Bringing health and care together – to treat you even better.
Table of Contents

ACO Benefits .............................................. 3
Medicare Pioneer Accountable Care Organization ........ 3
About Chronic Obstructive Pulmonary Disease (COPD) .... 4
Did you know? ............................................. 4
A Letter from CEO/Physician .......................... 5
Nurse Help Line ......................................... 5
Case Management ........................................ 6
Care Navigators ............................................ 6
Word Puzzle ............................................... 6
Urgent Care vs. Emergency Room Use ................... 7
Preventive Health ......................................... 7
Annual Wellness Visit .................................... 8
Physician Testimonial .................................... 8
How to Improve Your Flexibility ......................... 9
Lower Back Exercise ..................................... 9
Healthy Recipes .......................................... 10

For general questions or additional information about Accountable Care Organizations, please visit www.medicare.gov/acos.html or call 1-800-MEDICARE (1-800-633-4227) and ask for the Medicare ACO Department. TTY users should call 1-877-486-2048.
Medicare Pioneer Accountable Care Organization
Background Information

Many of the area's primary care physicians are participating in a new care program called an Accountable Care Organization (ACO). The Pioneer Accountable Care Organization (ACO) model, is a transformative new initiative sponsored by the Centers for Medicare & Medicaid Services (CMS) Innovation Center designed specifically to help improve care for patients. Having the right information, assistance and resources empowers patients to make informed choices for their health care.

What is an ACO?
ACOs are groups of doctors, hospitals, and other health care providers, who have joined together voluntarily to coordinate high quality care for their Medicare patients. Coordinating care helps ensure that patients, especially seniors and the chronically ill, get the right care at the right time, with the goal of improving care and preventing medical errors.

Enhancing Your Care
By participating in an ACO, your doctor has the opportunity to enhance the care you receive by connecting and organizing the care you receive from all your health care providers. The goal of an ACO is to provide high quality care by better understanding an individual’s needs and preferences. This is done by enabling you and your doctors to communicate together with other providers.

Your Medicare Benefits
An ACO is not a Medicare Advantage plan. When your physician is a part of the ACO, health coverage, premiums and insurance arrangements are unaffected. You do not need to do anything or change your doctor and it remains your choice of what doctors you use, or hospitals you visit.

Transportation
• To and from non-emergency medical appointments
• Access for disabled persons
• Non-emergency low cost medical transportation

Nutritional support
• Hot/cold, ready to eat meals delivered

Alzheimer's support
• Providing services, education, coordination and counseling

Senior service centers
• Adult day care, health and wellness services, social services, activities and legal clinic

Home medical alert systems
• 24/7 emergency medical assistance

Dental services
• Low-cost emergency dental care

Pet services
• Free pet food program for qualifying seniors

*Please refer to your Summary of Benefits for eligibility requirements and costs if applicable.

If you would like more information please call 888-346-2810 or send an email to accorenavigator@mhealth.com

Monarch ACO Benefits*

About Chronic Obstructive Pulmonary Disease (COPD)

Chronic Obstructive Pulmonary Disease, or COPD, refers to a group of diseases that cause airflow blockage and breathing-related problems. It includes emphysema, chronic bronchitis, and in some cases asthma.

What causes COPD?
In the United States, tobacco smoke is a key factor in the development and progression of COPD, although exposure to air pollutants in the home and workplace, genetic factors, and respiratory infections also play a role.

How can COPD be prevented?
Avoid inhaling tobacco smoke, home and workplace air pollutants, and respiratory infections to prevent developing COPD. Early detection of COPD might change its course and progress. A simple test, called spirometry can be used to measure pulmonary—or lung—function and detect COPD in anyone with breathing problems.

How is COPD treated?
Treatment of COPD requires an evaluation by a physician. COPD treatment can alleviate symptoms, decrease the frequency and severity of exacerbations.

• For those who smoke, the most important aspect of treatment is quitting. Removing other air pollutants from the patient’s home or workplace are also important.
• Symptoms such as coughing or wheezing can be treated with medication.
• Pulmonary rehabilitation is an individualized treatment program that teaches COPD management strategies to increase quality of life.
• The flu can cause serious problems in people with COPD. Vaccination during flu season is recommended and respiratory infections should be treated with antibiotics, if appropriate.
• Patients who have low blood oxygen levels are often given supplemental oxygen.

Did you know?
• COPD is the 3rd leading cause of death in the United States.
• Cigarette smoking causes 80% to 90% of all COPD cases.
• It is estimated that COPD affects 24 million individuals in the U.S., and over half of them have symptoms and do not know it.
• The 5-year mortality rate for people with COPD typically ranges from 40% to 70%, depending on disease severity.

Doctors are always searching for new and improved ways to help keep patients happy, healthy and informed. We want to be sure each patient has access to medical advancements so they receive the highest quality, most affordable care available.

That’s why so many doctors like myself have such high regard for the Pioneer Accountable Care Organization (ACO) program that your physician now participates in through the Monarch HealthCare ACO. Your doctor chose to be part of Monarch ACO to help provide better care to you.

So what does that mean to you? A lot! Monarch ACO partners with your physician, so doctors and patients can count on a supportive team of medical professionals to help with your care and treatments. We want to be sure you’re receiving the best care and all the information and help you need to navigate through the often complicated world of healthcare.

What’s important to remember is that nothing is changing with your healthcare or your benefits—except, it just got better and easier for you. It doesn’t cost you more, and you don’t have to change or give up anything.

Have a question about your prescriptions? Call the Care Connection. Want to know if you need a second opinion? Call the hotline. Want to be sure you’re choosing the most affordable care options? Call us.

Think of the Monarch ACO as an extension of your doctor’s office. So, try it out—if you need help, need answers, or for anything involving your care, give us a call at 888-346-2810.

Chief Executive Officer
Monarch HealthCare

Case Management
Your guide to the right care

Case Management Services are available at no cost to all Monarch ACO patients who need help making treatment decisions. These services are voluntary and patients may participate or stop at any time.

Care Navigators
These specially trained professionals work in partnership with your personal doctor and are available to help guide you in getting the care you need.

Some of the services they offer include: out-of-pocket cost estimates and help finding a specialist or community resources. If you would like more information, please call 888-346-2810 or send an email to acocarenavigator@mhealth.com.

Stay Healthy with Stretching

CLUES ACROSS
2. _____ stretch into desired position.
4. Talk with your _____ if you are unsure about a particular stretch.
8. _____ is an important part of your physical activity.
9. _____ stretch 3 to 5 times.
10. Stretching gives you more _____ of movement.
11. You are stretching too far if you feel a _____ pain.

CLUES DOWN
1. Hold stretch for 10 to 30 _____.
3. Avoid _____ your joints.
5. Always remember to _____.
6. Jerking into a position may cause muscles to _____.
7. Always _____ before stretching.

Answers on the following page.
Urgent Care vs. Emergency Room Use

When your doctor’s office is closed.

Monarch ACO wants to assure you that if you need urgent care, it’s available. In the event of a life-threatening emergency, call 911. Otherwise, we’re happy to provide you assistance.

Our Nurse Line is available 24 hours a day, 7 days a week at 888-299-2802 (see page 5).

Below are examples of when you might use an urgent care facility or an emergency room.

Urgent Care:

Symptoms best handled at an urgent care facility typically include:

- Shortness of breath caused by asthma or emphysema
- Stomach pain
- High fever
- Minor cuts, skin infections and rashes
- Minor fractures or broken bones

Emergency Room:

In life-threatening situations, call 911 or go directly to the nearest emergency room if you experience:

- Difficulty breathing
- Heavy bleeding
- Sudden weakness or difficulty talking
- Chest pain
- Severe head injuries
- Major burns

Annual Wellness Visit

By Charles Smith, RN, BSN

The Annual Wellness Visit is an important conversation between you and your doctor where you can discuss your health history and any concerns you may have regarding your health.

What to Expect

This is a discussion where you and your doctor get to discuss important aspects of your health and your care.

Your Health History

The visit begins with your doctor collecting your family and personal health history. It is important to provide information that is not in your records to ensure that your health history is complete and correct.

Health Risk Assessment

This Assessment includes weight, height, blood pressure and a discussion on caring for yourself, memory, depression, and your smoking and drinking habits.

The Wellness Schedule

This is a list of all screenings you should have during the next 5 to 10 years.

Medication Review

Your doctor will review all your medications to ensure that there are no negative interactions.

Immunization Schedule

Your doctor will review your immunizations and determine if you need additional vaccines.

Advance Directives

You can discuss your wishes and ask about what you need to complete an Advance Directive.

What to Bring to Your Annual Wellness Visit

- The attached form
- A list of your medications, vitamins and supplements
- Names of all of your healthcare providers
- Your immunization records

Physician Testimonial

Bahar Sedarati, MD Internal Medicine

“In the Annual Wellness visit we go over all the chronic issues and preventive care. I make sure the patients are following the guidelines for preventive care according to their age and I keep educating the patient about their health.

Some patients think going to a cardiologist, neurologist, etc will satisfy the purpose of getting an entire checkup. However, there are things specialists won’t check for like a primary care physician will. For instance, they won’t make sure your bone density, colonoscopy, mammography, and vaccinations are up to date, or go over preventive care.

I feel very confident being involved in the ACO program because it makes me a better provider to my patients. Ultimately, that is what every physician wants.”

Preventive Health Care for a Longer, Healthier Life

Monarch ACO is committed to supporting you in achieving your health goals – whether they are maintaining your good health, managing a chronic illness or just making positive changes to improve your overall health. The most important things you can do to stay healthy are:

- See your personal doctor at least once a year
- Get all recommended screening tests and vaccines
- Be tobacco-free
- Be physically active
- Eat a healthy diet
- Maintain a healthy weight
- Take preventive medicines if recommended by your doctor

During your next visit with your doctor, take the time to discuss preventive health guidelines. Call us at 888-346-2810 to get free copies of our Annual Senior Health Assessment Form and Personalized Prevention Plan, and see the last page of this newsletter for a list of the annual screenings you may need this year.
How to Improve Your Flexibility
An important part of your physical activity program.

Stretching, or flexibility exercises are an important part of your physical activity program. They give you more freedom of movement for your physical activities and for everyday activities such as getting dressed and reaching objects on a shelf. Stretching exercises can improve your flexibility but will not improve your endurance or strength.

How Much, How Often
• Do each stretching exercise 3 to 5 times at each session.
• Slowly stretch into the desired position, as far as possible without pain, and hold the stretch for 10 to 30 seconds. Relax, breathe, then repeat, trying to stretch farther.

Safety
• Talk with your doctor if you are unsure about a particular exercise. For example, if you’ve had hip or back surgery, talk with your doctor before doing lower-body exercises.
• Always warm up before stretching exercises. Stretch after endurance or strength exercises. If you are doing only stretching, warm up with a few minutes of easy walking first. Stretching your muscles before they are warmed up may result in injury.
• Always remember to breathe normally while holding a stretch.
• Stretching may feel slightly uncomfortable; for example, a mild pulling feeling is normal.
• You are stretching too far if you feel sharp or stabbing pain, or joint pain while doing the stretch or even the next day. Reduce the stretch so that it doesn’t hurt.
• Never “bounce” into a stretch. Make slow, steady movements.
• Avoid “locking” your joints.

Lower Back Exercise
❶ Lie on your back with your legs together, knees bent, and feet flat on the floor. Try to keep both arms and shoulders flat on the floor throughout the stretch.
❷ Keeping knees bent and together, slowly lower both legs to one side as far as you comfortably can.
❸ Hold position for 10-30 seconds.
❹ Bring legs back up slowly and repeat toward other side.
❺ Continue alternating sides for at least 3-5 times each side.

Healthy Recipes
Five-Spice Turkey & Lettuce Wraps

Ingredients:
• 1/2 cup water
• 1/2 cup instant brown rice
• 2 teaspoons sesame oil
• 1 pound 93%-lean ground turkey
• 1 tablespoon minced fresh ginger
• 1 large red bell pepper, finely diced
• 1/2 cup reduced-sodium chicken broth
• 2 tablespoons hoisin sauce, (see Note)
• 1 teaspoon five-spice powder, (see Note)
• 1/2 teaspoon salt
• 2 heads Boston lettuce, leaves separated
• 1/2 cup chopped fresh herbs, such as cilantro, basil, mint and/or chives
• 1 large carrot, shredded

Preparation:
❶ Bring water to a boil in a small saucepan. Add rice; reduce heat to low, cover and cook for 5 minutes. Remove from the heat.
❷ Meanwhile, heat oil in a large nonstick pan over medium-high heat. Add turkey and ginger; cook, crumbling with a wooden spoon, until the turkey is cooked through, about 6 minutes. Stir in the cooked rice, bell pepper, water chestnuts, broth, hoisin sauce, five-spice powder and salt; cook until heated through, about 1 minute.
❸ To serve, spoon portions of the turkey mixture into lettuce leaves, top with herbs and carrot and roll into wraps.

Tips & Notes:
Make Ahead Tip: Prepare the filling (through Step 2), cover and refrigerate for up to 1 day. Serve cold or reheat in the microwave.
Notes: Hoisin sauce is a spicy, sweet sauce made from soybeans, chiles, garlic and spices. It will keep in the refrigerator for at least a year. Five-spice powder is often a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns. (sour, bitter, sweet, pungent, salty).

Makes: 4 servings, 1 1/4 cups filling each
Total Time: 30 minutes
Nutrition Fact table: http://recipes.millionhearts.hhs.gov/recipes/five-spice-turkey-lettuce-wraps
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Here’s what you need to stay healthy…

Be informed about preventive care guidelines

Medicare recommends that you have certain regular health screenings, tests and vaccines that can detect or prevent serious illness or injury, and we’re here to help. If you would like more information, please contact a Monarch Care Navigator at (888) 346-2810.

- Wellness Visit (Physical & Emotional)
- Blood Pressure Reading
- Breast Cancer Screening (Women)
- Osteoporosis Testing (Women)
- Colorectal Cancer Screening
- Glaucoma Screening
- Annual Flu Shot
- Pneumonia Vaccine
- Cholesterol Screening
- Diabetes Prevention & Management
- Fall Risk Assessment
- Incontinence / Bladder Control Assessment
- Advance Directive