


Staying Healthy and Aging Gracefully

Presentation will start at 9:15 a.m.


Member Advisory Committee, Q3


H5608_MemAdvCom25Q3_M

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Agenda


- Healthy Outcomes
 - Healthy Eating, Staying Active, Mental Health
- Keeping Up With Regular Check Ups & Screenings (+ MyChart)
- Vaccines & Medications
- Feedback: Understanding Your Benefits



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Healthy Eating Matters

- Choose foods that are high in whole grains. The fiber in whole grains has been shown to protect against heart disease.
- Skip foods that are made with white flour or refined sugar. White flour and refined sugar found in baked goods, candy, regular soda and other sweet drinks can cause weight gain and spikes in blood sugar. Both of these are hard on your heart.
- Look for heart healthy fats. Certain kinds of fats like omega-3s and monounsaturated fats have been shown to help lower cholesterol and are good for your heart. Find these kinds of fats in fish, olive oil, avocado and almonds.





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Healthy Eating Benefits




- We offer Medical Nutritional Therapy for members with certain conditions at no cost.
 - This benefit is for people with diabetes, renal (kidney disease, but not dialysis), or after a kidney transplant, when ordered by your doctor.
 - The benefit covers 3 hours of one-on-one counseling services during your first year that you receive medical nutrition therapy services. An additional 2 hours per year after that.
- Ask your PCP about the Denver Health "Healthy Lifestyle Clinic for weight management. This is an outpatient nutrition service to get you on track! Available only through Denver Health.
 - Weight-loss programs are often not a covered benefit. Please check your Explanation of Benefits.
- Eligible members qualify for a quarterly healthy food allowance which is preloaded on the Elevate FlexCard*.
- If you experience food insecurity or other food/weight issues, you can discuss with a DHMP Care Manager who can help develop an individual care plan designed to support your care needs and concerns.

*This benefit is part of special supplemental program for the chronically ill. Not all members qualify. Other eligibility and coverage criteria apply. Eligible conditions include: Cancer, Chronic heart failure, Diabetes, Chronic lung disorders, and Chronic and disabling mental health conditions. Other conditions also apply that are not listed.




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Staying Active (Physical Activity)



- Did you know that increasing your physical activity can lead to major health benefits?
 - Building muscle and maintaining a healthy weight can allow you to continue being able to perform physical activities, such as pushing a vacuum cleaner, playing golf or climbing a flight of stairs.
- Aim for 30 minutes of exercise per day, five to seven days per week. If 30 minutes all at once seems too hard, break it up. Three sets of 10 minutes of exercise or two sets of 15 minutes of exercise is just as good as 30 minutes all at once!
- Choose something you enjoy. Walking, swimming, biking and dancing all count as exercise. If you choose something you like you will be more likely to stick with it.
- Take baby steps. If you are new to exercising, start small. Take the stairs to your floor or park your car further from the building. When what you are doing starts to feel too easy, add a little more!



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Staying Active Covered Benefits



- You have access to a no cost membership through Denver Parks and Recreation. Take your Elevate Medicare Advantage ID Card and photo ID with you to get your free annual pass.
- If you have certain health issues that affect your physical activity, like bladder incontinence or balance issues that could result in falls, the over-the-counter quarterly allowance through the Elevate FlexCard may help you purchase qualifying items/supplies to support.
- We offer digital physical therapy through Sword Health. It is a virtual platform offering physical therapy services aimed at helping prevent and manage acute, chronic and post-surgical pain.



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Mental Health



- Connected to our physical health is our mental health.
- Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others and make choices.
- How can you improve your mental health?
 - Staying positive
 - Practicing gratitude
 - Connecting with others
 - Developing a sense of meaning and purpose in life
 - Developing coping skills
 - Meditation
 - Relaxation techniques.



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Mental Health Benefits



- Don't be embarrassed. Bring your mental health issues to your primary care provider.
 - We offer an extended mental health network of providers through Sondermind.
- MyStrength is a digital self-management program available to help manage emotional well-being.
 - Reducing stress
 - Improving sleep
 - Managing depression, anxiety and chronic conditions
 - Mindfulness and meditation
 - Balancing intense emotions
- Members with Medicaid have access to additional mental health support through Colorado Access (COA).



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Keeping Up With Regular Check Ups

- It is important to check-in with your care before you have a problem.
 - Health Risk Assessment
 - Annual Wellness Visit
 - Preventive Care
 - Vaccines and Medications



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Health Risk Assessment (HRA)



- For members enrolled in Elevate Medicare Choice (HMO D-SNP)
- Each year, we will ask you to complete an HRA, so we know if there were any changes in your health.
- By completing the questions, we can identify your health risks and help you take action to reduce them.
- Answers do not affect your insurance coverage.



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Annual Wellness Visit:

An Annual Wellness Visit is a checkup or routine care and is one of the most important ways you can stay on top of your health.

It is a chance to learn about your current health, discuss any concerns and learn what preventive measures you can take to ensure your long-term well-being.

3 easy ways to complete your annual wellness visit:

1. See your provider in person
2. Schedule a telehealth visit with an in-network provider
3. Complete an in-home assessment

Get Your Annual Wellness Visit – and a \$30 Reward!



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Preventive Care

- Breast Cancer Screenings
- Colorectal Cancer Screenings
- Diabetic Eye Exams
- Controlling Blood Pressure



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Breast Cancer Screening

Who's it for?


- Women aged 40-74 years

Why is it important?

- Among all US women, breast cancer is the second most common cancer and the second most common cause of cancer death.

How often and how to schedule?

- Recommended **every 2 years**
- Scheduling available through:
 - MyChart
 - Calling DH Care Navigator **303-602-6115**
 - Discussion with your primary care provider



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Colorectal Cancer Screening

Who's it for?

- All adults aged 45-75 years

Why is it important?

- Colorectal cancer is the fourth leading cause of cancer death in the United States.

How often and how to schedule?

- Scheduling:
 - Discuss with your provider the best option for you, or
 - Call the Denver Health Endoscopy Lab 303-602-4468
- There are two types of screenings offered at Denver Health:


Stool Based Test (FIT)

 - Can be performed at home
 - Must be repeated yearly

Colonoscopy

 - Procedure done in an endoscopy lab
 - Recommended every 10 years*

*For people who do NOT have increased risk of colorectal cancer



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Diabetes – Eye Exams

Who's it for?


- Members aged 18-75 years with diabetes (Type 1 or Type 2)

Why is it important?

- Diabetes retinopathy is the leading cause of blindness in American adults, but it is one of the most preventable causes of vision loss.

How often and how to schedule?

- Denver Health Eye Clinic 720-900-2333
- Eyecare Specialties of Colorado 303-802-4650
- Discuss with your primary care provider – some clinics offer in-office testing



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Controlling Blood Pressure

Who's it for?


- All members should regularly have their blood pressure checked.

Why is it important?

- Often there are no symptoms of high blood pressure, but it can silently be increasing your risk of heart disease, heart attack, and stroke.
- Other potential health issues could include kidney disease, vision problems, and cognitive decline.


How often and how to schedule?

- Your primary care provider should be checking this at each appointment.
- Blood pressures can be taken easily at home with home monitors.
 - You can purchase a blood pressure cuff with your FlexCard over-the-counter allowance




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MyChart: A Tool for Independence

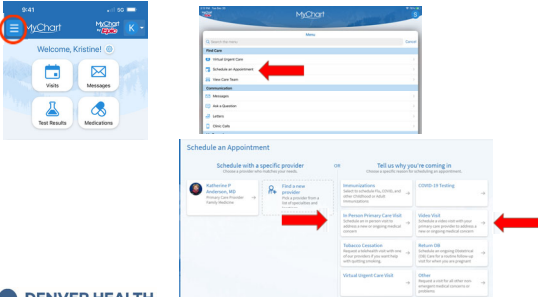



- Stay connected, informed and independent
- Take charge of your health right from home
- Schedule a virtual visit – see your provider by video without leaving home
- View test/imaging/lab results as soon as they're ready
- Request medication refills and view your prescription list
- Send non-urgent questions to your care team any time

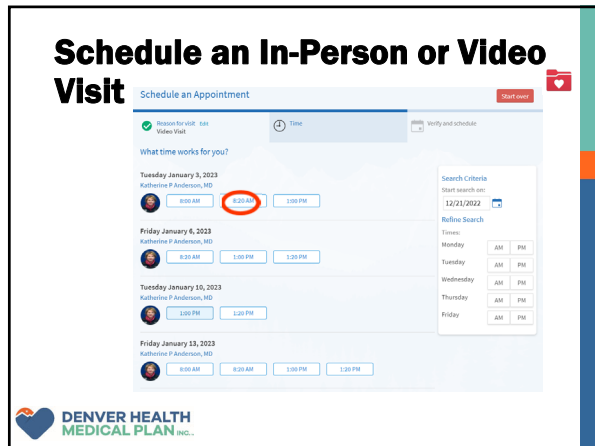


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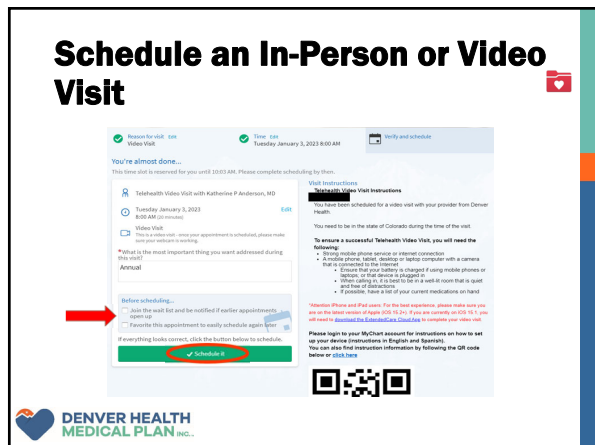
Schedule an In-Person or Video Visit

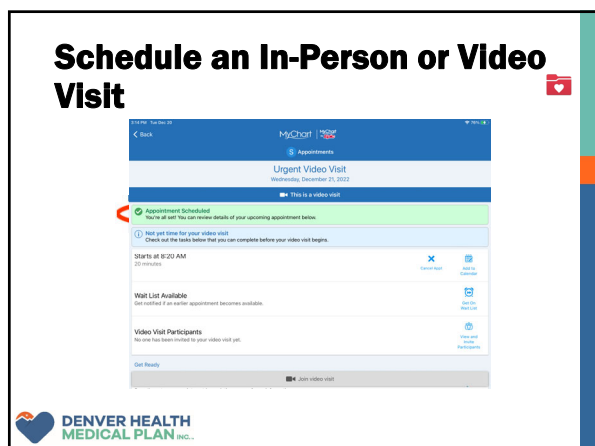
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Keeping Up With Vaccinations

Annual flu vaccinations are recommended for all adults

- There is no cost - present your member ID card at an in-network provider or pharmacy
- You can get your flu shot at your PCP office (call 303-436-4949 to schedule a flu-only visit with your Denver Health provider)
- Visit any in-network retail pharmacy such as Walgreens, King Soopers, or Target (be sure to go to the pharmacy counter and not an in-store clinic)
- Other common vaccines covered by your Medicare plan include the COVID-19 vaccine, RSV Vaccine, Shingles Vaccine and Pneumonia Vaccine.



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Keeping Up With Medications Written by a Denver Health Provider



Pharmacy by Mail

Sign up today to have your medications delivered to your home.

[DenverHealth.org/PharmacyByMail](https://denverhealth.org/PharmacyByMail)



Pharmacy

3 easy sign-up options

- 1 Through the free MyChart app
mychart.DenverHealth.org
- 2 Call the Automated Refill Line
303-389-1390
- 3 Call our pharmacy directly:
303-436-4488
(9 a.m. - 5 p.m. weekdays only)
You can also ask your provider to set up your new prescriptions to be Pharmacy by Mail during a telehealth or in-person appointment.



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Keeping Up With Medications written by a Non-Denver Health Provider

Birdi Pharmacy Home Delivery

- Get your prescriptions by mail via Medimpact Direct Mail®, serviced by Birdi™ pharmacy
- Get started today at medimpact.com.
 - A one-time registration allows access to the portal or mobile app
- Birdi offers home delivery service for your maintenance medications - the ones you take regularly for chronic or long-term conditions
- Birdi also sends refill reminders to help you have the right amount of medicine on hand



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Understanding Your Benefits

- A one-page flyer was provided to you
 - It includes how to access care, a quick summary of your benefits, etc.
- Please provide feedback on the survey provided to you.
- Pro Tip: For members who also have Medicaid, they offer additional benefits.
 - Non-emergency medical transportation, vision, and dental



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What's Next?

Benefits change 1/1/2026. Attend an Annual Notice of Change event to understand your changes.

Date/Time	Location
Wednesday October 1, 2025 9:30 a.m. - 11:30 a.m. (Select) 1 p.m. - 3 p.m. (Choice)	Pavilion C, Basement, Nightingale Classroom 790 Delaware St. Denver, CO 80204
Thursday October 2, 2025 1 p.m. - 3 p.m.	Gipson Eastside Community Health Center, Admin Conference Room 501 28th St Denver, CO 80205
Monday October 6, 2025 1 p.m. - 3 p.m.	Sam Sandoz Westside Health Center, Room B8 1100 Federal Blvd Denver, CO 80204
Tuesday October 14, 2025 9 a.m. - 11 a.m. (English) 1 p.m. - 3 p.m. (Spanish)	Federico F. Peña Southwest Community Health Center Peña Community Room 1180 1339 S Federal Blvd Denver, CO 80219



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WellFrame

- Wellframe is a mobile app that enables you to stay connected with your DHMP Care Team at no cost.
- A secure platform that provides access from your smartphone or tablet:
 - Send a mobile message to your DHMP care team when it's convenient for you. Get the answers you need – when you need them.
 - Track appointments, set medication reminders and get alerts about important health screenings.
 - Access articles, videos, and other health resources with information for your health needs.
- If you want to enroll please let us know on your survey by saying "want Wellframe" or call us at 303-602-2184.



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Important Numbers


Contact	Number
Denver Health Appointment Center	303-436-4949
DHMP Pharmacy Department	303-602-2070
Denver Health Pharmacy	303-436-4488
DHMP Health Plan Services	1-877-956-2111 TTY 711
Denver Health Nurse Line	303-739-1261

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Questions?

We provided you with a short survey, please take a few minutes to fill it out. Your feedback is important to us and helps us improve our benefits, service and experience of our members.

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Elevate Medicare Advantage is a Medicare-approved HMO plan. Enrollment in Elevate Medicare Advantage depends on contract renewal. The Plan also has a written agreement with the Colorado Medicaid Program to coordinate your Medicaid benefits.

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