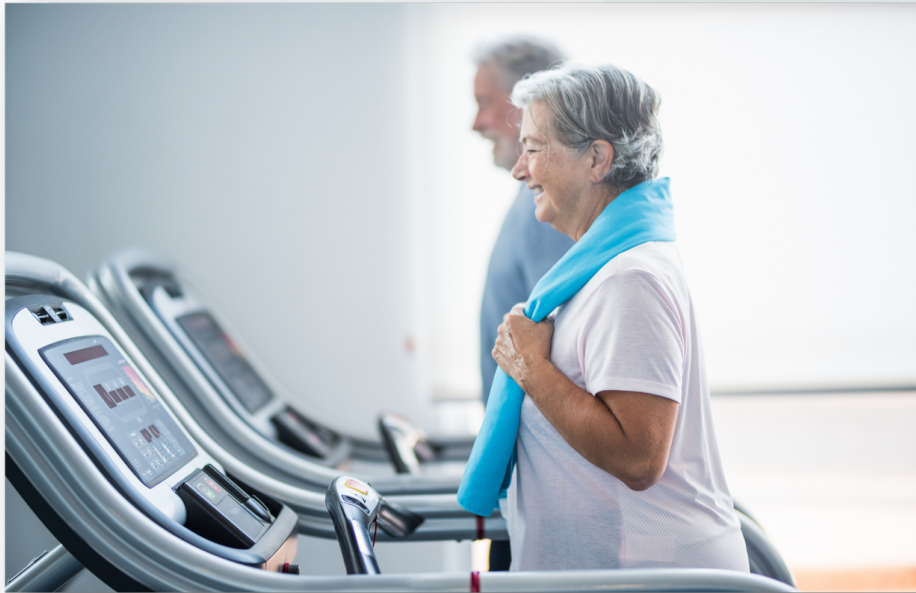
<https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/american-cancer-society-recommendations-for-the-early-detection-of-breast-cancer.html>

Your Preventative Health Services

Welcome! MyTruAdvantage wants to help you stay as healthy as possible in 2023.

Your health plan covers many preventive screenings and services at no cost to you!

Talk to your primary care provider about any tests or immunizations that are right for you.



- Annual Wellness Visit
- Lung Cancer Screening
- Breast Cancer Screening
- Colorectal Cancer Screening
- Immunizations

For a complete list of all preventative services covered by your plan, please contact MyTruAdvantage Member Services at (844) 425-4280.

Colorectal Cancer Screening

Colorectal cancer is the 4th most common type of cancer in the US. The earlier it is found, the better the chance of successful treatment. While there are multiple types of screening for colorectal cancer, a colonoscopy remains the gold standard for screening. Some of the other types of screenings include stool tests (FIT, FIT-DNA), a flexible sigmoidoscopy, and a CT Colonography. Talk to your medical provider to determine which is best for you.

Immunizations

Immunizations offer protection against some disease-causing bacteria and viruses.

These are just a few of the vaccines included with your benefits:

- Pneumonia Vaccine
- Flu shots
- Hepatitis B
- Covid-19
- Shingles

Important Message About What You Pay for Vaccines -

Our plan covers Part D vaccines at no cost to you.

Please call Member Services for more information.



Your Dental Health

Taking care of your mouth takes care of your whole body.

When you have tooth decay and gum disease, swelling in your gums can cause bleeding, which could let bacteria into your blood stream.

These bacteria are then able to go to other parts of your body and cause complications.

For example, in people with heart disease, bacteria in the blood can cause swelling in the lining of the heart called Endocarditis.

For those with diabetes, gum infection can raise blood sugar levels.

For those with high cholesterol levels, there is a link between increased oral/dental plaques and blood vessel plaques, referred to as atherosclerosis.



Your Dental Health

Poor mouth health can also make it harder to eat the foods that are healthy for you.

When teeth and gums are painful or swollen, chewing crunchy or hard foods such as fresh fruits and vegetables can be painful and cause avoidance of these healthy foods.



Many soft foods are high in sugars and carbohydrates, which can feed the bacteria in the mouth and speed gum disease and tooth decay.

Also, Diabetes causes dry mouth. Saliva helps fight bacteria, so when the mouth is dry, there is not enough saliva which lets bacteria grow faster.

Osteoporosis (decreasing bone density) can cause a weakening of the jawbone.

This weakens the tooth sockets which can cause tooth loss.

Dental Risks

Using tobacco products increases the risk of oral cancer. This is particularly true if using chewing tobacco/snus/other smokeless products because these products are held against the gums and cheek.

During routine dentist visits, the dentist examines the cheeks, gums, and tongue for cancer. It is important to have regular dental check-ups to find signs of oral cancer early when it is easier to treat.

Make sure you are telling your dentist about your chronic health issues and what medications you take. Some of them can affect your oral health. Your dentist will know how this information affects your oral health.

Sources:

<https://health.clevelandclinic.org/oral-health-body-connection/>

<https://www.hsph.harvard.edu/nutritionsource/oral-health/>



Annual Wellness Visit

Your Medicare Annual Wellness Visit is not a physical exam, but a review of your overall health risks, medications, and preventive care.

Your visit is covered at 100% if your provider accepts Medicare. However, during your visit, if you require further tests or screenings other than those listed below, a co-payment or co-insurance expense could occur.



A medical and family history review and discussion.



An update to any current providers and prescriptions you may be taking.



Routine measurements such as height, weight, and blood pressure.



Individualized health advice.



Cognitive assessment.



Review of your risk factors and treatment options that may be appropriate for you.



Recommend appropriate preventive services such as: screenings, shots, etc.

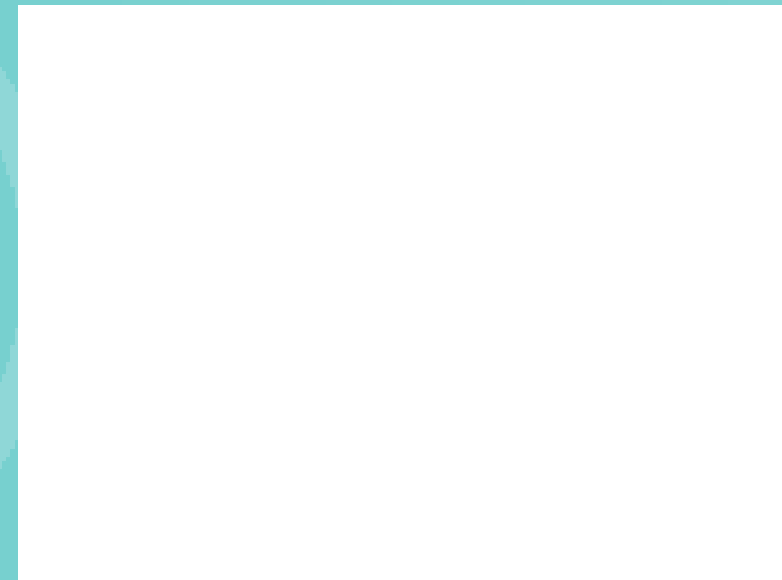


Advance care planning discussion & resources available.



MyTru
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www.MyTruAdvantage.com



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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.425.4280 (TTY: 711).

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