

# Be Well

FALL 2024

## Working After Retirement



Retirement no longer means leaving the job behind. Some seniors seek out part-time work to supplement their incomes or just to keep active. The following jobs – some may surprise you – are ideal for seniors looking for part-time work, though some may require training or certification.

**Data entry clerk** – A great part-time job if you have good typing skills and an eye for accuracy.

**Insurance claims investigator** – This job is not too physically demanding and offers flexible schedules – in and out of the field.

**Nanny** – As parents adjust to remote workplaces, nannies are now caring for children whose parents work from home, or on the days parents are in the office.

**Security guard** – Hours can vary to fit your schedule with most guards expected only to observe and report, although activity levels may vary.

**Shuttle driver** – Often travel-related, such as driving tourists from airports to their hotels, be prepared to answer questions about your city and make recommendations.

**Tutor** – Math and English tutors are most in-demand, but foreign languages, science and other subjects aren't far behind.

**And finally ... Pet Services** – With more than 80 million dogs and 60 million cats in the United States, many of them need grooming, boarding, pet sitting and walking.



### From Our CEO

I know I say it a lot, but at Saint Mary's ATRIO, we value your feedback and are here to help. Providing easy access to Saint Mary's ATRIO is top of our list. So, it gives me great pleasure to let you know about our new chat feature on our website.

Now, with one click, you can connect with a Saint Mary's ATRIO Member Services representative and get the assistance you need. Read more about this new feature in this issue and don't be shy about chatting with us.

Be safe and be healthy!

### Gregg Kimmer

President and CEO  
Saint Mary's ATRIO Health Plans

## CHECK YOUR MAIL



Important information about changes to your Saint Mary's ATRIO plan for 2025 will be mailed to you in September. Your Annual Notice of Change (ANOC) will note changes in your plan costs, benefits and coverage for next year. ANOCs will also be available online by October 1 at [atriohp.com](http://atriohp.com).

# Hearing Aids:



## Keeping on Top of Hearing Loss

Following arthritis and heart disease, hearing loss is the most common physical condition for adults in the United States. Hearing loss can come on so gradually that you may not even notice it's happening.

To support our members, Saint Mary's ATRIO Health Plans has partnered with Amplifon to provide hearing services, from routine exams and hearing aid evaluations to fittings with access to top-tier hearing aids at discounted prices.

To take advantage of this benefit you must see an Amplifon provider. To find one near you, visit [amplifonusa.com/lp/atrioHP](https://amplifonusa.com/lp/atrioHP) or call 1-866-375-0563 (TTY 711), daily, 8 a.m. – 8 p.m. local time. For more information on Amplifon and frequently asked questions, visit the "Extra Benefits" page at [atrioHP.com/2024-extra-benefits](https://atrioHP.com/2024-extra-benefits).



## September is Healthy Aging Month

To celebrate Healthy Aging Month, try these tips to help manage your physical and mental health:

- **Eat and Drink Healthy** – This includes eating nutritious foods low in cholesterol, fat, and artificial ingredients, as well as drinking plenty of water to stay hydrated.
- **Move More, Sit Less** – Staying active can help you prevent or manage chronic diseases, improve balance and stamina and improve brain health.
- **Get Regular Checkups** – Regular checkups help doctors catch chronic diseases early and can help reduce risk factors for disease.
- **Exercise Your Brain** – To help reduce age-related cognitive decline, try engaging in social and intellectually stimulating activities, getting enough sleep and not smoking.



## Identifying Phone Scams



Phone scams targeting older adults are on the rise. If you think you are a victim of a phone scam relating to your Saint Mary's ATRIO plan and benefits, follow these steps:

- 1.** Do not give out any personal, health or financial information to the caller.
- 2.** If possible, note the suspected scammer's phone number or any other identifying information they may provide.
- 3.** End the call promptly and contact Saint Mary's ATRIO Member Services at 1-877-672-8620 (TTY 711), daily 8 a.m. – 8 p.m. local time to report the incident.
- 4.** If Saint Mary's ATRIO determines the call to be legitimate, they will advise you on your follow-up regarding the initial call you received. If Saint Mary's ATRIO determines the call to be a scam, they will report the incident on your behalf to the Office of Inspector General. (Note: If the potential scammer's phone number is not provided, Saint Mary's ATRIO will be unable to report the incident on your behalf.)



## Healthy Hints: Diabetes and Hypertension

At Saint Mary's ATRIO Health Plans, we help you be the boss of your health, especially if you have diabetes or high blood pressure. Here's how:

- ✓ **Be a checkup champ!** Regular visits with your doctor mean they can check your blood pressure and do a blood test called an A1C to see how your diabetes is doing.
- ✓ **Eyes on the prize!** Diabetes can affect your vision, so your doctor might recommend special eye exams to keep them healthy.
- ✓ **Follow your doctor's game plan!** They might suggest taking medicine, eating healthy foods, and getting active. If you have diabetes, ask your doctor if a statin is right for you.

## Let's Chat!



### New real time feature quickly connects members with Saint Mary's ATRIO Member Services

We are proud to announce members can now also reach us through our new chat feature on our website at [atriohp.com](http://atriohp.com). The chat feature connects members with a Saint Mary's ATRIO Member Services representative in real time (Monday to Friday, 8 a.m. – 5 p.m. local time) to provide support and answer your questions.

To use the chat feature on our website, click on “Contact Us” on the top right of the home page. On the next screen, you will see the various options to contact Saint Mary's ATRIO (e.g., call, email). Click on “Chat” and then “Start Chat.” After initiating the chat, you will be asked to provide your name, contact number, email address (if available) and date of birth. (Please note: All information you provide is secured through our website.) Once this information has been acquired, you will be put in contact with the next available Saint Mary's ATRIO Member Services representative.

The live member chat is available on [atriohp.com](http://atriohp.com). You can still call us at 1-877-672-8620 (TTY 711), daily from 8 a.m. – 8 p.m. local time.

### Part B Drugs Prior Authorization Update

Effective August 1, 2024, Pemetrexed (J9324), agalsidase (J0180), and migalastat (J8499) will be added to the Part B drugs prior authorization list. This change will not affect any prior authorization that you already have in place. For more information on the Part B drugs prior authorization, visit [atriohp.com/provider-part-b-pa-st-grid/](http://atriohp.com/provider-part-b-pa-st-grid/).

**Don't forget to schedule your flu and RSV vaccine shots**



**SAINT MARY'S ATRIO HEALTH PLANS**  
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## Important Plan Information

# Questions? Contact us!

We're here for you.  
 Call Member Services:  
 Toll Free: 1-877-672-8620 (TTY 711)  
 Daily from 8 a.m. - 8 p.m. Local Time

Want to submit a health topic  
 for an upcoming issue? Email us!  
**members@atriohp.com**



# Cinnamon Apple Crisp



While a favorite American tradition, apple crisp is also popular across the British Commonwealth, although in those regions, it is called apple crumble.

## INGREDIENTS

### For the Topping

- 1 cup quick oats
- 3 tbsp light brown sugar, not packed
- 1 tsp cinnamon
- 2-½ tbsp butter, melted

### For the Filling

- 6 medium apples, (honey crisp or gala) peeled and sliced ¼-inch thick
- 1-½ ounces raisins, small box (optional)
- ¾ tsp ground cinnamon
- 1 tsp fresh lemon juice
- 1 tbsp cornstarch
- ¼ cup honey

## DIRECTIONS

Heat oven to 350 degrees. Combine apples, raisins, cinnamon, honey and lemon juice in large bowl. Sprinkle with cornstarch. Toss until fruit is coated. Place fruit in an ungreased baking dish. Cover with foil and bake for 15 minutes. Remove from the oven. Mix the remaining topping ingredients. Sprinkle over fruit. Bake for 60 minutes or until topping is golden brown and fruit is tender.

ATRIO Health Plans is a PPO, HMO and HMO D-SNP with Medicare and Oregon Health Plan contracts. Enrollment in ATRIO Health Plans depends on contract renewal. H7006\_MBR\_NewQ3\_SM\_2024\_M