



10 ways to make the most of your **MEDICARE** **ADVANTAGE** plan in 2023

Ready for a great year? With a BlueKC Medicare Advantage plan, you're all set. Our goal is help you live your healthiest life. The first step: getting to know all that your plan offers so you can take advantage of the benefits that will help you the most. Here's everything you need to know to get started

1

Sign in to your Member Portal

Take a couple of minutes to connect with your plan — and all the resources it provides. It's super simple:

- Go to [MyBlueKCMA.com](https://www.MyBlueKCMA.com)
- Click on the Register button.
- Using the member ID numbers on your card, follow the steps to complete your registration.

You're in! Your member account is your place to go to unlock all the perks of your plan. You can even use our messaging platform to manage your health on the go.

2

Understand your plan details

Learn as much as you can about what's covered (and what's not). You may be eligible for benefits including:

- **Blue Benefit Bucks (BBBs)**, which help you pay for over-the-counter medicines and other health supplies. You can also use your BBBs for hearing aids and transportation to medical visits.
- Diabetes care management
- Foot care for chronic conditions
- BlueKC virtual care

To dig into the details:

- Check your member ID card for the name of your plan.
- Read your Evidence of Coverage document in the Plan Benefits sections on your Member Portal. You can also call us to go over your benefits.



3

Connect with a great doctor

A good relationship with a primary care provider (PCP) is key to good health. They'll help you stay healthy, care for you when you're sick, and get you advanced care when you need it. So whether you already have a doctor you love or you're looking for a new one, start with your Member Portal. Here's what to do:

- Log in to [MyBlueKCMA.com](https://www.MyBlueKCMA.com)
- Click on Find Care
- Select a primary care provider
- Need help? Call Customer Service at 866-508-7140

Got questions? We're here to help

Call the Customer Service team at 866-508-7140 (TTY: 711), 7 days a week, 8 a.m. to 8 p.m. Or visit [MyBlueKCMA.com](https://www.MyBlueKCMA.com).

4

Know your prescription drug benefits

If you take daily medication, your Medicare Blue KC drug plan can help you stick to your treatment plan. Here's what to do:

- Log in to [MyBlueKCMA.com](https://www.MyBlueKCMA.com). Go to Resources and then click on Formulary.
- Enter the names of each prescription drug to learn the cost.
- Enter your zip code to find a nearby pharmacy.
- Sign up for home delivery at 844-569-4142 (TTY:711). This service helps you get your medicine on time.

5

Take care of your eyes

It's a beautiful world. Keep your vision sharp to enjoy it. Your eye doctor can monitor your vision and detect signs of conditions such as diabetes and high blood pressure. Routine eye exams — one visit a year — are covered for a \$0 copay. To get started:

- Find an optometrist or ophthalmologist at [MedicareBlueKC.com/find-care](https://www.MedicareBlueKC.com/find-care).
- Check your Member Portal to see if you're covered for glasses or contacts.

6

Keep your hearing healthy

The older you are, the more likely you are to have trouble hearing. Hearing loss affects 1 in 3 people over 60 and 80% of those over 85. It can make you feel isolated, cause fuzzy thinking, and lead to dangerous falls. But special devices can help. Your BlueKC plans may provide checkups and hearing aids.

- Go to your Member Portal to learn about your coverage.
- Find a provider at [NationsHearing.com/BlueKC](https://www.NationsHearing.com/BlueKC) or call 877-208-2597.

7

Take care of your teeth

A problem in your gums could lead to heart disease. Untreated cavities could cause serious infections. Many BlueKC plans provide coverage to prevent (and treat) dental concerns and keep your smile healthy. To get started:

- Check your Member Portal or call the Customer Care team to learn about your coverage.
- Find a dentist at [MedicareBlueKC.com/find-care](https://www.MedicareBlueKC.com/find-care).

Get more from BlueKC right on your smartphone.

Sign up for health care updates, wellness tips, and more all via text. Use your smartphone camera to scan the QR code and follow the prompts. Or text JOINBLUEKC to 62086.





8

Stay fit

Regular exercise can prevent bone loss, relieve pain, strengthen your muscles, and even boost your immunity. And BlueKC can help. Your plan includes the SilverSneakers fitness program. Here's how it works:

- Register at [SilverSneakers.com](https://www.silversneakers.com) or call 888-423-4632. Enter your zip code to find a nearby location.
- Try online classes. Rather work out at home? Sign up at [SilverSneakers.com/steps-kit](https://www.silversneakers.com/steps-kit) or take live online classes by visiting [SilverSneakers.com/live](https://www.silversneakers.com/live).

**Explore all the ways
your plan helps
keep you healthy.**

Call 866-508-7140 (TTY: 711)
7 days a week, 8 a.m. to 8 p.m.
Or visit

9

Mind your mental health

Your mind and your body are connected. Depression and anxiety are linked to physical illness like diabetes and heart disease. Plus, staying mentally strong makes life better. Mindful BlueKC is a behavioral health resource included in your plan. It provides 24/7 access to Mindful Advocates.

To start:

- Call 833-302-6483 or the behavioral health number on your member ID.
- Visit [MindfulBlueKC.com](https://www.MindfulBlueKC.com) to learn more.

10

Practice prevention

Keeping up with checkups, screenings, and immunizations helps you catch — or avoid — health issues before they become bigger problems. During your Annual Wellness Visit, your provider will review your health history and make your preventive care plan. That can help you maintain or even improve your health. (Bonus: Your wellness visit is free.)

To get started:

- Sign in to [MyBlueKCMA.com](https://www.MyBlueKCMA.com) to check preventive benefits. Many are free. You may qualify for BlueKC Member Rewards (up to \$50 a year) by getting a flu shot, COVID booster, or breast cancer screening.
- Go to Plan Benefits or call the Customer Service team (see left).
- Schedule an Annual Wellness Visit with your primary care provider.