

Notes from my In-Home Screening

Date: _____

- In-home screenings:
- Retinal Eye Exam
 - HbA1c (blood test)
 - Microalbumin (urine test)

MedXM Representative: _____



FREE In-Home Screenings

Diabetes Monitoring Tests

Highmark is working with MedXM to conduct screening tests for Highmark. MedXM will notify the member's primary care physicians of their test results. Neither Highmark nor MedXM engages in any follow-up or medical care, diagnosis, or treatment. MedXM is an independent and separate company that provides preventive screenings. MedXM is a registered trademark of MedXM. This communication is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

SilverSneakers is a registered mark of Tivity Health, a separate company that administers the SilverSneakers Fitness Program. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premiums and/or copayments/co-insurance may change on January 1 of each year.

Highmark Blue Shield, Highmark Choice Company, Highmark Senior Health Company and Highmark Senior Solutions Company are independent licensees of the Blue Cross and Blue Shield Association. Highmark Choice Company, Highmark Senior Health Company and Highmark Senior Solutions Company are Medicare Advantage Plans with a Medicare contract. Enrollment in Highmark Choice Company, Highmark Senior Health Company, and Highmark Senior Solutions Company depends on contract renewal.

The Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。
请拨打您的身份证背面的号码（TTY：711）。

Thank you!

Thanks for inviting Highmark to send a licensed health professional to you. You've joined the thousands of Highmark members who take advantage of this valuable service every year! We hope you found your visit to be both helpful and educational.

Follow up with your doctor

Your doctor will receive a summary of this visit along with any test results. We encourage you to schedule an appointment with your primary care physician (PCP) or preferred provider to discuss the recommendations of your screening. It's also a good idea to go to your doctor if you haven't completed your annual wellness visit this year, or to get up to date on your preventive screenings and immunizations.

You may request a copy of your health screening report by calling 1-888-673-0077, Monday through Friday from 7 a.m. to 5 p.m. PST. TTY users call 711. Your report will explain the screening tests that were completed and the results of the test(s).

It was a pleasure to meet with you today.



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What is Diabetes?

Diabetes is a serious condition that affects the way your body changes glucose (blood sugar) into energy. Glucose provides your body with the energy it needs to function properly.

What are the Symptoms of Diabetes?

Some of the common symptoms of diabetes are:

- Extreme thirst
- Frequent urination
- Increased hunger
- Fatigue
- Blurry vision
- Unplanned weight loss or gain
- It is important to note, however, that some people have no symptoms at all.



How can I manage my Diabetes?

It's possible to control diabetes (high blood sugar) and lower the risk of developing complications through regular screenings. Small steps lead to big rewards:

- Change the way you eat and increase your daily activity
- Talk to your doctor or health care provider before starting any exercise program.
- Take your medications as prescribed by your doctor
- If you smoke, talk to your health care provider to help you STOP

Why worry about Diabetes?

Uncontrolled diabetes can lead to serious complications that include eye, kidney and heart disease, stroke, and serious infections that can lead to amputation. Keeping blood sugars at or near normal can help to prevent serious complications.

Highmark is always here for you

Have a question? We have answers. Call the Member Service telephone number on the back of your Highmark Member ID card. Or visit www.highmarkblueshield.com/medicare for information on prescription drugs, comparing costs of providers, finding a doctor, and more.

Tools to find a doctor or specialist

It is best to have a primary care physician, or PCP, who knows your medical history and can help to guide you through your medical care. For help finding a PCP or specialist,* visit www.highmarkblueshield.com/medicare, choose "resources," enter your ZIP code, then select "find a provider." You can also call the telephone number on the back of your Highmark Member ID card.

SilverSneakers® fitness program

More than 100,000 Highmark Medicare Advantage Plan members have taken advantage of the free SilverSneakers® fitness program — an exercise and wellness program that helps members live a healthy and active lifestyle. Get access to over 12,000 participating fitness facilities nationwide at no cost to you.

Is a gym not for you? Try SilverSneakers FLEX™ for walking groups and classes like tai chi and yoga, or order a SilverSneakers Steps® kit on general fitness strength, walking, or yoga to use at home or while traveling. Call 1-888-423-4632, Monday through Friday 8 a.m. to 8 p.m. (TTY users call 711) or go to www.SilverSneakers.com to learn more.

Blues on Call: Your 24/7 Health Care Resource

Have a health-related question? *Blues On Call* is only a phone call away, 24 hours a day, 7 days a week.

Blues On Call is our free information and support program stated by Highmark health coaches. These specially trained registered nurses provide you with easy-to-understand information about medical conditions and treatment options.

Your health coach will:

- Help you understand your treatment options.
- Provide support regarding medical decisions and treatment.
- Help you develop a list to discuss with your doctor.
- Help to ensure you are taking your medications properly.
- Recommend the preventive screenings and immunizations that are right for you.



To take advantage of Blues On Call anytime, call 1-888-BLUE-428 (1-888-258-3428); TTY users call 711.

*Not available in all areas.

