



Capturing the magic of baby boomers

EDWARD CORPUS AND *BOOMERS OF MONTEREY COUNTY*




We have a lot for which to thank baby boomers. They defined an era of social change in the 60s through activism like anti-war demonstrations and protests for civil rights. Icons like David Bowie, James Taylor, and Bruce Springsteen have inspired generations of music lovers. Boomers forever changed how people work, play, and get information through Apple personal computers and the internet. And without




powerhouse boomers Bill Gates and Jeff Bezos, Microsoft and Amazon wouldn't exist.

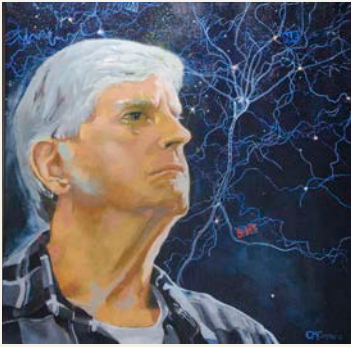
But even with all these epic accomplishments and more, some may consider boomers past their prime. Fortunately, the baby boomer generation has a champion that hopes to shake up those ill-conceived perceptions. Edward Corpus is a surrealist figurative artist, writer, and Aspire Health member who has a

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David Deupree



Christopher Frenzen



Maria Poroy



Lee Garland

studio in Carmel Valley. Through an imaginative collection of portraits, he's creating the entitled *Boomers of Monterey County*. Corpus wants boomers to know, "You matter to the well-being of this country, to history, and to me. You deserve to be seen and heard." He also wants to show younger generations that they have a lot more in common with boomers than they imagine.

This is all part of his artistic philosophy. Corpus, who is also a boomer, doesn't just express himself through his art. He tries to break down barriers, change the paradigm, and challenge viewers to open their minds and think differently. He takes on what he calls, "The dreadful normal," where over time, the unacceptable becomes accepted. "I don't want people to be comfortably numb," Corpus said. "I want my art to be disruptive."

To help bring *Boomers of Monterey County* to life, Corpus applied for and was awarded a generous grant from the Arts Council for Monterey County. He spends considerable time finding the right models. Some are recommended to him, and some are friends. He even solicits for boomer models online. Corpus says he has only two criteria. "They have to be born between 1946 and 1964 and live in Monterey County," he says. Once selected, Corpus takes hundreds of photos of each model while he interviews them. This process helps create candid photos which influence his unique vision and produce biographical insights that will become an important part of the eventual exhibition.

He describes the painting style for this project as, "magical realist portraits."

Although the boomer subjects are painted to be recognizable as in traditional portraits, he weaves

symbolic, mystical, or surreal visual elements into the composition. Corpus believes this enhances realism.

You can see this at work in his portrait of David Deupree, an adjunct professor of neurobiology. Deupree is shown as a heroic figure thoughtfully looking off into the future while neurons spark and flash in the background. For the portrait of Chris Frenzen, a professor of applied mathematics, Frenzen is surrounded by numbers and equations, and he looks as if he's come upon an exciting realization. Corpus used Frenzen's original mathematical research material to create the collage of math figures in the painting.

Not all the portraits have a surreal quality, however. The portrait of Sandra Grey, Director of Arts and Recreation for the city of Seaside and Aspire member, simply captures her open heart and kind spirit. Corpus produces every portrait with respect to his subject's identities.

Six portraits in the series are completed, and Corpus plans to do nine more. He hopes to exhibit at a local gallery at the end of this year.

What does he appreciate about Aspire? "Close friends who are like my long-term family recommended Aspire to me," Corpus said. "Aspire understands what I need to live my life." And like his art, Aspire Medicare plans are truly exceptional and truly personal.

To learn more about Edward Corpus, view his exceptional work, and find out where and when *Boomers of Monterey County* will be exhibited, visit edwardmcorpus.art



The importance of annual wellness visits

Aspire Health is committed to providing you with the resources and support you need to lead a healthier and more fulfilling life.

That's why we want to shed light on an essential aspect of preventive care that often goes unnoticed but can make a significant impact on your well-being — the annual wellness visit (AWV).

WHY SCHEDULE YOUR AWV?

AWVs are covered at a **\$0 co-pay** for all members, once per year. This means you can prioritize your preventive care without worrying about out-of-pocket expenses.

AWVs are more than just routine check-ups; they are a proactive approach to managing your health. Even if you feel perfectly fine, these visits provide a thorough assessment of your overall health. The emphasis is not just on treating illnesses, but preventing them, too. By engaging in regular AWVs, you are empowered with the knowledge and tools needed to make informed decisions about your health.

HOW TO SCHEDULE YOUR AWV:

Simply call your doctor today to schedule your AWV. If you need assistance with scheduling, our dedicated team is here to help. Feel free to call Member Services at (855) 570-1600 and we'll guide you through the process.

At Aspire Health, we believe in the power of preventive care, and we encourage you to take advantage of your AWV benefit.

KEY BENEFITS OF THE AWV:



Early detection:

AWVs allow healthcare professionals to identify potential health issues early on, often before you notice symptoms. Early detection can significantly improve the effectiveness of treatment and increase the likelihood of successful outcomes.



Personalized prevention plan:

During your AWV, you and your healthcare provider will collaboratively create a personalized plan to address your unique health needs. This tailored approach ensures that you receive care and guidance customized for you.



Holistic approach:

AWVs take a holistic approach to your health, addressing physical, mental, and social well-being.



Getting care when you need it

Most of us feel very fortunate to live in beautiful Monterey County, but we share a particular problem found in many communities throughout the country — not enough doctors and other medical professionals. This national shortage is occurring because the graduation rate of new doctors is failing to keep up with doctor retirements and increasing healthcare needs.

Monterey County faces significant challenges in recruiting replacement healthcare professionals because of our high cost of living, especially housing. Our community-based health systems have aggressively addressed this issue for more than a decade with the formation of Montage Medical Group and Salinas Valley Health Clinics, and by assisting private practices with doctor recruitment. These two medical groups have successfully recruited providers in needed specialties and will continue to do so throughout 2024 and beyond.

Last year, Aspire Health added 96 new providers to our Medicare Advantage network, including:

15

primary care providers

2

urologists

50

mental health professionals

Ensure timely access to routine care and specialist visits:

- Schedule a preventive annual wellness visit (AWV) with your primary care doctor's office. This visit is completely free to you and can be virtual.
- Before leaving an appointment, schedule your follow-up visit or next preventive visit
- When referred to a specialist, ask your provider how soon you need to see the specialist and what to do if problems arise before being seen

If you need an appointment on the same or next day, our Care Coordination staff is here to help. If your primary care doctor is:

- Part of Montage Medical Group, call (831) 333-3045
- Part of Salinas Valley Health Clinics, call (831) 759-7072
- Not affiliated with Montage Medical Group or Salinas Valley Health Clinics, please call Member Services at (855) 570-1600

Aspire Health is committed to helping you receive the best care possible, especially by providing timely access to our doctors and other medical professionals. If you need assistance getting an appointment, please call Member Services for assistance at (855) 570-1600.

Who's calling? YOUR ASPIRE HEALTH TEAM

At Aspire Health, we are passionate about the health and wellness of our members. We know that navigating the healthcare system can sometimes be complicated. We are here to help. Our goal is to help connect you with the people, benefits, programs, and resources that empower you to attain your best health and wellness. In that effort, we work as a team alongside our trusted partners.

Whether you are new to Aspire or a long-time member, knowing the folks who are on your team will help you get the most from your benefit plan. We might call you from time to time. Here's a helpful guide to know who is calling and why we might be reaching out.



MEMBER SERVICES — To follow up on questions or provide important plan information



MEMBER ADVOCATE — To help you with complex questions and help you navigate the healthcare system



HEALTH COACHES — To assist with condition management and support you in meeting your health goals



HEALTH ADVOCATES — To remind you of important preventive screenings, follow-up after an ER visit, assist with care coordination, and support your social and health needs



ADVANTMED — A trusted partner offering “Health at Home” visits (similar to an annual wellness visit), in the comfort of your home



ADHERE HEALTH — A trusted partner with pharmacists and pharmacy professionals who call to ensure you are on the best medication for your condition and review medications and drug interactions. In some cases, their review can save you money.



Your voice makes a difference

CONTINUALLY IMPROVING YOUR HEALTH PLAN EXPERIENCE IS IMPORTANT TO US.

Past member feedback has helped us make important changes such as offering online payment tools, transportation benefits, and in benefit year 2024, no Part D deductible for any of our plans. Hearing your feedback, both positive and negative, helps us stay connected to what matters most to you.

To ensure that we are meeting your needs, the Centers for Medicare & Medicaid Services (CMS) sends an independent survey to a random selection of Aspire members every year.

Health plans receive star ratings based on several performance measures, including member survey responses. You can help just by completing the anonymous survey sent to you with your honest feedback. It helps us know how we are doing at helping members get the care they need. If you receive a survey, please answer and return it.

Your voice makes a difference, and we want to hear from you. If you have an unresolved problem or want to share a positive or negative experience, please contact Member Services at (855) 570-1600.

You may be one of the members selected by CMS to receive this survey. Please know that your feedback is important in helping us improve your health plan experience.

The importance of medication adherence

In the journey toward optimal health, medication adherence is a crucial aspect that is often overlooked. It's not just about filling a prescription; it's about adhering to prescribed medication regimens consistently. Digging into the importance of taking your medications as prescribed, we uncover key insights to support your health journey.

First, let's address a common misconception: feeling good doesn't equate to being healthy. Medications prescribed for chronic conditions like high blood pressure, diabetes, or high cholesterol are formulated to manage these conditions effectively, even if symptoms aren't immediately apparent. **Missing doses, even when you feel fine,**

can disrupt the delicate balance these medications provide, potentially rendering them less effective over time.



To further support medication adherence, in 2024, we started offering a 100-day supply option available through retail and mail order. Not only does this streamline the process, but it can also result in cost savings for our members, with the convenience of just two co-pays for a three-month supply.

Our commitment to your health extends beyond just providing coverage. If you have problems accessing your prescriptions, our dedicated Member Services team is just a phone call away. Our priority is your well-being, and we want to ensure you have seamless access to your medications.

Remember that medication adherence is not just a task but a vital component of our health journey. You're actively investing in your long-term well-being by staying consistent with your prescribed regimen.



For those facing financial constraints, we understand the added challenge. If you're having difficulty affording your medication, please don't hesitate to contact Aspire Health. We're here to support you and can provide guidance on options like applying for Extra Help from Medicare.

Upcoming events

Community Connections

Classes are open to the public. Share with a friend.

SCHOLZE PARK CENTER
280 DICKMAN AVENUE, MONTEREY
FRIDAYS AT 10 A.M.

MONTAGE WELLNESS CENTER
1910 N. DAVIS ROAD, SALINAS
FRIDAYS AT 10 A.M.



April 26
Movement for well-being



May 3
Eating for well-being



May 10
Find calm for mind and body



May 17
Move more, live more



May 24
Meal planning and shopping for well-being



May 31
Healthy heart



June 7
Shift your mindset to break unhealthy habits



June 14
Healthy habits on the go



June 21
Compassionate weight management

REGISTER FOR THESE FREE EVENTS:

www.aspirehealthplan.org/connections2024 or (831) 644-7490 (TTY 711)

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



Like us on Facebook:
facebook.com/aspirehealthplan

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_Newsletter28_0324_C



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**HEALTH AND WELLNESS OR
PREVENTION INFORMATION**

TELL A FRIEND

WE LOVE YOUR 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.

