

Protect Yourself From Infectious Diseases

VACCINES

WHICH DO YOU NEED?

Vaccines help protect you and your family from potentially serious diseases. While many of these diseases are common, vaccines help prevent them, reducing the need for doctors' visits, hospitalizations, and missed work or school. The more people who get vaccinated, the better we can protect everyone, especially those who are more vulnerable, such as older adults, young children, pregnant women, and individuals with certain health conditions.

Even if you received all your vaccines as a child, you still need vaccinations as an adult. The protection from some vaccines, like the Td vaccine for tetanus and diphtheria, can diminish over time. Additionally, as you age, you may become more susceptible to other diseases.

WHAT VACCINES DO ADULTS NEED?

You should consult your Primary Care Provider (PCP) about your specific needs but here are the adult vaccines to consider.

Vaccine	19-26 Years	27-49 Years	50-64 Years	≥65 Years
COVID-19	1 or more doses of updated (2023-2024 Formula) vaccine			
Influenza/Flu	1 dose annually			
RSV	If pregnant during RSV season		If aged 60-74 years	If aged 75+ years
Tdap/Td	Tdap every pregnancy. Td/Tdap every 10 years for all adults			
MMR	If aged 66 years or younger			
Chickenpox	If U.S. born and aged 43 years or younger			
Shingles				
HPV		If aged 27-45 years		
Pneumococcal				
Hepatitis A				
Hepatitis B		Through 59 years		
Meningococcal				
Hib				
Mpox				

ALL adults in age group should get the vaccine

SOME adults in age group should get the vaccine

Adults should talk to their PCP to decide if this vaccine is right for them.

To help keep track of your vaccines, ask your PCP for an immunization record form. Bring the form with you to all your healthcare visits and ask them to sign and date the form for each vaccine you receive. Please call Member Services at 563-584-4885, to see which vaccines listed are covered in your plan.

Source: <https://www.cdc.gov/vaccines/schedules/easy-to-read/adult-easyread.html>

GET SCREENED

PREVENT
COLON
CANCER

Colon cancer is one of the most common types of cancer, but the good news is that it's highly preventable and treatable when caught early. For those aged 45 and older, regular screening is a critical step in staying healthy and protecting yourself against this disease.

WHY IS SCREENING SO IMPORTANT?

Colon cancer typically begins as small, noncancerous growths called polyps in the colon or rectum. Over time, some of these polyps can develop into cancer. Regular screenings can detect these polyps early, allowing for their removal before they turn into something more serious.

In fact, research shows that regular colon cancer screening significantly reduces the risk of death from the disease. This is especially crucial for those aged 50 and older, as the risk of colon cancer increases with age. Screening can detect the disease in its early stages, when it's most treatable, often before any symptoms appear.

HOW CAN YOU REDUCE YOUR RISK?

In addition to regular screenings, there are several lifestyle changes you can make to reduce your risk of colon cancer.

EAT A HEALTHY DIET: Focus on fruits, vegetables, whole grains, and lean proteins. Limit red and processed meats.

STAY ACTIVE: Aim for at least 30 minutes of moderate exercise most days of the week.

LIMIT ALCOHOL: Reduce alcohol consumption, and avoid smoking.

MAINTAIN A HEALTHY WEIGHT: Obesity is linked to a higher risk of colon cancer, so maintaining a healthy weight is important.

PREVENT COLON CANCER

Colon cancer is preventable and treatable when caught early. Make sure you're staying on top of your health by getting screened regularly. Prevention starts with taking action—schedule your screening today!

Sources: <https://www.cdc.gov/colorectal-cancer/prevention/index.html>

BE ANNUAL ENROLLMENT



Mark your calendars! The **Medicare Annual Enrollment Period** runs from **October 15 to December 7**. During this 45-day window, you'll likely see a flood of commercials, radio ads, and phone calls promoting plans with enticing extra benefits like dental, prescription coverage, and vision, often with little to no premium. While these offers may seem like a great deal, it's important to review them carefully. Not all plans are as beneficial as they appear.

Questions to Consider:

Will I have to change my doctor or provider?

Make sure your trusted doctors and providers participate in any plan you select. Not all doctors or providers participate in all plans.

Will I have any out of pocket costs?

Plans with little or no premium almost always have copays each time you visit the doctor, go to the hospital, or use medical services.

As a valued member of our Medicare plan, we encourage you to stay informed during the Annual Enrollment Period. While you may see ads promoting other plans, remember that you're already covered with us. Take time to review your current benefits, and rest assured that we're here to help if you have any questions or need assistance in understanding your options. We're committed to ensuring you continue to receive the coverage that best fits your needs.

If you have questions about your benefits and coverage, contact our **Member Services Department at 563-584-4885 or 1-866-821-1365**, 8:00 AM - 8:00 PM, 7 days a week. TTY users call 1-800-735-2942.



National MAMMOGRAPHY DAY



OCTOBER 18



EARLY DETECTION *saves lives*

National Mammography Day is a vital reminder and encouragement for women to get screened for breast cancer through mammograms. Early detection significantly increases the chances of successful treatment. When breast cancer is detected early, at a localized stage, the 5-year relative survival rate is 99%. Mammograms are the key to achieving this early detection.



Schedule Your Mammogram

One of the best ways to observe National Mammography Day is by prioritizing your breast health and scheduling your annual mammogram. Encourage the women in your life to do the same. All women aged 40 and over should have an annual screening mammogram.



Learn How to Perform a Breast Self-Exam

All adult women, not just those over 40, should perform a monthly breast self-exam to stay breast self-aware. This helps you understand how your breasts normally look and feel, making it easier to notice any changes or abnormalities. Share any concerns with your healthcare provider. Learning how to perform a breast self-exam and doing it at the same time each month can be a life-saving habit.



Help Raise Awareness

Spread the word about the importance of early detection. Whether through social media, community events, or conversations with loved ones, your efforts can make a difference.



When Should I Start Getting Mammograms?

Women aged 40 and over who are at average risk for breast cancer should receive an annual mammogram. If you have a family history of breast cancer or other risk factors, you may need to start earlier. Additionally, all adult women should perform a monthly breast self-exam. Consult with your Primary Care Provider (PCP) about the best timeline for your mammograms and other health screenings.

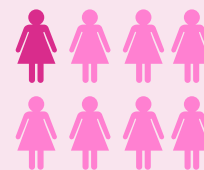


Are Mammograms Free or Covered by Insurance?

Your insurance plan fully covers mammogram screenings as preventive health services.

Sources: <https://www.nationalbreastcancer.org/national-mammography-day/>;
<https://www.nationalbreastcancer.org/breast-cancer-facts/>

STATISTICS ON Breast Cancer



1 in 8
women in the U.S.
will be diagnosed
with breast cancer
in her lifetime.

In 2024, an estimated **310,270 women and 2,800 men** will be diagnosed with invasive breast cancer.

When caught in its
earliest stages, the **5-year
relative survival rate is
99%.**



Don't wait!
Schedule your
MAMMOGRAM.

Mammography has reduced breast cancer mortality in the U.S. by nearly 40% since 1990.



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Talk to your doctor, they can help you:



BE MORE ACTIVE

- Increase energy level
- Decrease pain during daily activities
- Enjoy the outdoors
- Travel



MAINTAIN BALANCE

- Prevent falls
- Climb stairs safely
- Maintain independence
- Increase confidence



CONTROL YOUR BLADDER

- Stop leaks
- Get better help
- Be social again



IMPROVE YOUR MOOD

- Feel calm & peaceful
- Increase motivation
- Improve energy
- Decrease stress in your life

Your health is too important to delay. Talk to your doctor about staying healthy and active as you age.

FOR YOUR REFERENCE

Information related to MAHP's quality improvement plan, case management, disease management, member rights, communications, appeals process, after-hours assistance, accreditation/awards, and privacy/confidentiality may be viewed at: www.mahealthplans.com. Persons without access to the internet may request paper copies by contacting MAHP at 1-800-747-8900 or 563-556-8070. Please ask to speak with a member of the QI team for assistance.

QUESTIONS ABOUT YOUR HEALTH INSURANCE?

Call us at 563-584-4885 or email memberservices@mahealthcare.com

MY eLINK

Log onto My eLink, our convenient and confidential web portal for easy access to health plan information 24/7. View authorizations, member benefits, eligibility, claims data, accumulators, download forms, search our drug formulary, and more. Sign up today by visiting us online at www.mahealthplans.com.

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