



Enhanced Medication Therapy Management Newsletter

Fall 2019

Ask a pharmacist: What can I take for a stuffy nose?

Decongestants are medicines that help clear up a stuffy nose caused by a cold virus, the flu, sinusitis or allergies. Before you take oral over-the-counter (OTC) decongestants, talk with your doctor or pharmacist. If you are taking several different medicines already, or if you have certain health conditions, taking an oral decongestant might not be right for you.

Most oral decongestants come in pill or liquid form and you can buy them at many stores, like pharmacies, grocery stores and gas stations. The most common decongestants are pseudoephedrine (pronounced soo-dow-uh-feh-druhn) and phenylephrine (pronounced feh-nuh-leh-freen). These can be sold alone under names like Sudafed[®], but they are often included in cough and cold remedies that have more than one medicine in them, like DayQuil[™].

It is important to read the drug facts label on the package so you know how much to take and how often to take it. Keep a record of the OTC medicines you use and when you take them, so that you can share it with your doctor or pharmacist.

Some of the side effects you may have from decongestants are:

- Feeling nervous or restless
- Trouble sleeping
- Fast heartbeat

People who have a stuffy nose should also drink plenty of fluids to thin out the mucus, which will help to break it up. If the stuffy nose is from being sick with a cold or the flu, then getting plenty of rest and limiting activities are also good ideas.

Most people can use oral decongestants safely, but they're not a good choice for everyone. Decongestants may not work as well, or they can make side effects worse if they're taken with the following medications:

- Antibiotics and antifungal medications
- Antidepressants like monoamine oxidase inhibitors (MAOIs) like Parnate[®] and Nardil[®] and tricyclic antidepressants (TCAs) in general
- Blood pressure or heart medications like beta-blockers, guanethidine, methyldopa and rauwolfia
- Nonsteroidal anti-inflammatory drugs like indomethacin for arthritis
- Prostate medications

MedicareBlue Rx member discounts

You can get discounts* on common health and wellness products and services just by being a MedicareBlue Rx member. Explore the discounts on hearing and vision products below. Learn more about member discounts at YourMedicareSolutions.com/Members/Member-Discounts.

Vision discounts*	Hearing discounts*
<p>Receive discounts on eye wear and contact lenses when you shop at Davis Vision network locations such as Pearle Vision, Visionworks, Target Optical, J.C. Penney and more.</p> <p>Call Davis Vision at 1-800-783-7792</p> <ul style="list-style-type: none">Monday through Friday 8 a.m. to 11 p.m., Eastern timeSaturday 9 a.m. to 4 p.m.Sunday 12 p.m. to 4 p.m. <p>Visit DavisVision.com (click "Members" tab and enter client code 7039)</p> <p>Receive discounts for LASIK services provided by QualSight LASIK (part of the Davis Vision network) with more than 900 locations nationwide.</p> <p>Call QualSight at 1-855-502-2020 (TTY: 711)</p> <ul style="list-style-type: none">Monday through Thursday 7 a.m. to 8 p.m., Central timeFriday, 7 a.m. to 7 p.m. Central timeSaturday and Sunday 9 a.m. to 5 p.m., Central time	<p>Receive up to 25 percent off the manufacturer's suggested retail price on hearing products from Beltone.</p> <p>Call Beltone at 1-800-235-8663 (TTY: 711)</p> <ul style="list-style-type: none">Monday through Friday 7:30 a.m. to 5 p.m. Central timeMonday through Friday 6:30 a.m. to 4 p.m. Mountain time <p>Visit Beltone.com</p> <p>Save 30 to 60 percent on hearing aids from one of the more than 5,000 nationwide TruHearing locations.</p> <p>Call TruHearing at 1-844-228-5480 (TTY: 1-800-975-2674)</p> <ul style="list-style-type: none">Monday through Friday 8 a.m. to 8 p.m. <p>Visit TruHearing.com</p>

*Prices and discounts are subject to change without notice. The discounts described are not part of the Part D benefits you receive from MedicareBlue Rx. They are separate from your prescription drug benefits and are neither offered nor guaranteed under our contract with the Medicare program. Medicare has neither reviewed nor endorsed this information.

Flu season is almost here. Get vaccinated!

Influenza, or the flu, is a virus that infects millions of people a year, and its symptoms can range from mild to life threatening. Thanks to advancements in medicine, many people can ward off the flu or diminish its effect by getting vaccinated with the flu shot. The flu virus strain changes over time, so it's recommended that people get the flu shot every year.

You may be able to get your flu shot at no cost as part of your Medicare Part B coverage. This coverage pays for one flu shot per flu season if your provider accepts assignments, or is willing to accept payment directly from Medicare, for giving the shot. Contact your doctor to find out if you can get your flu shot at their office at no cost.

Senior centers: The key to aging well

National Senior Center Month is celebrated every year in September. This year's theme demonstrates how senior centers are integral parts of aging well. Did you know senior centers serve as a gateway to connecting older adults to resources that can help them stay healthy and independent? Research by the National Council on Aging shows senior center participants have higher levels of health, social interaction and life satisfaction.

Senior centers have expanded into health and fitness activities. In addition to traditional programs like aerobics, yoga and tai chi, many senior centers offer health programs that have been scientifically proven to make people healthier. One example is A Matter of Balance, a program that gives people practical tips to reduce the fear of falling. Another is the Chronic Disease Self-Management Program, which helps people with conditions

like diabetes, heart disease and arthritis learn how to reduce their symptoms, eat well and communicate with their doctors.

Senior centers may offer a wide variety of programs and services, including:

- Meal and nutrition programs
- Information and assistance
- Health, fitness, and wellness programs
- Transportation services
- Public benefits counseling
- Employment assistance
- Volunteer and civic engagement opportunities
- Social and recreational activities
- Educational and arts programs

Learn what your local senior center has to offer by taking a tour. Find a senior center near you by contacting the National Institute on Aging at **1-800-222-2225** (TTY: **1-800-222-4225**), Monday through Friday, 8:30 a.m. to 5 p.m. Eastern time.



What is the EMTM program?

Enhanced Medication Therapy Management, or EMTM, is part of your MedicareBlue Rx plan and is available to you at no cost. The program may help you lower medication costs and ensure your medication plan is the best fit for your needs. Pharmacists provide EMTM services and will call to review your medications and identify potential medication-related problems, like interactions or side effects. They will answer your questions and concerns about your medications or health.

You do not have to participate in the program, but it is included in your MedicareBlue Rx coverage. If we call you to offer EMTM, you can accept or decline the service. If you use EMTM services, you can end your participation at any time. If you choose not to participate at first, you can re-enroll at any time.

MedicareBlue Rx customer service

If you have questions about your coverage, please call customer service.



1-888-832-0075 (TTY: **711**)

8 a.m. to 8 p.m., daily, Central and Mountain times



Visit **YourMedicareSolutions.com**

Three resources to learn more about Enhanced Medication Therapy Management

- MedicareBlue Rx EMTM call center: **1-800-348-7129** (TTY: **711**), 9 a.m. to 6 p.m. Central time, Monday through Friday
- MedicareBlue Rx EMTM online resources: **EnhancedMTM.com**
- Centers for Medicare and Medicaid Services resources: **Innovation.CMS.gov/Initiatives/EnhancedMTM**

MedicareBlueSM Rx (PDP) is a Medicare-approved Part D sponsor. Enrollment in MedicareBlue Rx depends on contract renewal. Coverage is available to residents of the service area and separately issued by one of the following plans: Wellmark Blue Cross and Blue Shield of Iowa*, Blue Cross and Blue Shield of Minnesota*, Blue Cross and Blue Shield of Montana*, Blue Cross and Blue Shield of Nebraska*, Blue Cross Blue Shield of North Dakota*, Wellmark Blue Cross and Blue Shield of South Dakota*, and Blue Cross Blue Shield of Wyoming*.

*Independent licensee of the Blue Cross and Blue Shield Association. This information is not a complete description of benefits.