

# More From Life<sup>®</sup>

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## Connect with us



Cigna Healthcare Customer Service  
**1-800-668-3813 (TTY 711)**

October 1 – March 31:  
7 days a week, 8 a.m. – 8 p.m.

April 1 – September 30:  
Monday – Friday, 8 a.m. – 8 p.m.

Messaging service used weekends,  
after hours and on federal holidays.

Not yet a customer? Call:  
**1-888-284-0270 (TTY 711)**  
7 days a week, 8 a.m. – 8 p.m.

By calling the number above, you will be  
directed to a licensed benefits advisor.



**CignaMedicare.com**  
**myCigna.com**



**www.facebook.com/Cigna**



View the online version of *More From Life* at **Cigna.com/knowledge-center/medicare-customer-newsletters**



## Don't miss out on *More From Life*

The next issue of *More From Life* won't be mailed. The summer 2024 issue will only be available via email and on our website. If you don't already receive *More From Life* via email, make sure you receive each issue by signing up to receive documents electronically at **myCigna.com** (see page 12). You'll also be able to view the online version in July at **Cigna.com/knowledge-center/medicare-customer-newsletters**.

# From Our President



Welcome to your first 2024 issue of *More From Life* — and welcome back to your Cigna Healthcare<sup>SM</sup> Medicare Advantage plan. We want you to understand everything that's included in your plan. So, starting on the next page, you can read about incentives, allowances and other benefits designed to improve your health and save you money. For more details, check your Customer Handbook, Extra Benefits Guide and Evidence of Coverage. And, as always, call Customer Service if you have questions.

There's one service I want to point out in case you're not aware of it, and that's the nutritional support we offer eligible customers through our care management program. As we age, our nutritional needs change (see page 8 for more on that), and it's important to address those

shifting needs. You can read about one of our registered dietitians, Robin Neal, starting on page 14. Robin and her team do an outstanding job teaching our customers how to eat for healthy aging.

Speaking of nutrition, spring is a great time of year to fill your plate with fresh seasonal produce. Check out page 10 for some tasty salad recipes that'll get you into the swing of spring.

Wishing you a happy, healthy 2024. See you next issue!

Chris DeRosa  
President, Cigna Healthcare Medicare

## Your Voice, Your Choice

### Create an advance care plan

Not long ago, advance directives — also called living wills — weren't often considered until later in life. An older family member might have mentioned in passing what they did (and didn't) want if they became very sick.

Today, more people realize that illnesses, serious accidents and emergencies can happen to anyone at any age. They can leave us unable to speak for ourselves at times when knowing our wishes might be most urgent. To ensure your wishes are carried out, it's crucial to have a clear, written plan for medical care. Cigna Healthcare has teamed with Koda Health to give you resources to create your own advance care plan at no additional cost.

Source: National Institute on Aging

### How to create your plan

The process takes 30 minutes or less. To get started, scan the QR code below or visit [app.kodahealthcare.com/cigna](https://app.kodahealthcare.com/cigna). You'll be guided (in English or Spanish) step-by-step through making decisions about:

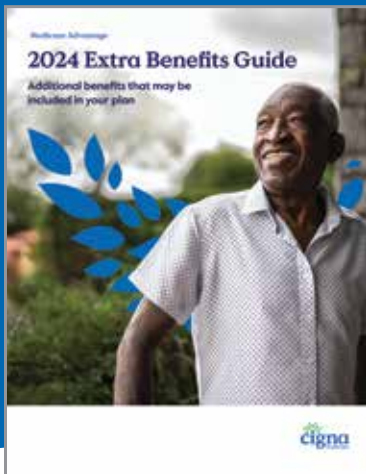
- What "living well" means to you
- Which medical interventions you want
- Which situations fall below your personal quality-of-life thresholds

The program ensures that your decisions are legally documented in state-specific forms. Your plan can then be shared with designated loved ones by email and made available to your health care providers.



# What's in Store for '24?

## Rewards, allowances and extra benefits



Did you know your Cigna Healthcare Medicare Advantage plan may include rewards, allowances and extra benefits that aren't available under traditional Medicare? Learn about some of them below. For more information, check out these resources:

- Our [CignaMedicare.com/extrabenefits](https://www.cignamedicare.com/extrabenefits) web page includes helpful videos about these extra benefits.
- The Extra Benefits Guide you received in the mail.

## Rewards and allowances

### Cigna Medicare Advantage Incentives program

Earn up to \$100 or \$200 in rewards annually — depending on your plan — when you participate in our incentive program.

Enroll in the program at [myCigna.com](https://mycigna.com) (you get a reward for that!). Then get your Yearly Health Check-up. This earns you a reward, plus it unlocks your ability to earn rewards for other activities, like getting certain preventive screenings, getting a flu shot and volunteering in your community. The rewards you earn are loaded on your Cigna Healthy Today® card, which you can use to buy eligible health and wellness products.

### Over-the-counter (OTC) allowance

Your plan may include an allowance to help pay for covered OTC health products, like cold and flu medications, aspirin, bandages, vitamins and more. Your allowance is added to your Cigna Healthy Today card every three months. You can use your card to buy eligible products online, by phone, through mail orders or at participating retail locations. Your allowance balance doesn't roll over to the next quarter, so be sure to use all your allowance each quarter.

**Tip:** Starting this year, you can use your smartphone, tablet or desktop computer to see if a product is eligible for the allowance. Visit [CignaHealthyToday.com](https://CignaHealthyToday.com) on your device and follow the instructions in the Product Search section.

*Continued on page 6*

### Cigna Healthy Today card

Any incentive rewards you earn and certain benefit allowances are automatically loaded onto your Cigna Healthy Today card. It works like a debit card you can use at participating retailers. **You can keep using your current card in 2024.** Learn more and keep track of your card balance at [CignaHealthyToday.com](https://CignaHealthyToday.com).





Earn rewards for getting a flu shot, volunteering and more.

## Your Evidence of Coverage

To see which rewards, allowances and extras are included in your plan, check your Evidence of Coverage (EOC). It also contains important information about:

- Your rights and responsibilities as a Cigna Healthcare customer
- Any potential network, service or benefit restrictions
- Pharmacy management procedures

View or download your EOC by visiting [CignaMedicare.com/resources](https://CignaMedicare.com/resources) and clicking the Evidence of Coverage (EOC) link in the Additional Plan Resources section. To request a printed copy of your EOC, call Customer Service.



# What's in Store for '24? ... Continued from page 4

## Extra benefits\*

### Transportation

Many of our plans include access to nonemergency health-related transportation at no additional cost.\*\* You can get rides within 70 miles via van, taxi, wheelchair-equipped vehicle or rideshare services. We also have a new transportation partner, Modivcare, to provide a better experience. If your plan includes this benefit, you can schedule your ride by calling **1-866-214-5126 (TTY 711)**, 8 a.m. – 8 p.m. local time, Monday – Friday, or by visiting [Member.modivcare.com](https://www.modivcare.com).

### Dental coverage

All Cigna Healthcare Medicare Advantage plans include a dental benefit. The type of dental coverage you have depends on your plan, but you'll always get the most from your coverage by visiting a dentist in the Cigna Dental network. Check your Evidence of Coverage for details or call Dental Customer Service at **1-866-213-7295 (TTY 711)**, Monday – Friday, 8 a.m. – 8 p.m. Central Time.

### Hearing services plus hearing aid coverage

This benefit will help pay for routine hearing services, such as a hearing exam, hearing aids and a hearing aid fitting evaluation.

### Vision services plus eyewear allowance

Your plan will help pay for a routine eye exam, as well as a diabetic retinal screening and a glaucoma test, if you're at risk. And your plan's eyewear allowance will help cover the cost of lenses and frames or contacts.

## Home delivery pharmacy

If your plan includes prescription drug coverage, our preferred home delivery option may offer a lower cost for your medications, especially if the prescription is written for a 90-day supply. The Express Scripts® Pharmacy is the preferred home delivery pharmacy for many Cigna Healthcare customers.\*\*\* To get started, call **1-877-860-0982 (TTY 711)**, Monday – Friday, 7 a.m. – 11 p.m. Central Time.

- \* Extra benefits may not be included in all plans. Limitations, copayments and restrictions may apply. Check your 2024 Evidence of Coverage at [CignaMedicare.com/resources](https://www.CignaMedicare.com/resources) to see what's included in your plan.
- \*\* Non-emergent transportation for up to 70-mile one-way trips to and from approved locations. Prior authorization is required for trips exceeding 70 miles. The maximum number of trips varies by plan. You must request transportation at least 48 hours before your appointment.
- \*\*\* Other pharmacies are available in our network. Preferred pharmacies are not available in all plans. For a complete list, visit [CignaMedicare.com](https://www.CignaMedicare.com). Express Scripts may also contract with other Medicare Advantage plans. The Express Scripts Pharmacy is a trademark of Express Scripts Strategic Development, Inc.



# When Life Gets Difficult

## You don't have to go it alone

*Highs and lows are part of being human. But some lows can be hard to handle on your own. For example:*



Sam lost his wife following her long battle with cancer. After six months, he's still grieving and no longer participates in activities he used to enjoy.



Because winter days are shorter with less sunlight, Joan struggles with a wintertime depression called seasonal affective disorder (SAD).



Lynette has a strained relationship with her son. They either fight constantly or he avoids her. She now finds herself depressed and alone.



Joel hasn't bounced back from the isolation and loneliness he felt during the pandemic. Going out makes him anxious, so he rarely sees friends or family.

### Get your spark back!

Start by working to develop a strong social network. Time spent enjoying life with others gives comfort and boosts self-esteem. And during difficult times, a network of friends can provide extra shoulders to lean on.

But what if you don't have family or friends you can rely on? Or what if your problems are more complex? It may be time to call a behavioral health provider. If you need help finding one in your area, call Cigna Healthcare Customer Service at **1-800-668-3813 (TTY 711)**.

Then, before and during your appointment:

- List the topics you want to address so you don't forget to mention them.
- Ask what you should do if you need help after hours.
- Share your primary care provider's contact information with your behavioral health provider so they can work together on your care.

Don't feel stuck if the first provider you see doesn't feel like a good fit. Call Customer Service for help finding an alternative.

### Need immediate support?

If your emotional distress is so urgent that you can't wait for an appointment, the national 988 Suicide and Crisis Lifeline provides free, confidential support, 24 hours a day, 365 days a year. Call or send a text to 988. Or visit [988lifeline.org/chat](https://988lifeline.org/chat).

Sources: National Institute of Mental Health; National Alliance on Mental Illness; Mental Health America; Aging True Community Senior Services

# The Power of the Plate

## Eat for your age

As you get older, your nutritional requirements change; specifically, you need fewer calories and more nutrients. That can happen for several reasons: less physical activity, a slower metabolism and age-related loss of bone and muscle mass.

If you're ready to revise your eating plan to address these changing needs, spring is the perfect time for a nutrition reboot. Taking advantage of the season's fresh produce is a great place to start.

### Knowing what to eat

The U.S. Food and Drug Administration recommends filling half your plate with colorful fruits and vegetables and the other half with whole grains and lean proteins, like fish or chicken. As part of a healthy diet, you should also eat a small amount of healthy fats and dairy.

Get a personalized eating plan by using the MyPlate Plan online calculator at [Myplate.gov/myplate-plan](https://myplate.gov/myplate-plan). You'll learn how much you should eat from all food groups and how many daily calories you need to maintain energy. When you focus on eating foods with higher nutritional value, you'll feel full on fewer calories.

Source: Harvard Chan School of Public Health





## The importance of protein

Because aging can cause loss of muscle mass and strength, protein plays an important role in building and maintaining muscle.

How much protein is enough? Here's how to calculate it: The recommended protein dietary allowance is seven grams daily for every 20 pounds of body weight. So, a 180-pound person requires 63 grams a day. Check labels to see how much protein is in the food you're eating. And talk to your doctor about how much you need to meet your specific nutritional needs.

The source of the protein you eat may be even more important than the amount. It's best if you get most of your protein from plants by eating beans, peas, whole grains, nuts and seeds. Broccoli, asparagus, corn and Brussels sprouts are also high in protein.

Eating plant-based proteins instead of red meat and processed foods can help lower your risk of heart disease, some cancers and diabetes (see page 16 for tips on reducing your risk for prediabetes).

### Other nutrients for healthy aging

Other nutrients you might need more of include:

**Fiber**, which helps with constipation — a common issue for older adults

**Calcium and vitamin D** to maintain bone health

**Vitamin B12**, since aging can cause changes in how it's absorbed

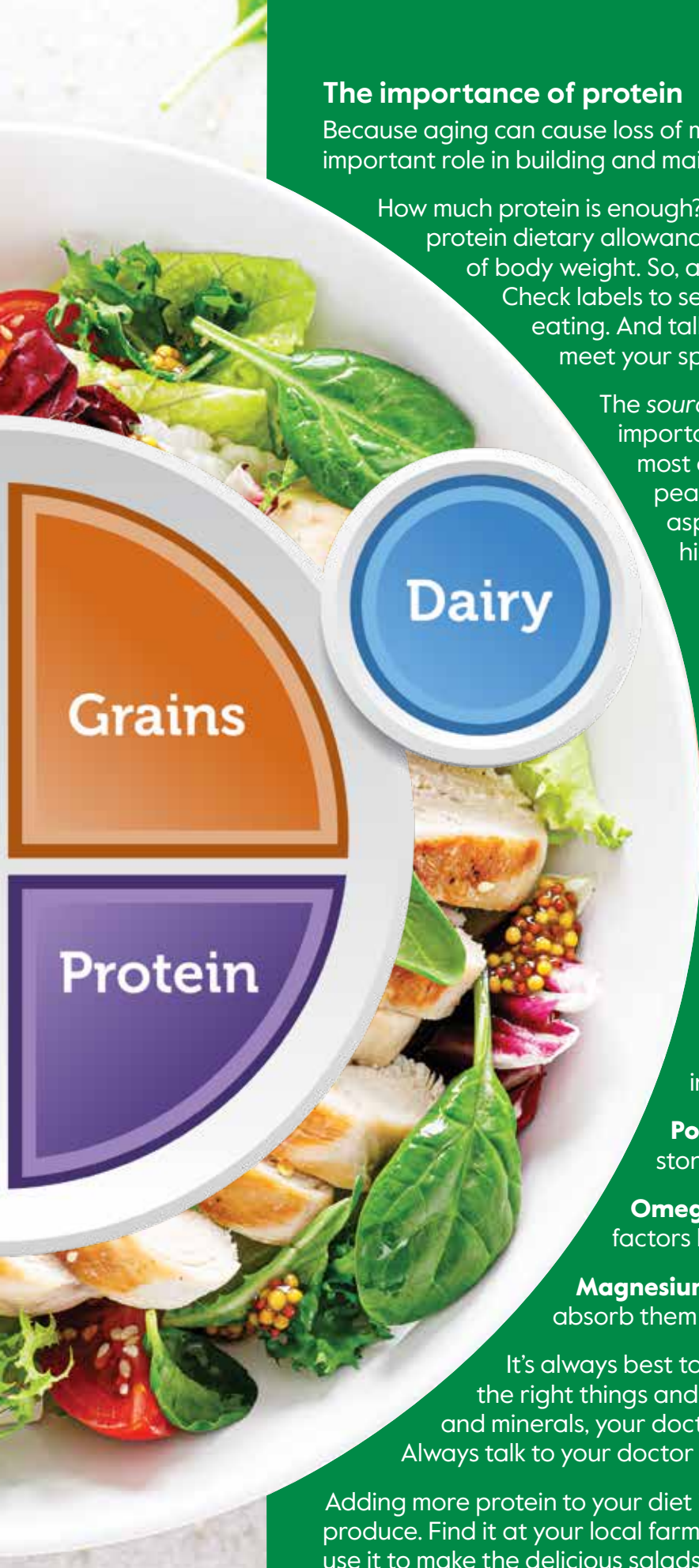
**Potassium**, which can reduce your risk of kidney stones, osteoporosis and heart disease

**Omega-3 fatty acids** to lower heart disease risk factors like high blood pressure

**Magnesium and iron**, because older adults often absorb them poorly and can become deficient

It's always best to get nutrients from food. But if you're eating the right things and tests show you're still low in some vitamins and minerals, your doctor may recommend taking a supplement. Always talk to your doctor before starting supplements.

Adding more protein to your diet is easy and delicious with springtime's fresh produce. Find it at your local farmers market and in your supermarket. Then use it to make the delicious salads on the following pages.



# Sensational Springtime Salads

## Greek Salad with Chicken



### **Ingredients**

For the dressing:

- ½ cup plain Greek yogurt, fat-free
- 2 teaspoons lemon juice
- 2 teaspoons olive oil
- 1 clove garlic, minced
- 1 teaspoon oregano
- ¼ teaspoon salt
- ¼ teaspoon pepper

For the salad:

- 1 head romaine lettuce
- ½ cup cherry tomatoes, cut in half
- 1 cucumber, diced
- ¼ cup red onion, sliced
- ¼ cup black olives, cut in half
- 1 cup cooked chicken breast, cubed
- ¼ cup feta cheese, crumbled

### **Directions**

Add dressing ingredients to a small bowl and mix well to combine. Cover and refrigerate for at least one hour. Wash lettuce and tear into bite-sized pieces. Place in large salad bowl and add tomatoes, cucumbers, red onion, olives and chicken. Sprinkle with feta cheese. Top with yogurt dressing.

Makes four servings

Per serving: 173 calories; 7g total fat; 2g saturated fat; 42mg cholesterol; 522mg sodium; 12g carbohydrates; 18g protein

**To make your own salad dressing, see the recipe on page 20.**

## Confetti Grain Salad



### Ingredients

- 1½ cups brown rice, uncooked
- 3 cups water
- 2 lemons (juiced)
- 3 green onions (also called scallions)
- ¼ cup fresh parsley (minced)
- ½ teaspoon salt
- 1 dash black pepper (to taste)
- ¼ cup olive oil (or vegetable oil)
- 1½ cups vegetables, cut into small pieces

### Directions

Wash rice and put in a 2-quart pot with water. Bring to a boil, then lower heat to a simmer and cook uncovered until all the water is absorbed (approximately 45 minutes). Pour into a medium-sized bowl and allow to cool. Pour the lemon juice over the rice and stir. When the rice is lukewarm, add the vegetables, parsley, salt, pepper and oil. Stir and chill at least one hour. This dish also can be served warm.

Makes six ¾-cup servings

Per serving: 288 calories; 11g total fat; 2g saturated fat; 0mg cholesterol; 225mg sodium; 43g carbohydrates; 5g dietary fiber; 6g protein

## Pasta Vegetable Salad



Use the Italian version of the vinaigrette recipe on page 20 to make the dressing for this salad.

### Ingredients

- 2 cups pasta (any shape)
- 1 cup diced cucumber
- 1 large tomato, chopped
- ½ green pepper, medium (diced)
- ¼ onion, medium (diced)
- ½ cup frozen peas (thawed)
- ¼ cup Italian salad dressing (see page 20)

### Directions

Cook pasta according to the packaging. Mix all ingredients in a medium-sized bowl. Cover and refrigerate for at least one hour. Mix again before serving.

Makes six servings

Per serving: 119 calories; 3g total fat; 0g saturated fat; 0mg cholesterol; 20g carbohydrates; 2g dietary fiber; 4g protein

Recipes are from myPlate.gov

## Working to end hunger

Some people don't get enough protein and other important nutrients, and many go hungry. That's why Cigna Healthcare is investing \$1 million in nonprofit organizations that are working to end food insecurity. We're also providing benefits that help feed our customers, including 14 nutritious, home-delivered meals following a hospital stay, and a monthly healthy foods allowance for customers in certain plans. See your Evidence of Coverage for details.

# Get Connected with myCigna®

*If you have a smartphone, then you have better health at your fingertips. Use your device to connect instantly with Cigna Healthcare resources and tools, both through our app and online.*

## myCigna app

Download the myCigna app to:

- Find a network provider or pharmacy
- Look at claims and Explanations of Benefits
- Review your plan's coverage
- Manage your prescriptions or find a lower cost for a drug
- Find mental health resources
- View, share or print your Cigna Healthcare ID card

## How to download the myCigna app

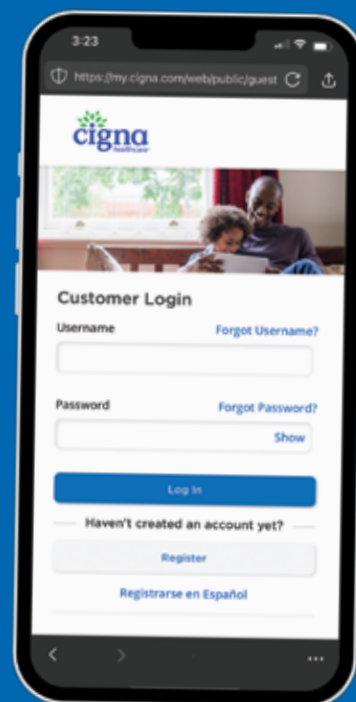
It's easy! Visit the App Store (iPhone) or Google Play Store (Android device). Search for "myCigna" and follow the prompts.

## myCigna online

Prefer a computer to an app? You can find the same resources at **myCigna.com**.

## Get email or text messages

Want to receive info by email or text? In myCigna, go to your Profile and choose Communication Preferences. Then click on Email and Text (SMS) Preferences to opt-in.



## Help Us Improve

Your satisfaction is important to us, and your feedback gives us opportunities to improve. By providing feedback to surveys, you'll help shape future programs and services that can directly impact your health.

### Three ways to provide feedback:

1. If you call Cigna Healthcare Customer Service, you'll hear a recording that asks you to stay on the line at the end of the call to participate in a brief, four-question survey. This survey is confidential — your representative won't stay on the line or have access to your responses.
2. In March, the Centers for Medicare & Medicaid Services (CMS) may ask you to participate in a survey about your Cigna

Healthcare plan. This survey is called the Consumer Assessment of Healthcare Providers & Systems (CAHPS)\*. It asks about topics like getting needed care quickly and the quality of our customer service. If you're invited to participate, you'll receive the survey in the mail from CMS.

3. In July, CMS may ask you to complete the Health Outcomes Survey (HOS)\*. HOS focuses on how your plan helps maintain or improve your physical and mental health over time.

We encourage you to complete these surveys if asked.

\* CMS randomly selects survey participants.



# Taking Technology to the Next Level

## Seniors are getting savvy

Technology is everywhere. In fact, if you own a smartphone, you're carrying a computer in your pocket.

When you know how to use it, technology can be good for your health — and your social life. It enables you to stay connected with friends and family, no matter how far away they live. These connections can help reduce loneliness and feelings of isolation. And with FaceTime and other video apps, it's like being in the same room.

Getting tech savvy can also let you:

- Stay up to date on news anywhere in the world
- Connect with people and groups who share your interests and hobbies
- Read books and articles
- Listen to audio books and podcasts
- Chat or videoconference with health care providers
- Look up how to do stuff (see list at right)
- And so much more

### Boost your tech skills

There's no denying it: Technology moves fast. The older we get, the harder it can be to keep up. Here are some ways to get up to speed:

**Call a kid.** Young folks understand technology, and they may be willing to help you with an online task. Check with a grandchild or other young family member.

**Take a class.** Many local library branches and senior centers host free or low-cost computer and basic technology classes.

**Use YouTube.** If you can think of it, there's probably a how-to video on it. Don't believe us? Visit [YouTube.com](https://www.youtube.com) and search for "underwater basket weaving."

**Find it online.** An online search engine is a great place to go with specific questions. Simply type in, "How do I [fill in the blank]?"

**Start small.** Choose one skill — like checking out an e-book from your local library on your smartphone — to get started. You'll find that most apps have similar features, so learning to use just one makes it easier to master others.

## Internet for all

If you're enrolled in certain federal assistance programs, like Medicaid or the Supplemental Nutrition Assistance Program (SNAP), you may be able to get a discount on internet service. Visit [FCC.gov/acp](https://www.fcc.gov/acp) to see if you qualify for the Federal Communications Commission's Affordable Connectivity Program.



# Food is Her Focus

“It’s about consistency, not perfection.”

Robin Neal is positivity personified. The Cigna Healthcare dietitian is committed to helping customers improve their health through better nutrition. And she succeeds, not by teaching them what they *can’t* eat, but what they can and should eat more of for better nutrition.

“I work with customers on creating a home environment that’s supportive of good health,” she says. “And I encourage them to stop the language of ‘I can’t have.’”

Robin knew early on that food would be her life’s focus. In high school, she saw how her body changed when she took up kickboxing and ate healthier. That discovery led to a degree from Cornell University and a dietitian internship. Now a credentialed dietitian, she still loves examining the science behind how food affects the body.

**"It's all about making small changes over time."**

“What really sparks my interest is not limiting foods or even weight loss,” she says. “It’s how when someone eats, let’s say, foods rich in vitamin D, they’re also increasing the healthy fats in their diet. Their hair, skin and energy levels change, and they feel different.”

Robin works alongside three other dietitians as part of Cigna Healthcare’s care management program. Customers enrolled in the program can get help creating an eating plan that addresses a chronic condition like diabetes, or they can work with a dietitian to map out a whole new lifestyle.

Because some customers are homebound or have trouble traveling, dietitians are available for telehealth appointments.

“We start with customers where they are,” Robin says. “If someone wants to continue to eat

ramen noodles for lunch, I’m not going to tell them they have to stop. But I might suggest you add some frozen veggies in with it.

“It’s all about making small changes over time,” she adds. “Most people would benefit from making some changes to their food to help their health.”

## A success story

Robin recently worked with Patty,\* a Cigna Healthcare customer who wanted to lose weight. Because of her limited income, Patty didn’t have enough nutritious food in her home. Instead, she ate mostly simple carbohydrates, which left her hungry and undernourished.

“She was eating starchy foods, like white bread, baked goods and pasta, from a box received from the food pantry, but they didn’t fill her up,” Robin says. “So we worked together to find foods that include more filling proteins through programs in her area.”

She created a meal plan for Patty, and suggested some lifestyle changes that emphasize consistency, not perfection.

“When it comes to making a plan, it’s really important to give yourself grace to mess up,” says Robin.

“Patty started incorporating a salad every day,” she adds. “And she exercised with stretch bands at home most days.”

After four months, Patty lost 43 pounds — about 3.5 pounds per week.

Robin knows success isn’t one-size-fits-all. And often it’s as simple as making one small lifestyle change every couple of months. So, when customers are ready to make those changes, she says, “We’re here to provide information and encourage you along the way.”

\* Customer’s name has been changed for privacy.



**Robin Neal, RDN, LDN**  
Cigna Healthcare dietitian



## We can help manage your care

The Cigna Healthcare care management program supports customers who need help managing a chronic condition or have health care coordination needs. Programs include:

- **Complex care management**, for customers with more than one chronic condition
- **Disease management**, for customers with specific chronic conditions involving diabetes, congestive heart failure, oncology or transplants\*

The program can also connect you with **social workers** who can assist with your day-to-day needs, as well as **dietitians** (like Robin) to help you make healthier food choices. **Pharmacists** are also available to provide recommendations for managing your medications..

To see if you're eligible or to enroll in care management, visit [Cigna.com/medicare/medicare-advantage/case-management](https://www.cigna.com/medicare/medicare-advantage/case-management). You can also call **1-866-382-0518 (TTY 711)**, Monday – Friday, 8 a.m. – 5 p.m. Central Time.

\* Not available in all markets, and conditions supported may vary between markets.



## Dr. J.B. Sobel

Chief Medical Officer, Cigna Healthcare Medicare

A whopping 26 million American adults age 65+ have prediabetes, and 80% of them don't know they have it. That's in part because prediabetes has no obvious symptoms. But it's possible to catch it early — before it develops into diabetes. Cigna Healthcare Chief Medical Officer Dr. J.B. Sobel discusses some steps you can take to stop prediabetes in its tracks.

### What is prediabetes?

Having prediabetes means your blood sugar levels are higher than normal but not high enough to be considered type 2 diabetes. However, that doesn't mean you shouldn't be concerned. You may already be developing diabetes-related damage to your heart, kidneys and blood vessels. You can have prediabetes for years with no obvious symptoms.

### What increases my risk?

Some risk factors for prediabetes include:

- Being overweight
- Being age 45 or older
- Having a parent, brother or sister with type 2 diabetes
- Being physically active fewer than three times per week

If you have one or more of the above risk factors, talk to your doctor about getting screened.

This column is intended only as general interest and does not in any way create a doctor-patient relationship. As with all information contained in this magazine, you should discuss any health concerns with your doctor or caregiver. If you have any immediate health care needs, contact your doctor immediately. The information in this column is not intended to serve as medical advice.

### What steps can I take now to avoid prediabetes?

Steer clear of processed foods, limit alcohol and stop smoking. And if you're overweight, losing just 5% to 7% of your body weight and getting regular exercise can lower your risk significantly.

To get more active, take advantage of the Silver&Fit® Healthy Aging and Exercise program, a benefit covered by your Cigna Healthcare Medicare Advantage plan.\* Learn more about Silver&Fit fitness center locations, workout kits and other program perks at [SilverandFit.com](https://SilverandFit.com).

You may also be eligible to join the Medicare Diabetes Prevention Program at no additional cost. It can help you make realistic, lasting diet and exercise changes. Visit [Medicare.gov/coverage/medicare-diabetes-prevention-program](https://Medicare.gov/coverage/medicare-diabetes-prevention-program) for details.

\* The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Silver&Fit is a trademark of ASH and used with permission herein. Kits are subject to change. Fitness center participation may vary by location and is subject to change. This information is not a complete description of benefits. Contact your health plan for more information.

Source: Centers for Disease Control and Prevention



# Healthy Eating

Good nutrition is about eating a balanced diet. Search up, down, forward, backward and diagonally to find these nutrition-related words:

- |               |              |               |                   |                  |
|---------------|--------------|---------------|-------------------|------------------|
| Amino acids   | Electrolytes | Lycopene      | Omega fatty acids | Trans fat        |
| Antioxidants  | Exercise     | Magnesium     | Potassium         | Triglycerides    |
| Blood sugar   | Fat          | Metabolism    | Protein           | Unsaturated fats |
| Calcium       | Fiber        | Micronutrient | Saturated fats    | Vitamins         |
| Calories      | Gluten       | Minerals      | Sodium            | Zinc             |
| Carbohydrates | Grains       | Nutrient      | Sugar             |                  |
| Cholesterol   | Iron         | Nutrition     | Supplements       |                  |
| Diet          | Legumes      | Oils          |                   |                  |



**Puzzled?**

The solution is on page 19.

# Breathe Easier

## Protect yourself against RSV

***Flu, pneumonia, COVID-19, shingles — all of these vaccinations are important for older adults. But there's one more to add to the roster: Experts also advise adults ages 60 and older to consider getting vaccinated for RSV.***

### What is RSV?

RSV, or respiratory syncytial (sin-SISH-uhl) virus, is a common virus that usually causes mild, cold-like symptoms. It can infect people of all ages. But infants and older adults are more likely to have severe cases, which can result in hospitalization or even death.

RSV season typically starts in the fall and peaks in the winter, but the timing and severity can vary from year to year. People don't develop long-lasting immunity and can be infected repeatedly over their lifetime.

### How does RSV spread?

It spreads both through the air (via coughing or sneezing by an infected person) and by touching surfaces contaminated with the virus and then touching your eyes, nose or mouth. It usually takes from two to eight days from the time of exposure to become ill.

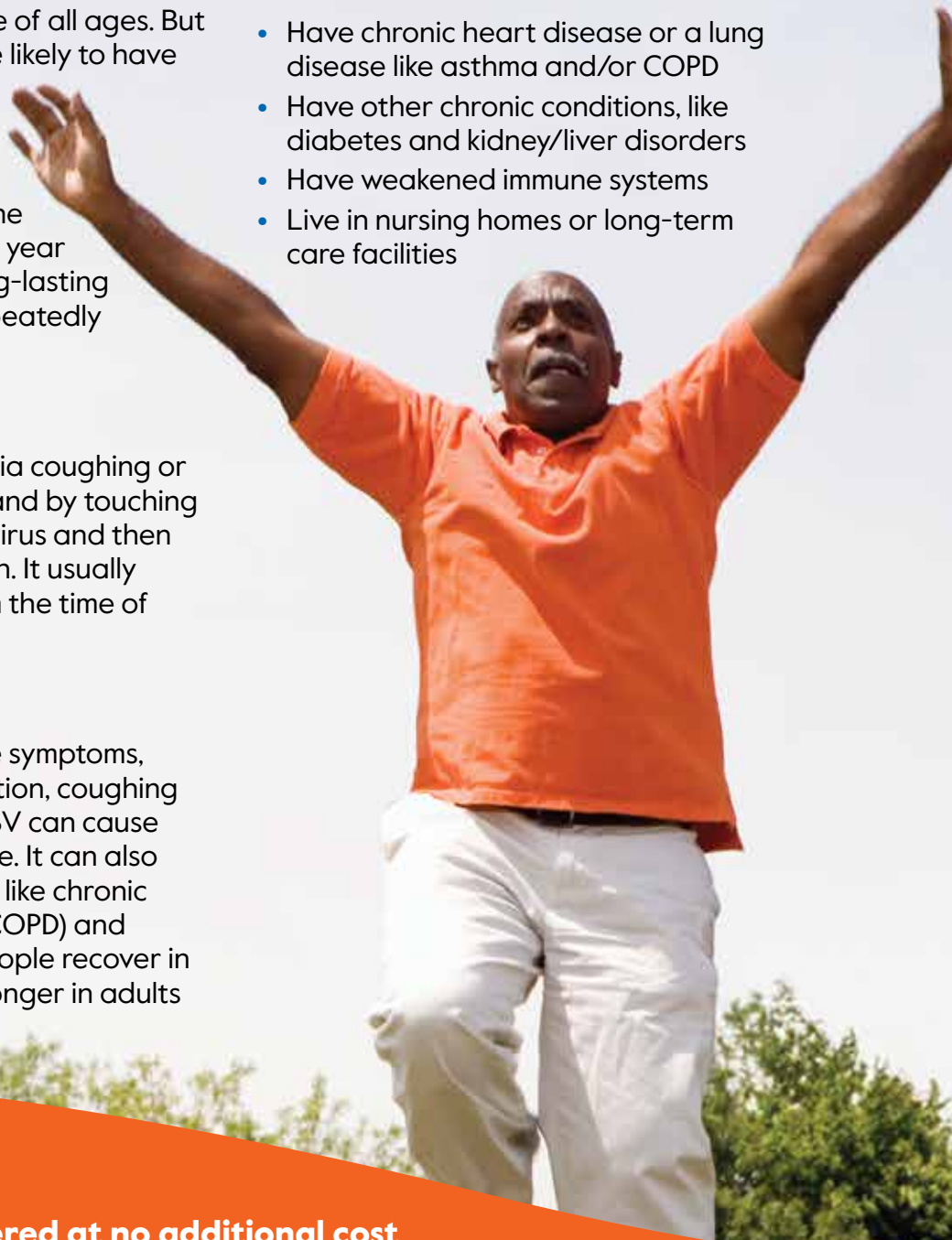
### What are its symptoms?

RSV typically causes mild cold-like symptoms, such as runny nose, nasal congestion, coughing and sneezing. However, severe RSV can cause pneumonia and respiratory failure. It can also worsen certain health conditions, like chronic obstructive pulmonary disease (COPD) and congestive heart failure. Most people recover in a week or two, but RSV can last longer in adults at highest risk.

### Who's at highest risk for RSV?

Those at highest risk include older adults and those who:

- Have chronic heart disease or a lung disease like asthma and/or COPD
- Have other chronic conditions, like diabetes and kidney/liver disorders
- Have weakened immune systems
- Live in nursing homes or long-term care facilities



**The RSV vaccination is covered at no additional cost for all Cigna Healthcare Medicare Advantage customers.**

# Walgreens Seniors Day

Walgreens Seniors Day is the first Tuesday of each month, and Cigna Healthcare is a proud sponsor at select stores. If you are age 55+ and a myWalgreens member, you can save 20% off eligible, regular-price merchandise. Or shop and save online all week with code SENIOR20. Download the free Walgreens app or visit [Walgreens.com/SeniorDay](https://Walgreens.com/SeniorDay) to get started.\*

And don't forget to:

- Use your **Cigna Healthy Today** card for easy access to extra benefits and incentive rewards.
- Stay on track with your Rx and get all three months at once, plus possible copay savings. Talk to your pharmacist about switching.\*\*

Other pharmacies are available in our network.

\* Data rates may apply. Offer valid the first Tuesday of each month in store and the first week of each month online (Sunday – Saturday) with myWalgreens membership to members 55 years of age or older. Dates subject to change. Restrictions and exclusions apply. See [Walgreens.com/SeniorDay](https://Walgreens.com/SeniorDay) for complete details. The 20% discount does not apply to pharmacy products and services.

\*\*Restrictions apply. Talk to a pharmacist to see if your prescriptions qualify for 90-day refills. Potential copay savings vary by insurance plan.

## How can I protect myself?

First and foremost, talk to your doctor about whether getting vaccinated is right for you. The U.S. Food and Drug Administration has approved two vaccines to prevent RSV in adults age 60 and older: Arexvy and Abrysvo.

You should also wash your hands often, avoid close contact with sick people, cover coughs and sneezes, clean frequently touched surfaces, and stay home when you're sick.

## Where can I get an RSV shot?

Get vaccinated at your local pharmacy or check with your doctor's office to see if they offer it. It's safe to get an RSV shot at the same time you get other recommended vaccinations, such as flu or COVID-19.

## Does my plan cover RSV vaccinations?

Yes. For Cigna Healthcare Medicare Advantage customers, RSV vaccinations are covered at no additional cost.

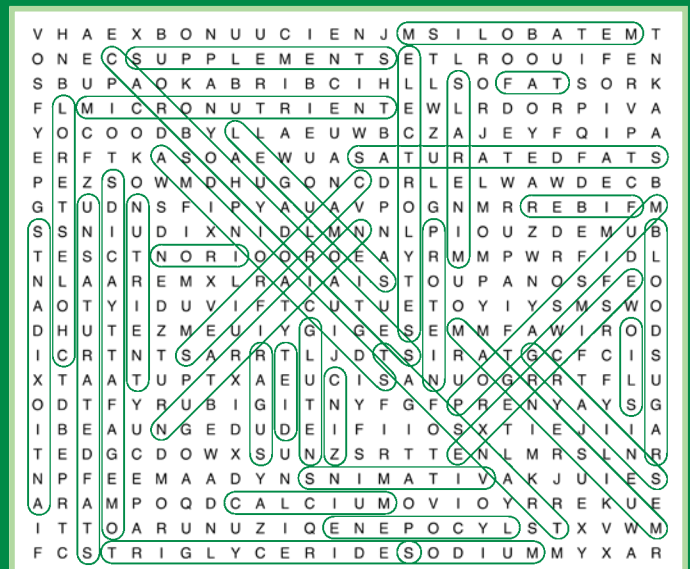
## Does the vaccine have side effects?

Side effects are usually mild. They may include pain, redness and swelling where the shot is given, as well as fatigue, fever, headache, nausea, diarrhea, and muscle or joint pain. These usually subside after a few days.

For more information about RSV and the RSV vaccines, visit [CDC.gov/rsv](https://CDC.gov/rsv).

Source: Centers for Disease Control and Prevention

## PUZZLE SOLUTION from page 17





PO Box 20012  
Nashville, TN 37202

Health and wellness or  
prevention information

*This information is not a complete description of benefits. Call 1-800-668-3813 (TTY 711) for more information. To file a marketing complaint, contact Cigna or call 1-800-MEDICARE (24 hours a day/7 days a week). Please include the agent/broker name if possible. Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group. The Cigna names, logos and marks, including THE CIGNA GROUP and CIGNA HEALTHCARE, are owned by Cigna Intellectual Property, Inc.*

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## HEALTHY RECIPE

See more recipes on pages 10-11.

# Vinaigrette Dressing

**Making your own healthy vinaigrette salad dressing couldn't be easier. Simply mix ingredients in a bowl with a fork or a whisk, or shake them in a jar with a tight-fitting lid.**

### Ingredients

- 6 tablespoons vegetable, olive, canola or avocado oil
- 4 tablespoons cider, balsamic or red wine vinegar
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon yellow, Dijon or brown mustard

Give your vinaigrette an Italian twist by adding:

- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- Pinch crushed red pepper flakes

Serving size: 1 tablespoon

Per serving: 148 calories; 16g total fat; 2g saturated fat; 12mg sodium; 0g carbohydrates; 0g dietary fiber; 0g protein

Recipe is from myPlate.gov