



Local impact, national recognition

Aspire's dedicated team of health coaches were recognized for improving the lives of Aspire members.

They received the highest national recognition from the Centers for Disease Control and Prevention (CDC). Aspire Health has received this recognition for its in-person National Diabetes Prevention Program (NDPP). The NDPP program is a nationally recognized, year-long intervention designed to prevent type 2 diabetes through healthy eating and physical activity.

Aspire Health also received the highest recognition level for the CDC's Full Plus Recognition. This special recognition is reserved for programs that not only effectively deliver a quality, evidence-based program that meets CDC standards, but also meets participant retention thresholds.

MORE GOOD NEWS

Our NDPP program is provided to you at no cost. Our health coaches educate our members on how to:

- Balance healthy eating and physical activity for weight loss
- Overcome challenges to healthy eating
- Manage stress
- Stay motivated

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NOVEMBER IS DIABETES AWARENESS

MONTH, a time to bring attention to the importance of diabetes prevention and diabetes management.

Did you know that 45 percent of Monterey County adults have prediabetes or type 2 diabetes?

Prediabetes is when your blood sugar levels are higher than normal, but not high enough to be diagnosed with type 2 diabetes.

At Aspire Health we work to bring attention year-round. With the help of the Diabetes Beast, we spread the good news that simple changes in our daily lives can prevent diabetes.

Learn more about diabetes and prediabetes, read real success stories, find resources, and assess your risk for diabetes at:
www.dontfeedthediabetes.com



Want more tips? Give us a call and talk to one of our health coaches. We're ready to help keep you healthy, happy, and well.

If you're ready to lower your risk for type 2 diabetes, call us at (831) 644-7490 to learn more.

YOU CAN PREVENT THE CYCLE OF RISING BLOOD SUGAR IN YOUR BODY IN FOUR WAYS:



Eat nutritious foods that keep your blood sugar in a healthy range



Stop smoking as it can increase your cells' resistance to insulin



Be physically active to use the energy in your body and lose extra weight



Reduce stress

All four ways can work together. Eating a healthier diet makes it easier to be more active. Exercising helps reduce stress. Reducing stress helps to stop smoking. And you'll feel better with every step you take.



In case you hadn't heard — we have a new member portal

We are excited to see that so many of our members are discovering our new portal and enjoying the convenient self-service features.

If you haven't registered yet, here are some of the features you can look forward to.

Attest to healthy actions

You can see what rewards you are eligible for and can attest to them online.

Enroll or disenroll in the optional Enhanced Benefits

You can now enroll or disenroll using the member portal.

Monthly healthcare explanation of benefits (EOB)

View your monthly EOB electronically. Sign up through the portal to receive an email notification when your EOB is ready for your review.

Claims reimbursement

If you are requesting a refund for eligible healthcare services, you can submit the form and receipts online — it is that easy.

Update your primary care doctor

Need to change your primary care provider? You can now view a list of available primary care providers and select your new doctor.

Request an ID card

Lost your ID card? You can print a temporary card and order a new one all at the same time.

Pharmacy benefit

You can review claims, find out what your prescription co-pay will be, and more.

Quick links

We offer quick links to our formulary, provider directory, and MyChart.

ADVANCE HEALTHCARE PLANNING

Why YOU should complete an advance directive



Advance healthcare planning is the process of planning for the event of a serious illness and/or end of life. An advance directive is a legal document used to provide guidance about what types of treatments a patient may want to receive in case of a future, unknown medical emergency. It is also where patients designate a surrogate.

The advance directive is designed to direct future care, so it is appropriate for all adults, including those in good health.

It starts with reflection. Whom do you trust to speak for you, if you could not speak for yourself? Next, you make decisions for your healthcare. How do you want to balance quality of life with quantity of life? What matters most in life, and what matters

most for your medical care? What will be most important to you at the end of life?

Finally you sign the form, with witnesses or a notary.

You can always change or cancel your advance directive at any time. Having your wishes known makes it more likely that you'll get the medical treatment you want, and your loved ones will experience less stress and anxiety.

For more information, go to www.montagehealth.org/planning.

You can download an advance directive form and find free educational workshops to help you with this very important step.

Don't miss out

You may have rewards available through the Aspire Rewards program. That's right. Aspire rewards you for taking healthy actions. You can earn rewards towards over-the-counter items that you are already purchasing. Things like pain relievers, toothpaste, first aid items, and so much more.

HERE'S HOW IT WORKS:

1. Call us to see which activities will earn you rewards.
2. Complete a healthcare activity by 12/31/2022.
3. Let us know by 1/31/2023 — you'll need to supply just a few details, for example, the date of the visit.
4. We'll send you a reward.

Qualifying healthcare activities will differ based on individual needs. Not all members will qualify for all rewards.



Make the most of your Medicare benefits in 2023

With Medicare open enrollment starting October 15, this is your opportunity to review your plan to determine if you are in the best plan for your current health needs. As part of our Medicare Advantage plan, you receive all the same benefits of Original Medicare and many more benefits and services.

We are excited about the 2023 plan features and the enhancements we are making.

We are improving our plans by lowering some of your co-pays, deductibles, and premiums depending on your plan. **Here are a few of the highlights in 2023 for all our plans:**



- Lower maximum out of pocket to provide you greater financial protection



- Three prescriptions for two co-pays at retail pharmacies



- Expanded fitness benefit that includes a brain training app and access to boutique fitness centers like Cyclebar, along with the Montage Wellness Center

While you may have experienced higher costs for other services in your home, your healthcare is only improving this year. Our Enhanced Benefit plans for vision, dental, hearing, transportation, and Mom's Meals will remain at the same low premium it has been for the last three years.

We are again offering our members wellness and care management that help them stay healthy. This includes an enhanced care team for members with chronic conditions, gym membership, transportation, chiropractic, and acupuncture. And we are continuing to offer an over-the-counter benefit for those on the Advantage and Plus plans.

We know you have healthcare options and appreciate that you continue to entrust us with your care.

WE LOOK FORWARD TO SERVING YOU IN 2023.





Blue Zones Project: Discovering Sardinia

Sardinia is a large Italian island in the Mediterranean Sea with nearly 2,000 km of coastline, sandy beaches, and a mountainous interior crossed with hiking trails. Its rugged landscape is dotted with thousands of nuraghi — mysterious Bronze Age stone ruins shaped like beehives. It is renowned for beautiful beaches, turquoise sea, and fascinating rock formations.

And, even more importantly, Sardinia is one of the places where the population lives a considerably longer, healthier, and happier life. Sardinia is the first identified Blue Zone, a part of the world where a large part of the population lives up to 100 years old.

Here are a few ways you can incorporate healthy Sardinian habits into your lifestyle.

Eat a lean, plant-based diet accented with meat.

Sardinians love eating their traditional dishes and usually cook in a very healthy way. The classic Sardinian diet consists of whole-grain bread, beans, garden vegetables, and fruits.

Put family first.

Sardinia's strong family values help assure that every member of the family is cared for. People who live in strong, healthy families suffer lower rates of depression, suicide, and stress.

Celebrate elders.

Grandparents can provide love, childcare, financial help, wisdom, and expectations/motivation to perpetuate traditions and push children to succeed in their lives. This may all add up to healthier, better adjusted, and longer-lived children.

Take a walk.

Since Sardinians live a rural life, they don't need a gym to stay healthy and fit. Exercise comes naturally, largely by walking rather than taking transportation. They also garden, and deliver their

fruits and vegetables to friends and family. Even short walks can put you on the right path.

Laugh with friends.

Men in this Blue Zones region are famous for their Sardinian sense of humor. They gather in the street each afternoon to laugh with and at each other. Laughter reduces stress, which can lower one's risk of cardiovascular disease.

Drink goat's milk. Eat sheep's cheese.

A glass of goat's milk contains components that might help protect against inflammatory diseases of aging such as heart disease and Alzheimer's. Sardinians also traditionally eat pecorino cheese made from grass-fed sheep, whose cheese is high in omega-3 fatty acids. Meat is largely reserved for Sundays and special occasions.

Drink a glass or two of red wine daily.

There's one more secret. A traditional wine, called Cannonau, whose chemical composition favors the body's wellness and, if drunk in moderate quantities, gives Sardinia another great ally for a longer life.

BLUE ZONES PROJECT

Eat like a Sardinian

Sardinian spinach with pecorino cheese



INGREDIENTS

- 1 lb. spinach
- 4 garlic cloves
- 1 big handful basil leaves (about 1 cup)
- 2 tbsp. olive oil
- 5 oz. pecorino cheese
- Salt and pepper to taste

DIRECTIONS

1. Wash spinach in cold water.
2. Bring a big pot of salted water to a boil.
3. Cook spinach for 1–2 minutes, drain in colander.
4. Preheat oven to 400° F
5. Peel garlic and cut into thin slivers.
6. Mince basil leaves.
7. Combine spinach with garlic, basil, and olive oil, and season with salt and pepper.
8. Divide spinach mixture into four individual oven-proof ramekins. Top with slices of pecorino cheese and bake for 4 minutes or until cheese begins to melt and edges brown.
9. Remove from oven and let stand for 1 minute prior to serving.

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For accommodations of persons with special needs at meetings call (855) 570-1600 (TTY users call 711). 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_Newsletter22_0922_C



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