



## Have you been screened for Colorectal Cancer?

During the year 2020, COVID-19 changed the way your health care was available to you, so we want to be sure you are still getting the care that you need. Colorectal cancer screenings typically start at age 50. Your risk of colorectal cancer increases with age. You can reduce your risk by getting regular screenings, which can find colorectal cancer when it is small and treatable.

Beginning in August 2021, Mercy Care Advantage (MCA) will partner with primary care providers (PCPs) to help members get screened for colorectal cancer. You may receive a call from your PCP or from MCA to help you get screened, with the option to have a Fecal Immunochemical Test (FIT) sent directly to your home. The FIT test is a screening that is done yearly. It's one of the easiest screening methods to complete. Starting in September 2021, we are offering a \$50 gift card for any colorectal cancer testing that is completed by December 31, 2021.

Please don't let the changes we faced in the past year, stop the care that you need. There are different types of colorectal cancer screenings. Talk with your doctor to find the right one for you. It might just save your life!

## We're here to help!

Mercy Care Advantage (HMO SNP) Member Services is available to assist you 8:00 a.m. – 8:00 p.m., 7 days a week. Member Services can help you with questions about your Mercy Care Advantage plan benefits and how to access covered services. They can also assist in finding network providers and pharmacies near you. Call us at **602-586-1730** or **1-877-436-5288** (TTY **711**). You can also get information about Mercy Care Advantage on our website, [www.MercyCareAZ.org](http://www.MercyCareAZ.org).

## Language and interpretation services

Mercy Care Advantage can help arrange interpreter services for your health care visits at no cost to you. If you need an interpreter who speaks your language or a sign language interpreter because you are deaf or have difficulty hearing, please call Member Services to schedule an interpreter at **602-586-1730** or **1-877-436-5288** (TTY **711**).

## Do you have High Blood Pressure?

High blood pressure, or hypertension, is often called the “Silent Killer” because there are very few symptoms. The only way to know for sure is to have your blood pressure taken by your health care provider.

Some things that may put you at a higher risk for high blood pressure are:

- **Family history** – high blood pressure runs in families
- **Age** – as you get older, your blood vessels get stiffer and increase your blood pressure
- **Race** – African Americans have a higher risk of high blood pressure
- **Gender** – men are more likely to get high blood pressure before age 64; women are more likely to have high blood pressure after age 65

The good news is there are things you can do to lower your risks, such as:

- Exercise
- Eat a healthy diet including fruits, vegetables, whole grains, and low fat dairy
- Lower the amount of salt in your diet
- Avoid smoking
- Avoid alcohol
- Get a good night’s sleep

Talk to your health care provider and be sure to have your blood pressure checked at every visit!

### Sources:

American Heart Association

<https://www.heart.org/en/health-topics/high-blood-pressure/why-high-blood-pressure-is-a-silent-killer/know-your-risk-factors-for-high-blood-pressure>

National Institutes of Health: National Institute on Aging

<https://www.nia.nih.gov/health/high-blood-pressure#some>



## COVID-19 Vaccine Reminder

It is important to get a COVID-19 vaccine as soon as you are eligible to be vaccinated. Information about vaccination sites across Arizona can be found at [azhealth.gov/findvaccine](https://www.azhealth.gov/findvaccine). Anyone without computer access or who needs extra help registering can call **1-844-542-8201**.

## Find out about Medicare benefit or service changes

The Centers for Medicare and Medicaid Services (CMS) sometimes makes changes to benefits or services covered by Original Medicare. These changes are called National Coverage Determinations (NCDs). You can find the latest information about these changes by going to our website at [www.MercyCareAZ.org](https://www.MercyCareAZ.org). You can also call us at **602-586-1730** or **1-877-436-5288** (TTY **711**), 8:00 a.m. – 8:00 p.m., 7 days a week.

## Model of Care Evaluation

As a Dual-Eligible Special Needs Plan (D-SNP), we are required to have a Model of Care. To obtain details related to the latest Model of Care evaluation, please visit [www.MercyCareAZ.org](https://www.MercyCareAZ.org).

This information is not a complete description of benefits. Contact the plan for more information. You must receive all routine care from plan providers. This is general health information and is not meant to replace care or advice you get from your doctor. Always ask your doctor or other health care provider for information about your own health care needs.