

WINTER
2024

MEMBER NEWSLETTER



**A MESSAGE FROM OUR
CHIEF MEDICAL
OFFICER**

**IMPORTANT
SCREENINGS AND
PREVENTATIVE
SERVICES**

**SUPPLEMENTAL
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GET YOUR
**FLU
SHOT**



IMPERIAL
HEALTH PLAN
OF CALIFORNIA

A MESSAGE FROM OUR CHIEF MEDICAL OFFICER

HAPPY HOLIDAYS!

We hope you are doing well. Thank you for being a member of Imperial Health Plan of California, Inc. (HMO) (HMO SNP). We are grateful for having the opportunity to help manage your health. We want to help keep you well and healthy. In this newsletter, we have some exciting updates and helpful tips just for you.

It's important to take good care of yourself, both physically and mentally. Here are a few simple tips:

- **Stay Hydrated:** Drink plenty of water every day (unless your doctor has asked you to restrict water intake because of your specific medical condition).
- **Eat Healthy:** Try to eat a balanced diet. This helps keep your body strong.
- **Exercise regularly:** Even a little bit of exercise can make a big difference. Try to move around every day. Aim for at least 4,000 steps each day towards a goal of 7,000 steps at any pace (unless your doctor has instructed you not to walk).

At Imperial Health Plan, we are here to support you on your health journey. Consult with your provider for personalized recommendations—whether it's time to check your blood sugar or schedule screenings for colon or breast cancer. Thank you for letting us be a part of your lives and your healthcare team.

Take care and stay healthy!

Best Wishes,

Dr. Muthukumar Vaidyaraman, MD MBA FACHE
Chief Medical Officer

IMPORTANT SCREENINGS AND PREVENTIVE SERVICES

We encourage you to take advantage of the preventative **services** recommended by the US Preventative Services Task Force (USPSTF). These services have received a Grade A or B, which means they are highly **beneficial** for your health. The best part is that these screenings do not require prior-authorization—just an order from a licensed qualified provider.

To learn more about these services and how they can help you, visit the USPSTF recommendations page here: www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations.

You can also check out the Medicare preventive services available to you here: www.medicare.gov/coverage/preventive-screening-services.

Here is an additional resource. Please select the Evidence of Coverage associated with your PBP: <https://imperialhealthplan.com/california/los-angeles/members/benefits/>

IT'S TIME FOR YOUR ANNUAL FLU SHOT

Be proactive and stay well ahead this flu season! With it approaching fast, now's the perfect time to get your flu vaccine. Protect yourself and your loved ones, so you can enjoy the holidays and beyond without worry. Don't wait—get vaccinated today!

WHEN IS PEAK FLU SEASON?

Peak flu season runs from December to February. Getting your flu vaccine now can help prevent serious illness and avoid unnecessary doctor visits. Take charge of your health—vaccinate today!

WHAT DOES THE CDC RECOMMEND?

The Centers for Disease Control and Prevention (CDC) recommend the updated 2024-2025 flu vaccines for everyone ages 6 months and older to protect against potentially serious outcomes of flu this upcoming season.

WHEN IS THE NEW FLU VACCINE AVAILABLE AND HOW MUCH WILL IT COST?

The 2024-2025 flu shot is now available at all participating pharmacies! Schedule your flu vaccine for yourself and your family at no cost.

IS IT THE COLD, FLU, OR COVID-19?

SYMPTOM	COLD	FLU	COVID-19
FEVER / FATIGUE	●	●	●
COUGH	●	●	● Dry cough
SORE THROAT/ RUNNY NOSE	●	●	●
HEADACHES	●	●	●
SNEEZING	●	●	●
BODY ACHES	●	●	●
DIARRHEA, NAUSEA AND/OR VOMITING	●	● More common in children	●
LOSS OF TASTE AND/OR SMELL	● Especially with a stuffy nose	●	● Early—often without a runny or stuffy nose
ONSET		1–4 days after infection	About 5 days after infection but can range from 2–14 days

● Sometimes ● Usually ● Rarely ● Never

IMPERIAL HEALTH PLAN PHARMACY TEAM

Our team may be small, but we're a powerhouse of specially trained Pharmacists, Pharmacy Technicians, and Pharmacy Concierges. We can help you with all your medication needs, like understanding your copay, getting the prescriptions you need, finding solutions if your medicine costs too much, and more. By working together, we aim to optimize the health of our members. Let's collaborate for better health!

Imperial Health Plan of California, Inc. (HMO) (HMO SNP) Pharmacy Benefits Imperial Medicare members can get a 100-day supply of your medications for the same copay as a 90-day supply. This is a part of your pharmacy benefit. This benefit will help you save money and time. This will also help you stay adherent to your medications.

WHAT DOES IT MEAN TO STAY ADHERENT?

It means stick to your medication plan that your doctor prescribed for you. You should always talk with your doctor about any questions and concerns before you make any changes by yourself.

WHY IS STAYING ADHERENT IMPORTANT?

It has been shown that sticking to your medication plan leads to better health and better control of your chronic conditions. This can look like less trips to the emergency room, less medications to take, more time to do things you love and much more. If you are interested, ask the Imperial Pharmacy team for more information. For pharmacy updates please check the Pharmacy Resources page on our website. You can also reach out to our Pharmacy team at any of the ways listed below. We look forward to serving you!

HOW TO HAVE YOUR DOCTOR ORDER A 100-DAY SUPPLY

When you see your doctor, you can ask them for a 100-day supply of your medications plus 3 refills. Ask them to send the new prescription to your pharmacy of choice. You can also take the prescription with you to the pharmacy.

HOW CAN YOU HAVE YOUR PRESCRIPTIONS MAILED TO YOUR HOME?

There are many pharmacies that can mail your prescriptions to your home. It will be at no extra cost to you.

HOW CAN YOU HAVE YOUR PRESCRIPTIONS MAILED TO YOUR HOME?

We partner with Birdi Mail Order to provide convenient home delivery of your prescriptions at no extra cost to you. Enjoy hassle-free service today! 1-855-873-8739 (TTY dial 711) or Patientcare@birdirx.com, www.medimpact.com

If you are interested, ask the Imperial Pharmacy team for more information. For pharmacy updates please check the Pharmacy page on our website. You can also reach out to our Pharmacy team at any of the ways listed below. We look forward to serving you!



WAYS TO REACH IMPERIAL'S PHARMACY TEAM

www.imperialhealthplan.com

Phone: (626) 788-0178

Fax: (626) 689-4232

Text: (626) 322-2933

Hours: 8:30 am–5:00 pm M–F



SUPPLEMENTAL BENEFITS AND SERVICES



**ADDITIONALLY, DEPENDING ON
ELIGIBILITY, WE OFFER VARIOUS
HEALTH BENEFITS INCLUDING:**

DENTAL SERVICE

Imperial Health Plan offers dental services through Delta Dental. When using Delta Dental, ensure that both the office and the treating provider are in-network to maximize your benefits. For assistance, contact Delta Dental at 1-888-643-3239 (TTY: 711), Mon-Fri, 5 am–5 pm PST or visit their website at www1.deltadentalins.com/.

FOOD AND PRODUCE BENEFIT

To qualify for the Food & Produce benefit, you must be enrolled in the Imperial Dual Plan (HMO D-SNP 011) and have an eligible and documented chronic condition. To set up an appointment with our virtual clinic, call **1-800-838-8271*** (TTY: 711).

TRANSPORTATION SERVICE

Imperial Health Plan provides up to 100 one-way trips per year to approved locations at no cost for qualifying members. Approved locations include doctor's offices, labs, pharmacies, and vision and hearing providers. Schedule your ride by calling **1-844-743-4344** (TTY: 711), 24 hours a day, 7 days a week.

OVER THE COUNTER (OTC) BENEFIT

Earn OTC and Food & Produce benefits by taking care of your health! You can use these benefits online, in-store, or by phone. For more information, call **1-855-263-6673** (TTY: 711), Mon-Fri, 8 am–8 pm.

GYM BENEFIT PROGRAM

Eligible members can enjoy a fitness center membership with a \$0 copayment and receive one no-cost home fitness kit. Get started at SilverandFit.com or call the Silver&Fit program at **1-877-427-4788** (TTY: 711), Mon-Fri, 5 am–6 pm PT. The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). Silver&Fit is a trademark of ASH and used with permission herein.

BEHAVIORAL HEALTH BENEFIT

We're excited to share that Imperial Health Plan offers behavioral health benefits at no extra cost to you! This service coordinates your treatment and connects you with additional resources you may need. Your care manager, a licensed behavioral health clinician specializing in care management, will be there to support you. For more information, call our behavioral health partner **Lucet** at **1-833-838-8200** (TTY: 711), 24 hours a day, 7 days a week.

IMPERIAL'S POPULATION HEALTH/ CASE MANAGEMENT PROGRAMS

Population health means looking at the health of everyone in our community and finding ways to help everyone stay healthy. At Imperial Health Plan, we focus on improving the health of all our members, not just treating illnesses. We consider factors like socioeconomic status, race/ethnicity, and social networks, which can all impact health.

WE ARE HERE FOR YOU

Remember, we are always here to help you. If you have any questions or need support, don't hesitate to contact us. You can also find more information on our website, www.imperialhealthplan.com.

Visit the Health Management Programs on our website for practical health tips, preventative care resources, health risk assessment and tools to help you stay on top of your well-being.

Complete your Health Risk Assessment today to gain valuable insights into your health and access personalized wellness resources! Submit it to your health plan by mail—the mailing address is available on our website—or call the Member Services* number for assistance.

Our goal is to provide high-quality care that meets everyone's needs.

These programs help us understand and address the unique health needs of our community.

SOME OF THE OFFERED PROGRAMS INCLUDE:



DIABETES MANAGEMENT PROGRAM



SMOKING CESSATION PROGRAM



ASTHMA MANAGEMENT PROGRAM



CASE MANAGEMENT PROGRAM



REVIEW YOUR MEDICATION LIST
WITH OUR PHARMACY TEAM

AND MORE!

For more information about our programs, please call: (626) 788-0178* (TTY: 711), M–F from 8:30 am–5:00 pm. We will answer your questions and organize your care needs.

SIMPLE ADDITIONAL REMINDERS



ACCESSING THE MEMBER PORTAL

1. Log onto the <https://members.imperialhealthplan.com/member/signup>
2. Register or enter your username and password.

MENTAL HEALTH SCREENINGS

It's important to have regular mental health check-ups. If you're feeling anxious, depressed, or simply not like yourself, please reach out for support. Remember, seeking help is a sign of strength and is a vital step towards healing and well-being. We are here to support you.

SUICIDE PREVENTION

Taking care of your mental health is just as important as taking care of your physical health. If you or someone you know is in a crisis, help is available. You can talk to someone now by visiting the **988** Suicide & Crisis Lifeline here: www.988lifeline.org/talk-to-someone-now/

WE ARE TRANSITIONING TO A DIGITAL FORMAT FOR OUR NEWSLETTERS.

Starting June 1st, all newsletters will be available on our website at www.imperialhealthplan.com. If you prefer to receive a hard copy of the newsletter, please contact Member Services*, and we will be happy to send it to you. This change is part of our ongoing efforts to improve accessibility and sustainability.

We appreciate your understanding and cooperation.

SIMPLE ADDITIONAL REMINDERS

..... PRESCRIPTION DRUGS

Refer to Chapters 3 through 6 of the Evidence of Coverage (EOC) for annual notifications about using the plan for drugs covered under your medical services, medical benefits chart (what is covered and what you pay), how to use the plan's coverage for Part D drugs, and what you'll pay for them.

Go to the **Pharmacy Resources** section on our website to learn how to navigate the plan's Part D drug coverage. There, you'll find annual notifications and monthly updates about the list of covered Part D prescription drugs, including details about restrictions or preferences such as limits, quotas, generic substitutions, therapeutic interchange, and step therapy protocols. You'll also find information on how your provider can request coverage for a drug not included in the formulary.

To locate a network pharmacy nearby, visit the **Pharmacy Finder** in the Pharmacy Directory.

You can also log in to the member portal or call **(877) 391-1105** to:

- Learn about your drug costs.
- Order medications through mail order.
- Find a network pharmacy near you.
- Explore generic alternatives.
- Start the exception process for drugs that are not covered.

<https://imperialhealthplan.com/>

IF YOU HAVE QUESTIONS CALL IMPERIAL MEMBER SERVICES AT *1-800-838-8271 (TTY: 711)

October 1–March 31: Monday–Sunday, from 8:00 am PST–8:00 pm PST and April 1–September 30: Monday–Friday, from 8:00 am PST–8:00 pm PST.

Imperial Health Plan of California, Inc. is an (HMO) (HMO SNP) with a Medicare Contract. Enrollment in Imperial Health Plan depends on contract renewal. Benefit, features or devices vary by plan and area limitations and exclusions apply. This information is not a complete description of benefits. Call 1-800-838-8271 (TTY: 711) for more information. Limitations, copayments, and restrictions may apply. Benefits, premiums and/or copayments/co-insurance may change on January 1 of each year. Imperial Health Plan of California (HMO) (HMO SNP) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex/cumple con las leyes federales de derechos civiles aplicables y no discrimina por cuestiones de raza, color, nacionalidad, edad, discapacidad o género. ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-838-8271 (TTY: 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-838-8271 (TTY: 711).

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