

The Advantage

A NEWSLETTER FOR OUR MEMBERS | ISSUE 1 | 2022



*One of the few plans
in the country
to receive 5 stars from
Medicare in 2022.*

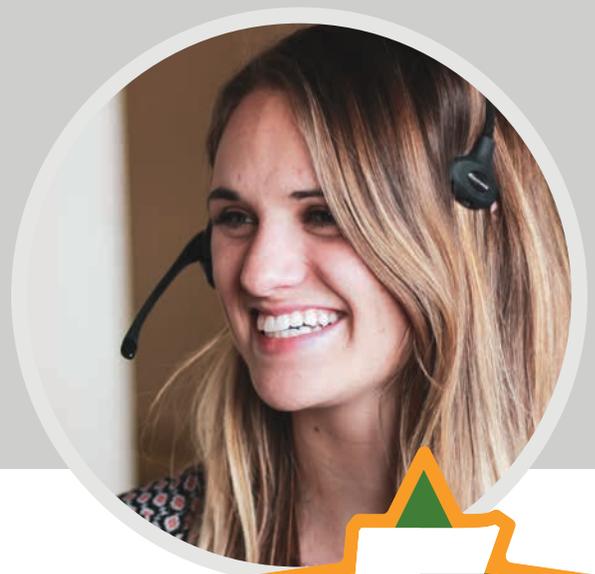


MARTIN'S POINT[®]
MEDICARE ADVANTAGE PLANS

GENERATIONS ADVANTAGE

In this edition:

- Extra Savings on Part D Insulin
- Colorectal Cancer Awareness Month
- Using Your Over-the-Counter Benefit
- Healthy Eating with Foodsmart™ and Mom's Meals®
- Comprehensive Visit—Two Important \$0 Preventive Visits in One



Looking Forward to a Brighter Year Ahead

Dear Neighbor,

We want to start off the new year with a warm welcome to our new Generations Advantage members and thanks to those who are continuing your membership with us in 2022. We appreciate your trust and look forward to being your partner in health in the years ahead.

Working Together Against the Pandemic:

An important part of our partnership is our shared responsibility to join efforts in fighting the continued COVID-19 pandemic. As our communities face the challenges of the winter surge, we want to remind all our members of the increased importance of getting fully vaccinated and boosted if you haven't already (and getting your flu shot, too!). We urge you to continue masking and social distancing as recommended by the Centers for Disease Control and Prevention (CDC) and thank you for doing your part to take good care of yourself, your loved ones, and our greater community.

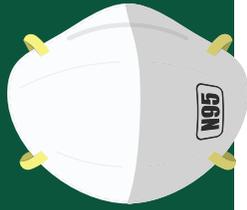
To support your efforts to stay healthy, please remember that COVID-19 vaccines and boosters are covered by your plan with no member copay. On the next page, you'll find helpful details of other COVID-19-related coverage—including how testing is covered.

Take Advantage of Extra Benefits: We hope you'll take advantage of the many extra benefits provided by your Generations Advantage plan to help you stay as healthy and fit as possible. Don't forget to check the 2022 Extra Benefits Guide you received last month for information on using these benefits, including helpful web links and vendor phone numbers.

Together, we can all look forward to a better and brighter year ahead. As always, if you have any questions, please don't hesitate to call us. We are here for you!

Your Generations Advantage Member Services Team

COVID-19 Tests and Masks



In addition to vaccines and boosters, your Generations Advantage plan covers some COVID-19 testing and masks.

KF94, KN95, and N95 masks now reimbursable through Wellness Wallet:

On January 14, 2022, the Centers for Disease Control and Prevention (CDC) recommended these masks to further limit the spread of COVID-19. Your Wellness Wallet now reimburses for KF94 and KN95 masks purchased on 1/1/22 or later, and N95 masks purchased on 1/14/22 or later.

Tests done at a test facility or doctor's office:

These are covered if they are medically necessary—this includes if you have COVID-19 symptoms or are symptom-free but have been exposed to someone with COVID-19. Travel- or work-related tests are not covered. Find a test site at your state's health department website:

Maine: <https://www.maine.gov/covid19/testing>

New Hampshire: <https://www.covid19.nh.gov/resources/testing-guidance>.

Over-the-counter, at-home tests:

Currently, these tests are **not covered** and not reimbursable through your Wellness Wallet. We will notify you of any coverage updates from the Centers for Medicare and Medicaid. For up-to-date COVID-19 coverage information, visit our website at MartinsPoint.org/for-members-and-patients/COVID19. President Biden's administration has made four free at-home tests per household available through the US Postal Service. To order tests, visit: <https://special.usps.com/testkits>

It's Not Too Late to Get Your Flu Shot!

Staying healthy this winter is more important than ever as health care providers and hospitals face the challenges of providing care during the current COVID-19 surge. Even with widespread mask wearing and social distancing, spread of the seasonal flu is still a very real concern. If you've already had your flu shot, thanks for taking care of yourself. If you haven't, please consider doing so as soon as possible. By getting a flu shot, you're helping protect yourself, your loved ones, and your greater community.

There are several places to safely get a flu shot as a member of Generations Advantage. For more information about where to get your flu shot and how the flu shot is covered under your plan, call Member Services or visit MartinsPoint.org/Flu.

Coming Soon!

Videos to Help You Get the Most Out of Your Benefits

Be on the lookout in 2022 for some exciting new additions to our website. We will feature a series of videos designed to help you understand and use the valuable benefits included in your Generations Advantage plan.



Try the Member Portal for Quick Convenience

To set up a Member Portal account, click on the “Sign In” tab at the top right of the MartinsPoint.org website and register!

The Generations Advantage Member Portal makes it easy to find the information you need and take the actions you want—all online!

- **Update Your Primary Care Provider (PCP):** It’s easy to make a PCP change yourself. Just click on CHANGE PCP, find your new PCP, and accept the update.
- **Need a new or replacement ID card?** Put in an online request any time to have a new/replacement card sent to you. You can even view and print a card at home.
- **Member Information:** Find the personal information you have provided to your health plan, including your address and phone number.
- **Member Benefits*:** Find information about the benefits and services available with your plan.
- **Claims:** View, print, or check the status of your claims.
- **Authorizations:** View the up-to-date status of your authorization request(s).
- **Find a Provider/Pharmacy*:** Search our directory of network providers, facilities, and pharmacies.
- **Pay Plan Premiums*:** Submit an online monthly payment.
- **Member Resources*:** Find plan documents, benefits information, and much more.

*This function is also available on the MartinsPoint.org website without logging into your member portal

Material presented in this newsletter is not intended to replace your health care provider’s medical advice. Every year, Medicare evaluates plans based on a 5-star rating system. Generations Advantage 2022 Overall Ratings: 5 out of 5 Stars for HMO Contract H5591 and LPPO Contract H1365; 4 out of 5 Stars for RPPO contract R0802. Visit www.Medicare.gov for more information. Martin’s Point Generations Advantage is a health plan with a Medicare contract offering HMO, HMO-POS, HMO SNP, PPO, and Regional PPO products. Enrollment in a Martin’s Point Generations Advantage plan depends on contract renewal. Material presented in this newsletter is not intended to replace your health care provider’s medical advice. Martin’s Point Health Care complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Senior Savings Program for Insulins

At Martin’s Point Generations Advantage, we’re committed to helping keep our members’ out-of-pocket costs on prescription medications affordable. As part of that commitment, we participate in a program offered by Medicare to help seniors save on insulins covered under Medicare Part D. The program is called the “Part D Senior Savings Model” and is available to most Generations Advantage members whose plans include Part D Prescription Drug coverage.*



Through this program, we offer a wide range of insulin types at a maximum cost of \$35 per 30-day supply. These savings are available through the Deductible, Initial Coverage, and Coverage Gap (donut hole) phases of Part D coverage. Costs may vary during the Catastrophic phase. Our goal in participating in this program is to provide lower and consistent out-of-pocket insulin costs to support members in taking their medications as directed to stay as healthy as possible.

The table below includes the brand name and type of all formulary insulins included in the program for 2022.

Insulin on Formulary	Insulin Type
Novolin® N FlexPen®	Intermediate-Acting
Novolin® N	Intermediate-Acting
Novolin® 70/30 Vial	Mix
Novolin® 70/30 FlexPen	Mix
Novolin® R	Short-Acting
Novolin® R FlexPen®	Short-Acting
Basaglar® KwikPen®	Long-Acting
Levemir®	Long-Acting
Levemir® FlexTouch®	Long-Acting
Soliqua®	Combination
Xultophy®	Combination

Insulin on Formulary	Insulin Type
Fiasp®	Rapid-Acting
Fiasp® Flextouch	Rapid-Acting
Fiasp® Penfill	Rapid-Acting
NovoLog®	Rapid-Acting
NovoLog® FlexPen	Rapid-Acting
NovoLog® Penfill	Rapid-Acting
NovoLog® 70/30 Pen	Mix
NovoLog® 70/30 Vial	Mix
Tresiba® Vial	Long-Acting
Tresiba® Flex U-100	Long-Acting
Tresiba® Flex U-200	Long-Acting

Important note: Insulins used in an insulin pump fall under the Medicare Part B medical benefit (not Part D). Like all Part B medications, these insulins are subject to a 20% cost share for members.

*This cost-sharing program does not apply to members who qualify for the “Extra Help” program that helps pay for your drugs.



We urge you to use your \$0 preventive care benefits now!

SCHEDULE YOUR ANNUAL PREVENTIVE SERVICES TODAY.

Remember to Schedule Your 2022 Comprehensive Visit

Martin's Point Generations Advantage covers both your Medicare Annual Wellness Visit and Annual Physical Exam at \$0 copays when you see an in-network provider.

It's very important to schedule both services each year because they offer different kinds of preventive care (see details below) and can help you prevent or manage chronic conditions.

For your convenience, your provider may be able to schedule your Medicare Annual Wellness Visit and your Annual Physical Exam on the same day in one comprehensive visit.

What to expect with each kind of preventive service:

Annual Physical Exam

A hands-on examination where your provider will normally do the following:

- Check your height, weight, blood pressure, and body mass index (BMI)
- Examine your skin, heart, lungs, etc.
- Review your medical history/risk factors

Medicare Annual Wellness Visit

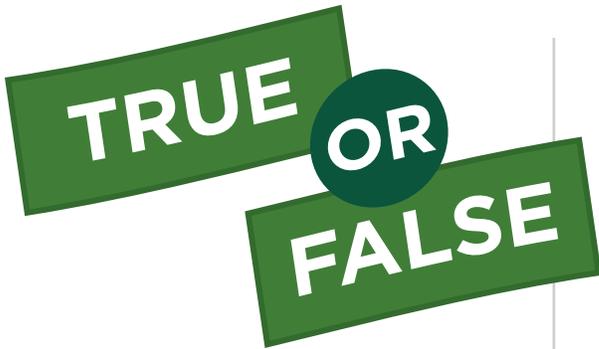
A conversation with your provider to discuss your health goals, including:

- Preventive services you may need
- Your current medications
- How much activity is right for you
- Managing urinary incontinence
- Preventing falls and improving balance
- Improving/maintaining mental health

Please note that your \$0 copay covers the preventive services listed above. Separate copays may apply if additional services are provided during your visit. If you have questions about these visits or your plan benefits, please call Member Services.

Take good care of your health and call your provider today to schedule both of these important services!

March is Colorectal Cancer Awareness Month



Colorectal cancer is the 2nd leading cancer killer.

TRUE ✓

FALSE

Both men and women get colorectal cancer.

TRUE ✓

FALSE

Colorectal cancer often starts with no symptoms.

TRUE ✓

FALSE

You can stop this cancer before it starts.

TRUE ✓

FALSE

Testing for colorectal cancer can save your life. Screening tests can find precancerous polyps so they can be removed before they turn into cancer. Screenings can also find colorectal cancer early, when treatment is most effective. Talk to your provider and screen for life.

Four Types of Colorectal Cancer Screenings

1 A **colonoscopy** is the most complete colorectal cancer screening. During this exam, your provider detects changes or abnormalities in the entire colon and rectum, looking for both colorectal polyps and cancer. If found, your provider can remove most polyps and some cancers. For most people, a colonoscopy should be done **every 10 years**.

2 A **flexible sigmoidoscopy exam** is when your provider examines the lower third of the colon with a short flexible lighted tube. This exam should be done **every 5 years**.

3 An **at-home DNA-based test**, such as Cologuard®, detects changed DNA and microscopic blood cells in stool. It can detect some precancerous polyps. A Cologuard test should be done **every 3 years**.

4 An at-home **fecal occult blood test (gFOBT)** and **fecal immunochemical test (FIT)** look for hidden blood in stool, which can be an early sign of cancer. These tests should be done **each year**.

As your partner in health, we want to help ensure you get timely preventive care. If you are between 50 and 75 years of age and are due for a colorectal screening, you may be contacted by our Health Plan Quality team throughout the year.

Save on Everyday Health Needs

Use Your Over-the-Counter Benefit

You may purchase from a selection of over 350 eligible, CVS-brand items up to your plan's allowed amount, which refreshes quarterly. You can make multiple transactions per quarter until you meet your quarterly maximum. Unused amounts do not roll over to the next quarter.

How to Use this Benefit

- 1** Browse a catalog of eligible items available on our website or by calling OTC Health Solutions at **1-888-628-2770** (TTY: **1-877-672-2688**).
- 2** To purchase for home delivery, visit the website on the right or call in your order at the number above.
- 3** For in-store purchases, visit a participating CVS location (see website for a list) and present your Generations Advantage ID card at the register.

Benefit Tips

- 1** Skip the wait and order online or call in the middle of the month. For phone orders, please note their phone lines are busiest at the beginning and end of each quarter.
- 2** Due to the personal nature of products, no returns or exchanges are permitted.
- 3** Certain items may have a limit on the quantity you can purchase each quarter. Please call OTC Health Solutions to learn more.

Learn what's covered at
MartinsPoint.org/OTC

Do you have a friend *who deserves benefits like you have?*

Refer them!

If you're pleased with your Generations Advantage plan, we hope you won't keep it a secret. **Please let your friends and family know they can start enjoying the highest-quality Medicare benefits and service by joining one of our 5-Star plans right NOW—they don't have to wait to switch!**

**Ask them to call
1-866-544-7502.**

*They will thank you,
and so will we!*

Touching Lives in Our Community

For 2021, our Martin's Point Community Engagement team continued our tradition of granting the holiday wish lists of over 50 local, disadvantaged seniors through our Be A Santa to a Senior program. Employees from across the organization filled festive gift bags with new slippers, favorite soaps, boxes of sweets, and much more—lifting the spirits of our elder community members with their thoughtfulness and generosity.



New for 2022: Mom's Meals® Private Pay Program!

Better health begins with the very meals we eat—whether recovering from an illness or injury, managing a health condition, or just looking to stay fit.

Martin's Point Generations Advantage has expanded our partnership with Mom's Meals to give members the option to purchase nutritionally balanced, ready-to-eat meals delivered direct to your home. Martin's Point Generations Advantage members are eligible to order meals with shipping included on all orders (a savings of \$14.95 per order).

The Nutrition You Need

Mom's Meals menus are designed by chefs and registered dietitians to provide seasonal, delicious meals that support general wellness goals or the specific nutrition needs of common health conditions including diabetes, heart disease, and more.

The Options You Want

Members can choose every meal from a broad selection of entrée options. Mom's Meals professional chefs make seasonal menu updates using high-quality ingredients. Mom's Meals refrigerated and fully prepared meals are a great solution for busy people, caregivers, new moms, and anyone looking for a convenient and easy way to eat healthy.

The Convenience to Fit Your Life

Entrées are refrigerated and ready-to-eat within minutes in the microwave.

How to Order Meals:

Place your order online or by phone using code **MPGA** to activate the offer:
Online: www.momsmeals.com/MPGA
Phone: **1-877-347-3438**



foodsmart™

Free, unlimited chats with a nutrition coach from the comfort of your home!

We've teamed up with Foodsmart to offer you a program that is tailored to your needs and preferences—from nutrition tips for managing a medical condition, to simply wanting to eat healthier, or just trying to save on groceries. Your Foodsmart nutrition coach and other resources can make healthy eating easier and more affordable.

How to Use this Benefit

- 1** Get started by calling Foodsmart at **1-888-837-5325** to schedule an appointment with a nutrition coach.
- 2** OR send an email requesting an appointment to **Telenutrition@Foodsmart.com**.
- 3** OR download the Foodsmart app in the App Store or Google Play. Click on "Sign Up." **Your Group is "Martin's Point Generations Advantage."**

You don't need to use your Wellness Wallet to participate in the Foodsmart program. It is included with your plan at no additional cost to you. For more information about this valuable benefit, go to **MartinsPoint.org/Foodsmart**.

Generations Advantage Contact Information

Member Services (for current members):

We are available 8 am–8 pm, seven days a week from October 1 to March 31; and Monday through Friday the rest of the year.

1-866-544-7504 (TTY: 711)

Interested in becoming a member? Please call:

1-888-640-4423 (TTY: 711)

Generations Advantage Website:

MartinsPoint.org/MedicareMember



2022 Preventive Care Checklist

Three easy steps to a healthier you!

- 1. Detach this checklist and take it with you** to your next visit with your primary care provider (PCP). Then keep it for your records to help you stay on track with your preventive care.
- 2. Ask IF and WHEN** you might need each screening/exam
- 3. Write down the date** you received, or will receive, each needed item

KNOW YOUR NUMBERS:

- Glucose or A1C Number _____
- Blood Pressure _____ / _____
- Body Mass Index (BMI) _____
- Cholesterol (LDL Value) _____

At your visit, TALK WITH your doctor about:

- Reviewing your current diagnosed conditions and medications
- How much physical activity is right for you
- What to do if you are feeling down or depressed
- How to manage any bladder control issues
- How to lower your risk of falling

*A Comprehensive Visit is an annual wellness exam scheduled back-to-back with a physical exam. **It's a convenient way to get two important preventive care visits in one appointment!**

APPOINTMENTS:

- Comprehensive Visit* _____
- Medicare Wellness Visit _____
- Annual Physical Exam _____
- Annual Routine Eye Exam _____
(including dilated-eye exam)

DATE RECEIVED/ SCHEDULED

VACCINES:

- Pneumonia Vaccine _____
- Flu Shot (yearly) _____
- COVID-19 Vaccine Dose 1 _____
- COVID-19 Vaccine Dose 2 _____
- COVID-19 Booster _____

DATE RECEIVED/ SCHEDULED

TESTS AND SCREENINGS:

- Colorectal Cancer Screening _____
- Cardiovascular Screening _____
- Cholesterol Screening _____
- Diabetes Screening (foot exam, A1C test, kidney test) _____

DATE RECEIVED/ SCHEDULED

For Men:

- Prostate Cancer Screening _____

For Women:

- Mammography Screening _____
- Bone Mass Measurement _____



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Watch Your Mailbox!

In 2022, we'll be sending any Explanation of Benefits (EOBs) weekly instead of monthly.

Health and Wellness or Prevention Information

The Tale of Two Surveys

Over the next few months, you may receive two different surveys in the mail sent on behalf of Generations Advantage. Although the surveys may look similar, they collect information about different things. The Consumer Assessment of Healthcare Providers and Systems (CAHPS[®]) survey asks questions about your experience and satisfaction with the care you receive. The Medicare Health Outcomes Survey (HOS) measures the quality of health care Medicare members receive. This survey asks questions about your health over a certain period.

Medicare requires that all health plans mail these surveys each year. Because it's a random sample, you may receive both or neither. Please complete any surveys you receive—they help us understand how well we are meeting our members' expectations and show us areas where we can improve. They are also an important way for Medicare to hear directly from you about your health care experiences. If you have any questions about the surveys you receive, please call Member Services. We know your time is valuable. Thank you, in advance, for taking the time to let us know how we are doing!



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