

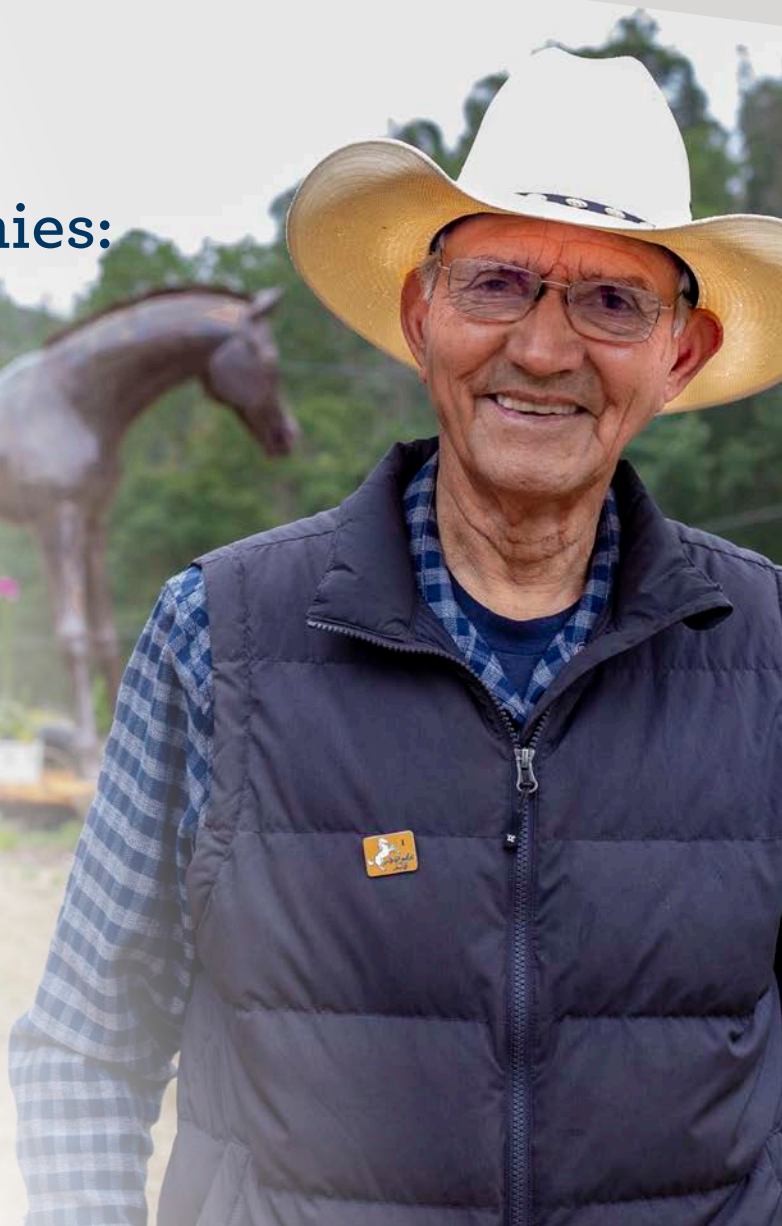
MEMBER PROFILE

Trojan horses and red ponies: The art of David Salinas

David Salinas has always been an artist.
“Since I can remember, I was drawing,” he says.

As a boy, inspired by stories of his cowboy father taming horses in Mexico, Salinas would draw horses again and again, perfecting his technique. “I kept drawing and drawing, and eventually it really looked like a horse.” His classmates and teachers took notice. His first-grade teacher encouraged him to take art classes, and he learned the foundations of drawing and painting.

As an adult, Salinas is still making art, but he works in a different medium — steel. Since retiring, he spends much of his days creating elaborate metal sculptures of horses, the drawings of his childhood brought to life.



INSIDE



Member profile



Right tribe



Upcoming events



What's new



Flu vaccinations



Care coordination



2020 pharmacy benefits

Shaping steel

Salinas learned to work with steel during his 30-year career as a welder, iron worker, and builder. It was a natural progression to start using steel in his art. He likes the accessibility of it (he collects scrap metal to use in his pieces) and the things he can do with it. "I can hammer things out, roll them and grind them, and make them look like something." Unlike bronze or clay, which are usually shaped using a mold, steel must be manipulated in the moment. "The pieces I make are one of a kind."

Since he started sculpting, Salinas has crafted 16 pieces, the largest of which is a towering steel horse, 8 feet long and 10 feet high. It took him 3 years to create, sometimes working on it 5 to 6 hours each day. It currently resides in his home, and when people see what some have called his "Trojan horse," jaws drop. "It's not quite as big," Salinas laughs. "But it's big."

One of his sculptures was shown at the Monterey County Fair and was awarded First Place, Best of Show, and Dealer's Choice. He has also shown some of his work at the Monterey library, his work

has been featured in the newspaper, and he was asked by the National Steinbeck Center to create a sculpture based on Steinbeck's story *The Red Pony*.

He takes great pride in the work he creates. "When I do something, I always try to do the best work that I can, just to satisfy myself," he says.

In the country

Salinas just finished a new piece and is taking a little time before starting his next one. "I've got stuff to do around the house. The weeds have outgrown me," he jokes.

When he's not creating art, Salinas also creates furniture, including the coffee table that sits in his own living room, crafted from wood and metal. And he can often be found riding his horses, Tejanita and Cash, on the 5 acres of property where he lives with his wife, Pauline. He always wanted horses but didn't have the space or money to keep them until he retired. "It's real country here," he says, "at the end of the road. I've got plenty of room here to ride."

“Every child is an artist. The problem is how to remain an artist once we grow up.”

-Pablo Picasso





What's new in 2020

With Medicare open enrollment starting October 15, this is your opportunity to review your current plan to determine if you need to switch plans. The three plans we offer have all the same great benefits. It's really deciding what premium and co-pay options are best for your budget.

Your Annual Notice of Change (ANOC) will soon arrive in your mailbox.

Take a few minutes to review the changes. There are a few exciting benefits available in 2020. We are adding a telehealth benefit that gives you access to a medical provider 24/7. You can access this benefit online beginning January 1. In addition, we have added a Tier 6 drug benefit for insulin, for our members who have diabetes.

We are also changing the Pharmacy Benefit Manager (PBM), who administers your prescription drug benefit. In January, after you receive your 2020 Aspire Health Plan identification card, you will **present your new identification card to your pharmacy**, as it will contain information required to fill your medication. The 2020 PBM, MedImpact, will offer enhanced features to our members, including a member portal for monitoring your prescription usage.

These are just a few of the highlights for 2020. Understanding your options can make all the difference to your coverage and budget. So look for your ANOC, and don't hesitate to call us with questions.

If you are happy with your current plan, sit back and enjoy the holidays. You will be automatically enrolled next year. Thank you again for entrusting us with your membership.

NEW

You asked, we listened

We are excited to announce that beginning in 2020, we will offer technology to **allow you to pay your premiums with your credit or debit card.** A link to the payment portal will be available January 1 on the Member Resource tab of the Aspire website. Or call customer service at (831) 574-4938 to set up the payment process. You will have the ability to select monthly automatic deductions or one-time payments.



Care coordination

We love to hear from our members. If you have questions, we're here to help. Need assistance with coordinating your care? Call us first. Coordinated care means all your healthcare providers have the same medical information about your treatment plan. Your doctor usually asks about your medications, specialists, and shares test results. When your care is coordinated, you have better health outcomes since your doctors will know about your medications and recent healthcare services. If you have questions about a test, medication, or identifying the right specialist, let us take the worry away from you.

Call us first, we are here to help.

Right tribe

“Call it a clan, call it a network, call it a tribe, call it a family: Whatever you call it, whoever you are, you need one.” —Jane Howard



BLUE ZONES PROJECT
by sharecare

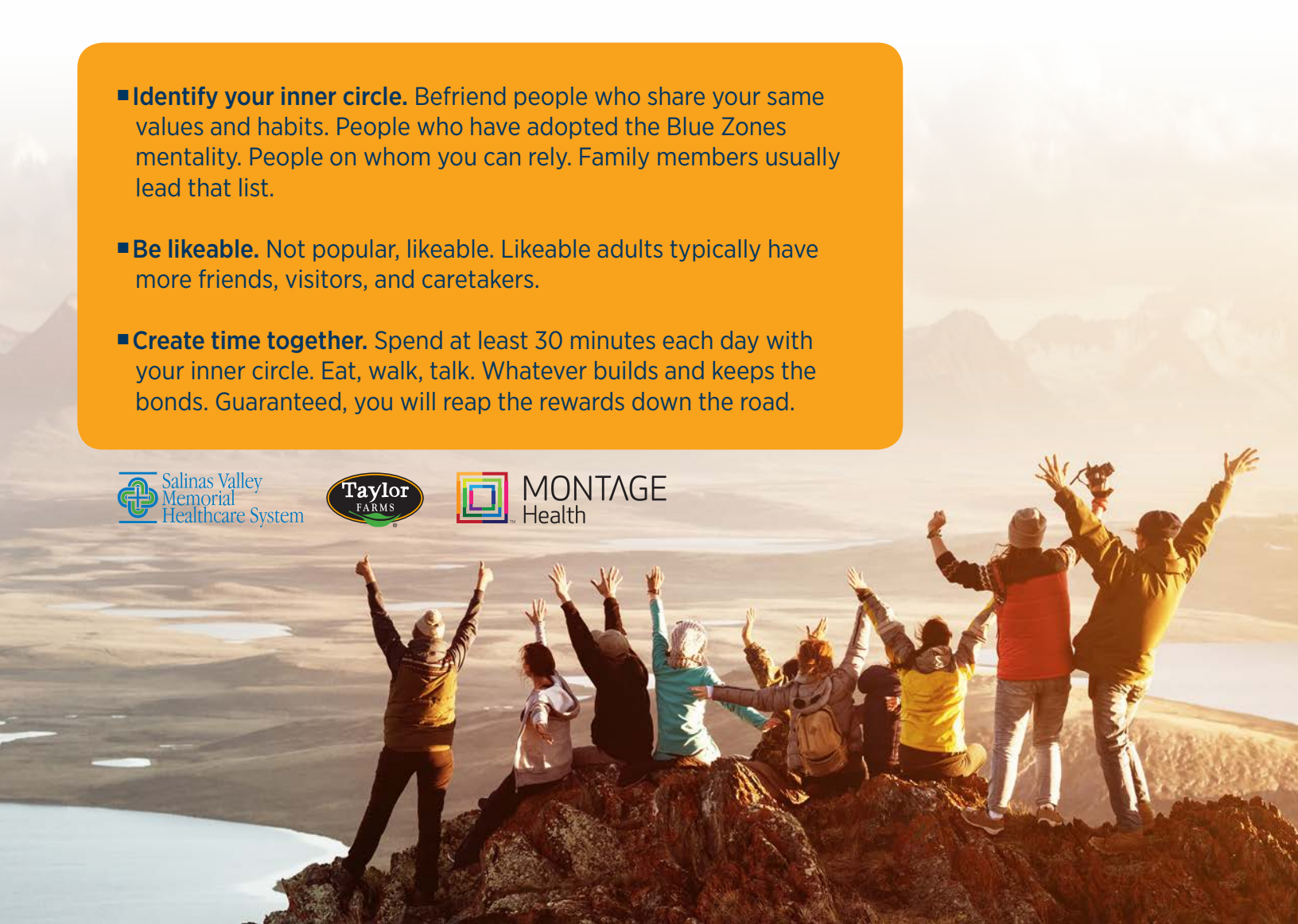
For many, this means family of origin. For others, it's chosen or created family. And for some, it's a group cobbled together from friends, mentors, and romantic partners. For all, it's typically comprised of shared values and unwavering support.

And with the holidays' impending arrival (likely before we know it), it's even more important perhaps to have your dearest relationships near — whether in spirit or in geography.

In fact, that is one of the key principles to Blue Zones — hanging out with those of like mind. This strategy not only helps you form and keep connections, it reinforces healthy behaviors. The ultimate right tribe? In Okinawa, Japan, they have moais, groups of people who stick together their entire lives.

It's simple really: Social connectedness leads to longevity. Now, how to foster and accomplish in-person ties in this age of digital disconnectedness:

- **Identify your inner circle.** Befriend people who share your same values and habits. People who have adopted the Blue Zones mentality. People on whom you can rely. Family members usually lead that list.
- **Be likeable.** Not popular, likeable. Likeable adults typically have more friends, visitors, and caretakers.
- **Create time together.** Spend at least 30 minutes each day with your inner circle. Eat, walk, talk. Whatever builds and keeps the bonds. Guaranteed, you will reap the rewards down the road.



Flu vaccinations

The key to a successful holiday season is preparation. And when it comes to a healthy holiday season, preparation means prevention.

Each year, between 16 and 64 million people in the United States will get the flu. Still, many people debate the benefits of getting vaccinated. So why the debate? Here are common myths around flu vaccination.



There are so many different flu viruses; won't I just get a different version of the flu?

While it is true that there are different viruses, and they are constantly changing, every year the World Health Organization (WHO) conducts research on which influenza viruses are most likely to spread, which are making people ill, and how effective the previous year's vaccines were at protecting against those viruses. WHO gives its findings to the Federal Drug Administration (FDA), which makes the final call on which flu vaccine viruses to include in the upcoming season's flu shots.

It's too early/late in the season for me to get vaccinated.

In the U.S. the flu season runs October through May. The best time to get the flu shot is by the end of October. One great way to ensure you are covered for the season is to attend one of Aspire's Member Appreciation events (find details in the Upcoming Events section of this newsletter).

I heard that the flu vaccine can give me the flu.

Getting a flu shot cannot give you the flu. Let's say that again — getting the flu shot CANNOT give you the flu. However, some people may experience mild symptoms that they may confuse with getting the actual flu. Common symptoms include: soreness, headache, fever, muscle aches, nausea. Though those symptoms aren't pleasant, it is important to remember that they will be mild, will go away on their own, and most important, they will not lead to serious complications associated with the actual flu.

My friend/neighbor/family member got the flu shot and still got the flu.

The Centers for Disease Control (CDC) has found that the flu shot lowers the risk of catching the flu by 50 – 60%. And those who do get the flu after being immunized have less severe symptoms and reduced risk of being hospitalized with complications such as pneumonia, bronchitis, and cardiac problems for those with heart disease.

Also remember that it takes two weeks for the body to develop antibodies. If you are exposed to the flu virus prior to, or within two weeks of getting the shot, you can still catch the flu.

**Still not sure if getting the vaccination is right for you?
Contact your doctor for a personalized recommendation.**



NEW IN 2020

Pharmacy member portal and RX mail order option

Starting January 1, 2020 Aspire Health Plan will be partnering with MedImpact Healthcare Systems, a new pharmacy benefit manager (PBM), to help manage our Part D prescription drug benefit. Our goal with a change in PBMs is to improve the overall member experience when it comes to prescription medications. There will be some changes that members will see for 2020, and we will be sending more information about this in the coming months. The Aspire Health Plan pharmacy network will continue to offer access to all the major pharmacies that are currently offered in 2019. **We will have a new list of drugs (called the Drug Formulary) that Aspire Health Plan will cover starting January 1. Many of our members will see no**

change in their drug coverage, while some may see that a drug they take is offered in a more favorable drug tier. In certain instances, a member may see a negative change in the coverage of a medication they take. For those members, Aspire Health Plan will be contacting them prior to January 1 to let them know about the upcoming change for 2020 and what options are available to them. Beginning in 2020, we will also be introducing a new mail-order pharmacy called, MedImpact Direct.

New Member Portal

In the new year, members will have access to MedImpact's web-based portal. Some exciting features of the member portal include:



Access to tools and information a member needs to make informed choices about their prescription benefits



Visibility of current and past prescription drug history



Help finding ways to save money



Formulary drug status



Year-to-date spend on prescription drugs



Estimated co-pays



Mail-order status

We are very excited about our new partnership with MedImpact Healthcare Systems and believe that our members will see an improved experience in how they are able to access their prescription drug benefit.



Upcoming events

Member Appreciation events, 9:30–11:30 a.m.

Tuesday, October 1

Elks Lodge

150 Mar Vista Drive, Monterey

Wednesday, October 2

National Steinbeck Center

1 Main Street, Salinas

Aspire values our members and would like to show you our appreciation. Join us for brunch, an overview of 2020 plan benefits, and some exciting updates. You won't want to miss it.

Walk to End Alzheimer's

Saturday, October 12

Customer House Plaza Monterey

Registration 8 a.m., Walk 9:30 a.m.

Donate or join the Aspire team and walk with us at www.aspirehealthplan.org/walk2019

Men's Health Night

Monday, November 11, 5-8 p.m.

Community Hospital, conference rooms A, B, and C

- Seattle Seahawks vs. Kansas City Chiefs
- Free submarine sandwiches
- Free prostate screening (prostate cancer screens will also include a free blood pressure and colon cancer screenings)

For men ages 45–70 who have not been diagnosed with prostate cancer and have not been screened for prostate cancer in the last 2 years. We'll provide a free screening in a private, confidential setting. **First come, first served.** Reservations are required. RSVP: (831) 622-2772

Community Connections

Classes are open to the public.
Bring a friend.

Thursday, October 17, 10-11 a.m.

EMOTIONAL EATING

Have you ever found yourself craving something even when you aren't hungry? Join us to learn what emotional eating is, how it works, and strategies for dealing with it.

Montage Wellness Center
2920 2nd Avenue, Marina

Thursday, October 24, 10-11 a.m.

SUPERMARKET SMARTS

Learn to navigate the supermarket to benefit your health, avoid temptation, and outsmart false claims and advertising.

PrimeCare Diabetes
& Endocrine Center
355 Abbott Street, Suite 200, Salinas

REGISTER AND LEARN MORE:

www.aspirehealthplan.org/connections2019
or (877) 663-7651 (TTY 711)

www.aspirehealthplan.org/members-newsletters
Share your thoughts: feedback@aspirehealthplan.org



Like us on Facebook:
facebook.com/aspirehealthplan

Aspire Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Other providers are available in our network. We are open 8 a.m.–8 p.m PT Monday through Friday from April 1 through September 30 and 8 a.m.–8 p.m. seven days a week from October 1 through March 31 (except certain holidays). H8764_MBR_Newsletter10_0819_C



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Health and Wellness Information

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We love referrals. The greatest compliment you can give Aspire is a referral to your friends and family. Thank you for your membership in Aspire Health Plan. Help us grow by sharing Aspire with the people you care about.