

# Enjoy Life

A Newsletter for VIVA MEDICARE Members

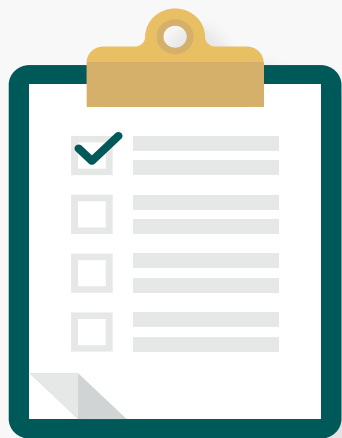
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## Get the most FROM YOUR BENEFITS.

Can you believe we are already halfway through 2023? Here's a mid-year checklist to make sure you're using all your benefits to stay as healthy as you can:

- ☐ **Yearly dental allowance** for fillings, crowns, implants, and more
- ☐ **Yearly eyewear allowance** for new contacts or eyeglasses
- ☐ **Quarterly over-the-counter (OTC) allowance** to order items from the NationsOTC catalog. Call Nations at 877-209-5189 (TTY: 711) or go to [NationsBenefits.com/Viva](https://NationsBenefits.com/Viva) to place an order online.
- ☐ **Silver&Fit® Healthy Aging and Exercise Program:** Call 877-427-4788 (TTY: 711) or go online to register and find gyms near you at [SilverandFit.com](https://SilverandFit.com) (See more on page 9 about at-home exercise programs.)
- ☐ **Annual Wellness Visit** with your Primary Care Physician at no cost to you. During this visit, you'll make sure you are not due for any cancer screenings, tests, or vaccines (shots like tetanus or flu). You'll go over any medicine you're taking and have time to talk to your doctor about any problems you may be having. (See page 6 for questions to ask your doctor if you're having bladder problems.)

If you have any questions about your benefits or need help finding a doctor, **call our friendly Medicare Member Services team at 833-760-0592 (TTY: 711)**. We are happy to take your call Monday-Friday, 8am-8pm. From October 1-March 31, we are open 7 days a week, 8am-8pm.

# Your feedback matters more than anything!

Leave a Google review and let  
your satisfaction be heard!

*You must sign into Google to leave a review.*





# GROCERY LIST & QUICK, EASY Recipes for One Person

When you're used to cooking for a large family and now you only cook for yourself or one other person, you can end up with a lot of leftovers that may or may not get eaten. Our Member Advisory Councils asked for a healthy foods shopping list to take the grocery store and quick and easy recipes for one or two people. You asked for it; you got it!

## *Easy Sheet Pan*

## CHICKEN AND VEGETABLES



### GROCERY SHOPPING LIST for One Person

- ☐ Boneless, skinless chicken thigh (or chicken breast) – 1 breast or thigh (Extra chicken can be frozen for later.)
- ☐ Small sweet potato – 1, cut in 1" cubes
- ☐ Cherry tomatoes – ½ cup (or use 1 medium-sized tomato)
- ☐ Olive oil – 1 teaspoon
- ☐ Salt – ¼ teaspoon
- ☐ Black pepper – ¼ teaspoon
- ☐ Italian seasoning – ¼ teaspoon

### INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Place the chicken on one side of the baking sheet. Add the potatoes and tomatoes to the other side of the baking sheet.
3. Drizzle the olive oil over the chicken and vegetables. Season the chicken and vegetables with the salt, pepper, and Italian seasoning.
4. Using your hands, mix the vegetables so that they are all completely covered with the oil and spices.
5. Rub the oil and spices over both sides of the chicken.
6. Place the baking sheet into the oven and bake for 30-35 minutes or until chicken is completely cooked through.



**These recipes are for one person.**  
Just double the recipe for two people!

# ***Baked Ziti***

## **GROCERY SHOPPING LIST** for One Person

- ☐ **Ziti** – 2 ounces (This is a tube-shaped pasta that is great for baked casserole dishes and holds on to sauces well. You'll find it next to the spaghetti and other pastas.)
- ☐ **Olive oil** – 1 tablespoon
- ☐ **Onions** – ½ cup, chopped
- ☐ **Garlic** – 1 clove, minced
- ☐ **Ground beef or ground turkey** – 4 ounces
- ☐ **Marinara sauce** – 1 cup, plus 2 tablespoons
- ☐ **Ricotta cheese** – 1/3 cup
- ☐ **Mozzarella cheese** – 6 tablespoons, shredded
- ☐ **Parmesan cheese** – 4 tablespoons
- ☐ **Salt** – ½ teaspoon

## **INSTRUCTIONS**

1. Heat oven to 350 degrees. While the oven is heating, bring a medium sized pot of water to a boil over medium-high heat. Add the pasta and cook until just tender. Drain and set pasta aside.
2. Heat the oil in a 10-inch skillet over medium heat. Add the onions, garlic, ground beef, ¼ teaspoon of salt, and cook, stirring occasionally until meat is cooked through and no longer pink (about 8 minutes).
3. Drain the grease off the meat and stir in the marinara sauce and bring to a simmer. Remove from heat; stir in the cooked pasta and set pan aside.
4. Combine the ricotta, 2 tablespoons of the mozzarella cheese, 2 tablespoons of the Parmesan cheese, and the remaining ¼ teaspoon salt in a small bowl. Fold into the pasta/meat sauce mixture.
5. Spoon 2 tablespoons of marinara sauce into a lightly greased 5-inch baking dish; top with half of the pasta/meat mixture. Sprinkle 2 tablespoons of shredded mozzarella over the noodles.
6. Add the rest of the meat sauce and noodles and top with 2 tablespoons of mozzarella cheese and 2 tablespoons of Parmesan cheese.
7. Cover and bake on the middle rack of the preheated oven for 20 minutes.
8. Remove the baking dish from the oven and let cool 10 minutes before eating.





## Bladder problems can put you at risk for falling

Every year, about **1 out of every 3 adults over the age of 65 has a fall**. In fact, falls are the **#1 reason for emergency room visits** for people in this age group. Falls can happen for many reasons, but did you know that bladder-related problems put you at a higher risk for a fall?

The bladder is a hollow organ, much like a balloon, that stores urine. Urine contains waste and extra fluid left over after the body takes what it needs from what we eat and drink. There are many treatments that can help if you're having bladder problems. For more information about your risk, answer the questions below:

☐ YES    ☐ NO

**Do you have to rush to the bathroom a lot during the day?**

When you have to move fast to make it to the bathroom, it may make you trip, slip, or fall. Try going to the bathroom more often during the day so you aren't as rushed. This can help decrease your risk of falling.

☐ YES    ☐ NO

**Do you wake up two or more times a night to use the bathroom?**

When you are lying down or sleeping, your heart rate and blood pressure can be lower. If you have to get up fast to rush to the bathroom, you may get dizzy and fall.

☐ YES    ☐ NO

**Do you ever feel like you have an urge to go to the bathroom to urinate (pass the urine from your body) that hurts or is uncomfortable?**

This could be the sign of a urinary tract infection or UTI.

☐ YES    ☐ NO

**Do you ever have a sudden urge to urinate with little or no warning?**

☐ YES    ☐ NO

**Do you ever have small amounts of urine leak out?**



**If you answered "YES" to any of the questions, cut this page out and take it to your next doctor's appointment.**



## TIPS FOR A HEALTHY BLADDER

**Drink enough water during the day.** Most healthy people should drink 6 to 8 cups of water a day. Some people need to drink less because of certain conditions, like kidney failure or certain heart conditions. Ask your doctor what the right amount is for you.

**Limit caffeine and alcohol.** Limiting drinks like sodas, coffee, teas, and alcohol may help keep your bladder healthy. Talk with your doctor about what you drink.

**Stop smoking.** If you don't smoke, do not start. If you do smoke, talk to your doctor for help quitting.

**Avoid constipation.** Along with drinking enough water, eating foods high in fiber (like whole grains, vegetables, and fruits) and exercising help prevent constipation. Talk to your doctor about constipation.

**Get to or stay at a healthy weight.** Healthy food choices can help you keep a healthy weight. Talk to your doctor about the best way for you to keep a healthy weight.

**Exercise.** Exercising can help prevent bladder problems and constipation. It can also help you keep a healthy weight. Talk to your doctor before you start an exercise routine. (See page 9.)

**Use the bathroom often.** Try to use the bathroom every 3 to 4 hours, and take time to empty your bladder. Holding your bladder for too long and not emptying your bladder all the way can weaken bladder muscles. It also can make it easier to get a bladder infection. Talk to your doctor about your bathroom habits.



# 10

## Things that Cause Falls



1

### Bad lighting when you get up at night

*Tip:* Use a nightlight so you can see better at night.

2

### Bare feet or slippery footwear

*Tip:* Keep a pair of slippers or shoes next to your bed or chair instead of walking around in socks. Don't use shoes or slippers without a back.

3

### Wet floors

*Tip:* Clean up spills as soon as they happen.

4

### Rugs

*Tip:* If you have rugs on your floor, make sure they are taped down or use a rug pad underneath.

5

### Clutter

*Tip:* Make sure you have a clear path to the bathroom or other rooms at all times.

6

### Pets

*Tip:* Keep a bell on your pet's collar so you know where they are.

7

### Foot problems

*Tip:* If your feet feel numb or you are in a lot of pain, use a cane or walker.

8

### Medicines, like prescription or over-the-counter drugs

*Tip:* Some medicine may cause you to feel dizzy. Ask your doctor if any of your medicines can be taken at bedtime.

9

### Certain conditions, like diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels

*Tip:* Talk to your doctor to make sure you're managing these conditions the best you can.

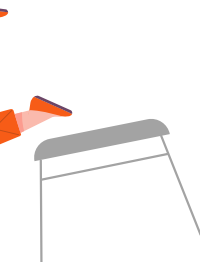
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### Bladder problems

*Tip:* Talk to your doctor about the latest treatments.







## Exercise Helps Your Bladder Health, Lessens Your Risk of Falling, and Makes You *Feel Better*

Every VIVA MEDICARE member has free access to the Silver&Fit™ program. After you register, you get gym membership options at thousands of fitness centers and YMCAs nationwide. If you'd rather exercise at home, you can get:

- Workout plans based on your level of strength and activity
- Online workout videos to do cardio, strength training, dance classes, yoga, Pilates, meditation, cycling, and more
- Home Fitness Kits, so you can exercise in the comfort and safety of your home. You get one kit a year with your plan, including a Fitbit® or Garmin® Wearable Fitness Tracker Kit.\*
- Community engagement with Facebook Live and YouTube workouts




**Register at [SilverandFit.com](https://SilverandFit.com)**

today to see all the Silver&Fit™ program has to offer.



**SCAN HERE**  
to register



\*Home Fitness Kit promotional codes cannot be used in combination with any other promotions on third-party vendor websites. Once selected, kits cannot be exchanged. The Silver&Fit program is provided by ASH Fitness, a subsidiary of American Specialty Health Incorporated (ASH). Programs and services are not available in all areas. The persons in this piece are not Silver&Fit members. Silver&Fit and the Silver&Fit logo are federally registered trademarks of ASH. Other names and logos may be trademarks of their respective owners. Please talk with your doctor before starting or changing your exercise routine. Kits are subject to change. Participating facilities and fitness chains may vary by location and are subject to change. Zoom is a trademark of Zoom Video Communications, Inc.



# PHARMACY TIPS FOR Filling Your Pill Planner

**Using a pill planner, also called a pill box, is a great way to organize your medications.**

Pill planners can also help if you can't remember if you took your medication for the day or not. Pill planners come in many different sizes. If you don't have a pill planner, you can use your NationsOTC over-the-counter catalog to order one. Call Nations at 877-209-5189 or go to [NationsBenefits.com/Viva](https://NationsBenefits.com/Viva) to place an order online.

## **Steps for filling your pill planner:**

1. Fill your pill planner on the same day every week.
2. Have an up-to-date list of all the drugs you should be taking. Make sure to include vitamins, prescription drugs, and other over-the-counter medicines you take. You can ask your doctor's office to print your medication list at your next appointment or call VIVA MEDICARE. We have nurses and pharmacists who can help.
3. Place all of your medication bottles and your pill planner on your dining table or kitchen counter. Line up your medication bottles so that it is easy to read the label.
4. Pick up the first bottle of medication and read the instructions on the medication label. Put the correct number of pills in each pill planner slot for every day of the week.

**Example:** If your medication bottle says, "Take 1 tablet by mouth twice a day," then place one tablet in the morning (AM) box and one tablet in the evening (PM) box for each day of the week.

5. Once you finish filling the pill planner with the first medication, put that medication bottle upside down away from your other medications. This will make sure you don't accidentally repeat any medication.
6. Pick up the next medication bottle. Read the instructions and repeat steps 4 and 5 for each pill.
7. Once you have filled the pill planner with all of your daily medications, close the tops of the pill planner tightly. Keep your pill planner in a spot where you will always see it to help you remember to take your medication every day, like on the nightstand beside your bed or next to your coffee maker.



## OTHER HELPFUL TIPS FROM YOUR PHARMACY TEAM

- Ask your pharmacy for a refill when you have five tablets left in your medication bottle. If you get your medications sent to you through the mail, order your refill 7 to 10 days before you run out to make sure you get the next bottle in time.
- If you only take a medication “as needed,” keep these bottles in another area of your home, away from your pill planner.
- Remember, some pills can look alike. Be careful and go slow when filling your planner. If you need help, ask a family member, friend, or caregiver. Your pharmacy may be able to help you as well.

If you have questions about your medications  
or if you need help filling your pill planner, we’re here to help.

**Call Medicare Member Services at  
833-760-0592 (TTY: 711)**  
and ask to have a pharmacy team member call you back.





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## Questions about your VIVA MEDICARE benefits?

Call our friendly Member Services team at

**833-760-0592 (TTY: 711)**

We are happy to take your call Monday - Friday, 8am - 8pm, April 1 - September 30.

We are open 7 days a week, 8am - 8pm, October 1 - March 31.



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