

# well!



Summer 2017

For Tufts Medicare Preferred HMO Plan Members

**Are you getting the right amount of exercise?**

...

**How to save on prescription drugs**

...

**The link between diabetes and diet**





Summer 2017  
**well!**

► **Our building in  
Watertown, MA**



Have questions? Call us!

**1-800-701-9000 (TTY 1-800-208-9562)**

Mon. – Fri. 8:00 a.m. – 8:00 p.m.

(From Oct. 1 – Feb. 14, representatives are available  
7 days a week, 8:00 a.m. – 8:00 p.m.)

After hours and on holidays, please leave a message  
and a representative will return your call on the next business day.



## 5 STARS FOR QUALITY

For the second consecutive year, Tufts Medicare Preferred HMO plans received 5 out of 5 stars from Medicare. This is Medicare's highest rating and makes your plan one of the best in the country!

*Medicare evaluates plans based on a 5-Star rating system. Star ratings are calculated each year and may change from one year to the next. For more information on plan ratings, go to [www.medicare.gov](http://www.medicare.gov). Tufts Medicare Preferred HMO plans received 5 out of 5 stars for contract year 2016 and 2017.*

Benefit information described in this issue is for Tufts Medicare Preferred HMO plan members.

**Please note: not all plan benefit information in this booklet is the same for Employer Group plans. If you receive your benefits from a current or former employer, please contact your benefits administrator or Customer Relations with any questions regarding plan benefits.**

Tufts Health Plan is an HMO plan with a Medicare contract. Enrollment in Tufts Health Plan depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premium and/or copayments/coinsurance may change on January 1 of each year. The Formulary, pharmacy network, and/or provider network may change at any time. You will receive notice when necessary.

H2256\_2017\_420 Accepted



## Have a friend who needs a new health plan?

**They can join our 5-star plan now through November 30th!<sup>1</sup>**

If you have a friend who is unhappy with their current plan or has developed health issues and needs a plan recognized for quality, you can feel confident referring them to Tufts Health Plan Medicare Preferred. A 5-star rating makes our plan one of the best in the country and means those eligible for Medicare can switch to, or join our plan now through November 30th. If you have a friend who is looking for a top-rated plan, have them give us a call today at 1-877-588-6827 (TTY 888-899-8977)!

<sup>1</sup>Enrollment in Medicare Parts A and B is required. Other restrictions may apply.



When I chose Tufts Health Plan Medicare Preferred, I wanted to make sure I was getting the best health care I could for the money. I had a variety of choices for a Medicare plan, and the selection process was a little bewildering. I wanted the comfort level that comes with a 5-Star plan.”

**— Brenda, Tufts Medicare Preferred HMO member since 2015**

# Diabetes

Try this diabetic and heart-healthy recipe for a delicious summer treat!

## THE LINK BETWEEN

# & Diet

*Eating a healthy, nutritious diet is one of the most important things you can do to prevent Type 2 diabetes. If you already have Type 2 diabetes, eating a healthy diet can help you manage your symptoms and even prevent the condition from getting worse.*

### Fill your plate with healthy options

- Half of your plate should be filled with vegetables. Some great options are broccoli, green beans, carrots, and cauliflower. Non-starchy vegetables are the best choice.
- Stay away from “simple” grains like pasta and white rice. Choose whole grains like brown rice, quinoa, or farro. Quinoa is especially good because it’s also high in protein.
- Limit high-fat meats. Skinless chicken, turkey, and leaner cuts of beef and pork are healthier, delicious options.
- For beverages, stay away from high-sugar sodas and juices. Opt for lower fat milk or water.

### Portion size is important

It’s very easy to get carried away with portion sizes. Here are some ways to identify correct portion size:

- 1 serving of poultry or meat is about the size of a deck of cards.
- ½ cup of cooked pasta or rice is about the size of a tennis ball.
- 2 tablespoons of peanut butter is about the size of a ping-pong ball.

### Resist the urge to go overboard when dining out

Many people overeat or make poor food decisions when they dine at restaurants, but there are some simple ways to prevent over-doing it:

- If possible, check out the menu on the restaurant’s website ahead of time. They often have nutrition information available to help you make healthy decisions.
- Choose items that are grilled, baked, or steamed instead of fried.
- Make your main meal an appetizer salad with a lighter dressing, and share your entrée with a family member or friend. Or, ask the server to put half of your entrée in a to-go container before serving your food. That way you won’t be tempted to over-eat.
- Order salad dressings or sauces on the side so you can control the amount on your food.

Remember, it’s okay to splurge every once in a while! Just be aware of your food choices, and keep your health goals in mind.



## Grilled Lime Chicken Fajitas

Chicken fajitas are one of the best choices when it comes to Mexican food because chicken is a lean protein and grilling is a healthy cooking method. Also, fajitas are topped with low-carb veggies like onions and green peppers.

Prep Time: 30 minutes      This recipe serves 10

### Ingredients

#### Marinade

- 1 large lime, juiced
- 1 teaspoon lime zest
- 1 tablespoon honey
- 2 tablespoons fresh cilantro, chopped
- ½ teaspoon cumin
- 1 teaspoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon ground black pepper

#### Fajitas

- 2 green bell peppers, seeded and sliced into strips
- 1 large onion, sliced into strips
- 1 ¼ pounds chicken breast tenderloins
- 10 (6-inch) corn tortillas (or low-carb tortillas)
- 10 tablespoons salsa

### Instructions

1. In a medium bowl, mix together the marinade ingredients. Add the chicken breast tenderloins and marinate in the refrigerator for 20-60 minutes.
2. Preheat a grill to medium heat. Place the onions and green peppers in a grill basket. Grill the vegetables in the basket, stirring occasionally, about 15-20 minutes until slightly charred.
3. Add the chicken directly to the grill and cook 10-12 minutes, until done, turning once.
4. Divide the chicken, green peppers and onions evenly among 10 tortillas. Top each fajita with 1 tablespoon salsa.

### Nutrition Facts

Serving Size–1 fajita; Calories 150; Carbohydrate 19g; Protein 14g; Fat 2.0g; Saturated Fat 0.5g; Sugars 4g; Dietary Fiber 3g; Cholesterol 35mg; Sodium 125mg; Potassium 285mg

© American Diabetes Association

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# ARE YOU GETTING THE RIGHT AMOUNT OF EXERCISE?

Regular exercise is one of the most important ways to stay healthy as you age and helps you maintain your independence. But how do you know if you are getting the right amount?

### What's right for you?

Generally, 30 minutes of physical activity a day is recommended, but everyone is different. It's important to match your activity to your needs and abilities. There are many ways to be active. Whether stretching while seated, walking, swimming, or lifting weights, the most important thing is to do an activity you enjoy and that's right for you.

### Talk to your doctor

The best way to know what's right for you is by talking to your doctor. Your doctor will be able to tell you what type of exercise and how much makes the most sense for you. To make it easier, use the exercise prescription on the back of this page. Tear it out and take it with you to your next appointment. That way you'll always know you are getting the right amount of exercise.



**The easiest way to know what exercise is right for you? Take the 'Exercise Prescription' to your next appointment >>>**



**Patient Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Prescription for Exercise

**Type:**

- Aerobic
- Flexibility (helpful for all older adults)
- Strength
- Balance (especially helpful if at risk for falls)

**Intensity:**

- Low
- Moderate
- Vigorous

**Duration:**

- 10 min
- 15 min
- 30 min
- \_\_\_\_ min

**Times per week:**

- 1
- 2
- 3
- 4
- 5
- 6
- 7

**Activity Selection:**

- Walking
- Jogging
- Bicycling
- Swimming
- Yoga
- Chair Stands
- Tai Chi
- Stretching
- Aerobics
- Sports
- Chair Stretches
- Weight Training

**Progression:**

- Beginner
- Intermediate
- Advanced

**Precautions:**

Start slowly and report any symptoms to your physician.  
 Doing activities you enjoy with others is a great way to start and remain active.

**Notes:**

Physician's Signature: \_\_\_\_\_

# 10 ways

## TO MAKE USING YOUR PLAN

# easier

1

### New Medicare Minute videos on our website answer common questions

We put together a series of short videos to answer some of the questions we hear most often from members such as;

- How does the referral process work?
  - ▶ [thpmp.org/referrals](http://thpmp.org/referrals)
- Will the donut hole affect you?
  - ▶ [thpmp.org/donut-hole](http://thpmp.org/donut-hole)
- How does a prescription drug deductible work?
  - ▶ [thpmp.org/Rx-deductible](http://thpmp.org/Rx-deductible)
- How to change your doctor
  - ▶ [thpmp.org/change-doctor](http://thpmp.org/change-doctor)
- How to find out if your drug is covered
  - ▶ [thpmp.org/is-my-drug-covered](http://thpmp.org/is-my-drug-covered)
- Why it's important to have an annual physical
  - ▶ [thpmp.org/annual-physical](http://thpmp.org/annual-physical)



2

### You can save on prescription drug costs with mail order



Depending on the plan you are in and the tier your drug is on, you may be able to save up to \$47 by using mail order for a 90-day supply of prescription medications. That's a potential savings of over \$180 a year! With mail order, your medications are conveniently mailed directly to your home. Signing up for mail order is easy. There are no forms to fill out, just call FastStart toll-free at 1-866-788-5144.

*Please note, savings amount may be different if you receive your benefits from a current or former employer.*



### 3

## For an easier way to get your documents sign up for eDelivery

Signing up for eDelivery is a great way to have all your important documents in one place and easily view or print them whenever you want. All you need to do is create an account on our website.

- Get your documents faster
- Have them all in one place
- Always know where to find them
- Online versions are the same as printed versions
- You can always request a paper copy if needed
- Reduce clutter
- Save trees

### Plus, when you create an account you can;

- Pay your monthly premium
- View your claims history
- View your referrals, and more!

Signing up only takes a few minutes. If you have any questions, just call Customer Relations.

► To sign up go to: [thpmp.org/registration](http://thpmp.org/registration)



### Follow us on Facebook and Twitter!

Get helpful updates on using your plan and staying healthy by following us on:

#### Facebook

[facebook.com/tuftshealthplan](https://facebook.com/tuftshealthplan)

#### and

#### Twitter

[@TuftsHealthPlan](https://twitter.com/TuftsHealthPlan)

### 4

## A Care Manager can help you stay healthy

A Care Manager is available to any member who feels they could benefit from a little extra help. Our Care Managers are nurses who work closely with your doctor to help guide you through the health care system and improve your health and well-being. Care Managers are available to all Tufts Medicare Preferred HMO members, and there is no cost to you for working with a Care Manager. For more information, call Customer Relations.





## 5 You can switch to a different one of our plans—if you want to

Most of our members stay in their original plan choice. But if your needs have changed, you can switch to a different Tufts Medicare Preferred HMO plan now through November 30th. Maybe you're looking for a plan with a lower monthly premium or lower copays when you go to the doctor. If so, we have a range of HMO plans to choose from. To learn more give us a call.

*Please note: does not apply if you receive your benefits from a current or former employer.*

Because our plans have a 5-star rating from Medicare, you can switch to another one of our HMO plans once during the year up until November 30, 2017.



## 6 Our Customer Relations team can answer any question about your plan

Have a question about a bill you received or need to change your doctor? No matter what question you have, our Customer Relations team will answer your question and help you get the information you need. We're located in Watertown, Massachusetts. When you call us, you talk to representatives who understand your plan and are part of your community. We're committed to answering your questions with knowledge, honesty, and respect.



**Give us a call today!**

**1-800-701-9000 // (TTY 1-800-208-9562)**

*Monday – Friday, 8:00 a.m. – 8:00 p.m. (From October 1 – February 14, representatives are available 7 days a week, 8:00 a.m. – 8:00 p.m.) After hours and on holidays, please leave a message and a representative will return your call the next business day.*



Susan, my Tufts Health Plan Medicare Preferred care manager, has been extremely helpful to me. She's readily available when I need to speak to her.

I've talked to her on the phone about 5 or 6 times, and she's given me a lot of good suggestions. It's been very comforting to have Susan available when I need her to help me through medical issues. She's very supportive."

**— Kathleen, Tufts Medicare Preferred HMO member since 2011**

# 7

## Use your extra discounts to save

Did you know as a Tufts Health Plan Medicare Preferred member you get extra discounts? With Preferred Extras, you can save on great programs and services such as hearing aids, weight loss programs, and much more!

- ▶ For a complete list of discounts, go to [thmp.org/preferred-extras](http://thmp.org/preferred-extras)

*Discounts and services included in the Preferred Extras program are not plan benefits and are not subject to the Medicare appeals process.*



# 8

## Use the online Member Guide to get the most out of your plan

How do you change your doctor? How do you get a new ID card? What's an easier way to pay your premium? There is always something new to learn about your plan. The 2017 Member Guide, available on our website, has all the plan information you need including how to get care in an emergency, how to get extra discounts, and what's covered when traveling.

- ▶ To view or print the 2017 Member Guide, just go to [thmp.org/memborguide](http://thmp.org/memborguide)



I've been a member of Tufts Health Plan for many years, and I've gotten nothing but great help from everyone I've spoken to over the years. They've helped me understand complicated subjects, and helped me find assistance programs I didn't know existed!"

**— Genevieve, Tufts Medicare Preferred HMO member since 2016**

# 9

## Make sure you are using your COPD or Asthma inhaler correctly

There are many different types of inhalers used to deliver medicine to treat COPD and asthma. Knowing how to use an inhaler properly is important. Using an inhaler correctly ensures the medicine is effective which can help prevent hospitalizations. The videos on our website show you how to correctly use many types of inhalers.

► Check them out here: [thpmp.org/inhalers](http://thpmp.org/inhalers)



# 10

## The MTM Program can help you with your medications

If you have high drug costs or multiple chronic conditions, The Medication therapy Management (MTM) program may be able to help you. The MTM program is a free service for eligible members and helps to improve medication safety and lower your prescription drug costs. Specially trained pharmacists and nurses work with you and your doctor to make sure your medications are appropriate, safe, and effective. Participation in the program is voluntary, and members can disenroll at any time. Eligible members receive a letter that describes the details of the program. It's important to make sure we have your current phone number and address so eligible members can be contacted. Call Customer Relations to update your phone number or address if there has been a change.

For more information on the MTM program and to see the eligibility criteria, visit our website at [thpmp.org/mtm-program](http://thpmp.org/mtm-program) or call Customer Relations.

# 5 WAYS TO *Protect Yourself* AGAINST FRAUD

*Healthcare fraud affects everyone by contributing to the increase of healthcare costs. Even if you are never the victim of healthcare fraud, it's important to be aware of different types of fraud.*

## **1 | Did you order that?**

Medicare does not sell or mail medical supplies. If you receive medical supplies that you or your doctor did not order, you might be the target of a fraud scheme. Remember to refuse or return any medical supplies you didn't order and report any companies that send you these items.

## **2 | How much did you order?**

If you receive more supplies than you or your doctor ordered, or more than you could reasonably use, you might be the target of a fraud scheme. Remember to refuse or return excessive medical supplies and report any companies that send you excessive items.

## **3 | Keep your identity safe**

To protect your identity, keep your personal information safe, and be wary of anyone who calls to ask for your social security number, banking account number, Medicare or health plan number.

## **4 | Make sure you are billed correctly**

When you get a bill, check to make sure everything looks correct. Make sure you received the services or items billed, and make sure the same service has not been billed more than once.

## **5 | Only use pharmacies in our network**

Many online pharmacies promise discounted or free medications, but most are not safe or legal. To protect yourself, only purchase your prescription medications at pharmacies in the Tufts Health Plan Medicare Preferred network.

## **Use our Fraud Hotline to report concerns**

If you have any concerns or complaints about possible fraud, call the Tufts Health Plan Fraud Hotline. The fraud hotline helps to answer questions, concerns, or complaints about possible health care fraud. You can report your concerns 24 hours a day, 7 days a week. If you call the fraud hotline, you can choose to give your name or remain anonymous. Reporting any concerns or complaints will not affect your right to health care coverage and services in any way. Call the Tufts Health Plan Fraud Hotline at 1-877-824-7123.



# VOICE YOUR CHOICE



Have you thought about what is important to you? What matters most to you defines your quality of life. Take a moment and think about the things that are important to you. Is it your family and friends? Is it golfing or traveling? Is it living in your own home as you age?

When it comes to your healthcare, one of the most important things to determine is the type of care you want if you are unable to speak for yourself. It's not easy to talk about, but discussing your preferences for medical care if you become suddenly ill will help your loved ones understand what is important to you. You are not required to prepare an advance directive, but we encourage you to think about your future health choices and your right to choose or refuse medical treatment.

## What is an advance directive?

Advance directives are legal documents that express the type of care you would like to have, and the person you would like to speak for you in the event that you are unable to communicate your wishes. A living will and a Health Care Proxy are examples of advance directives.

## Where do I start?

Having a conversation about end-of-life care may feel uncomfortable and you may not know where to begin. Talking to your doctor, family, or loved ones can help. Family members may not think to ask what your wishes are, so you may need to start the conversation. To help you get started, use the checklist on this page. For additional guidance, The Conversation Project offers a Conversation Starter Kit at [theconversationproject.org](http://theconversationproject.org). You can also give us a call with any questions you might have.

## Advance Care Planning Checklist

- I have thought about my treatment options if I become unable to communicate my health goals.
- I have spoken to my family, friends, and health care providers about the type of treatment I would or would not want in the future.
- I have chosen someone that I can trust to speak for me if I become unable to speak for myself.
- I have spoken with my doctor and he is aware of my goals of care and wishes for future treatment.
- I have completed my advance directives and identified the types of treatment I would or would not want in the future.
- I have provided photocopies of my advance directives to my health care agent (the person I selected to speak on my behalf), my physician(s), and anyone else involved in my care, including family members.
- I have the original copy of my advance directive in a place where it can be easily found.
- I made copies of my advance directive forms for my health care proxy, family and health care providers.

Tufts 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. Tufts Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

**Tufts Health Plan:**

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact Tufts Health Plan at 1-800-701-9000 (TTY 1-800-208-9562).

If you believe that Tufts Health Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

**Tufts Health Plan, Attention:**

Civil Rights Coordinator, Legal Dept.

705 Mount Auburn St. Watertown, MA 02472

Phone: 1-888-880-8699 ext. 48000, (TTY number—711 or 1-800-439-2370. Español: 866-930-9252)

Fax: 617-972-9048

Email: [OCRCoordinator@tufts-health.com](mailto:OCRCoordinator@tufts-health.com).

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Tufts Health Plan Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

**U.S. Department of Health and Human Services**

200 Independence Avenue, SW

Room 509F, HHH Building Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

**[thpmp.org](http://thpmp.org) | 1-800-701-9000**

**English:** ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-701-9000 (TTY: 1-800-208-9562).

**Arabic:** ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-701-9000 (رقم هاتف الصم والبكم: 1-800-208-9562).

**Chinese:** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-701-9000 (TTY 1-800-208-9562)。

**Farsi:** توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با تماس بگیرید. 1-800-701-9000 (TTY: 1-800-208-9562).

**French:** ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-701-9000 (ATS : 1-800-208-9562).

**German:** ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-701-9000 (TTY: 1-800-208-9562).

**Greek:** ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε 1-800-701-9000 (TTY: 1-800-208-9562).

**Gujarati:** સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-800-701-9000 (TTY: 1-800-208-9562).

**Haitian Creole:** ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-701-9000 (TTY: 1-800-208-9562).

**Italian:** ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-800-701-9000 (TTY: 1-800-208-9562).

**Japanese:** 注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-800-701-9000 (TTY: 1-800-208-9562) まで、お電話にてご連絡ください。

**Khmer (Cambodian):** ប្រយ័ត្ន៖ បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតល្អល គឺអាចមានសំរាប់បំរើអ្នក។ ចូរ ទូរស័ព្ទ 1-800-701-9000 (TTY: 1-800-208-9562)

**Korean:** 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-701-9000 (TTY: 1-800-208-9562) 번으로 전화해 주십시오.

**Laotian:** ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 1-800-701-9000 (TTY: 1-800-208-9562).

**Navajo:** Díí baa akó nínízin: Díí saad bee yáníltigo Diné Bizaad, saad bee áká'ánída'áwo'deęę, t'áá jiikeh, éí ná hóló, koji' hódíílnih 1800-701-9000 (TTY: 1-800-208-9562.)

**Polish:** UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-800-701-9000 (TTY: 1-800-208-9562).

**Portuguese:** ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-701-9000 (TTY: 1-800-208-9562).

**Russian:** ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-701-9000 (телетайп: 1-800-208-9562).


**Spanish:** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-701-9000 (TTY: 1-800-208-9562).

**Tagalog:** PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-701-9000 (TTY: 1-800-208-9562).

**Vietnamese:** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-701-9000 (TTY: 1-800-208-9562).

This newsletter is not intended to replace the advice of health care professionals. Please consult your physician for your health care needs. Services and medical technologies may not be covered, or may be subject to preauthorization.

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 Printed on Recyclable Paper 543M



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