Prime Time
Summer 2015 | ucare.org

Your care matters to UCare

Plus
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UCare at the Fair

DOWNLOAD OUR FREE MOBILE APP!
Dear UCare for Seniors Member,

As a longtime admirer of UCare, its singular mission, and service to members like you, I am truly honored to be UCare’s new President and CEO. Every day at UCare, we live our mission to improve the health of our members through innovative services and partnerships across communities. You are at the heart of everything we do.

Having worked in the Minnesota health care market for quite some time, I was impressed watching UCare flourish and grow – thanks in part to the unique member focus, community partnerships, and quality services. Now that I am UCare’s CEO, know that we remain firm in our commitment to continue the important work of increasing access to health care for everyone, especially those who need it most.

I believe that everything I’ve done to this point has prepared me to lead this mission-driven organization. My values and vision are fully aligned with the important work that makes UCare so special in helping people of all ages and abilities receive quality care. I am quite passionate about the work we do – and the members we have the privilege to serve.

You may have heard recent news about the state’s decision to no longer offer UCare as a health plan option for Prepaid Medical Assistance Program and MinnesotaCare enrollees starting January 2016. This news has no impact on UCare’s other health plan offerings. We will continue to maintain the highest levels of service and commitment to those of you enrolled in our UCare for Seniors, UCare Connect, Minnesota Senior Care Plus, and UCare Choices plans. Your good health is our top priority.

Thank you for trusting us with your care.

Yours in health,

Jim Eppel
President and Chief Executive Officer
UCare at the Fair

Each year we look forward to meeting UCare members at the Minnesota State Fair. The fun starts on opening day Aug. 27 and runs through Sept. 7.

UCare’s Health Fair 11 booth activities
There’s always something going on at our booth in the East Crossroads Building at the corner of Dan Patch and Cooper streets. We’ll be there from 9 a.m. to 9 p.m. all 12 days of the fair. Volunteers from the Minnesota Brain Injury Alliance and the Minnesota Stroke Association will be on hand to answer questions and provide information from 9 a.m. to 5 p.m., Aug. 27-29. Also, UCare’s sales representatives will be present every day from 9 a.m. to 5 p.m., and our expert pharmacists will provide counsel and answer questions on Aug. 31, Sept. 2, and Sept. 4, from 2 to 4 p.m.

State’s Largest Senior Stretch & Stroll – Thursday, Sept. 3
Join us at Carousel Park, near the Grandstand for our 13th Annual State’s Largest Senior Stretch & Stroll. At 9 a.m., The Pearl Brothers will jump-start the day performing favorite songs from the ’60s, ’70s, and ’80s. Media personality and writer Kevyn Burger will partner with Healthways SilverSneakers® Fitness instructors at 10 a.m. to lead some gentle stretching exercises that can help prepare you for a day of strolling the fairgrounds. Stay to enjoy the multicultural entertainment from 11:30 a.m. to 5 p.m., hosted by KMOJ-FM personality Shed G. Or you can head out after picking up some fun giveaways, courtesy of UCare and Healthways SilverSneakers. Did we mention ... the event is free? It’s also Seniors Day at the fair. Those who are 65 or older pay just $8 for fair admission!

GET CONNECTED!

1-888-778-8204
1-855-307-6976 TTY

Not feeling well? Need convenient, confidential medical advice? Call our UCare 24/7 nurse line for round-the-clock reliable health information.

You can also log in to your account on ucare.org and email your question to WebNurse – you’ll receive a response from our expert nurses within 24 hours.

Please call 911 if you have an urgent medical need.
Medicare coverage updates

Periodically, the Centers for Medicare & Medicaid Services (CMS) publish National Coverage Determinations, which are notices that include information about changes that have been made to Medicare coverage for some medical services or treatments.

To ensure you are informed, we’ll include notices in PrimeTime. To learn more about National Coverage Determinations, please visit ucare.org, choose UCare for Seniors, and click on Medicare Coverage Updates. You can also go to medicare.gov.

Title: Screening Colorectal Cancer – Stool DNA Testing

Decision: After considering public comments and consulting with appropriate organizations, the Centers for Medicare & Medicaid Services (CMS) has determined that the evidence is sufficient to cover Cologuard™ – a multi-target stool DNA test – as a colorectal cancer screening test for asymptomatic, average risk beneficiaries, aged 50 to 85 years.

What this means: Medicare Part B will cover the Cologuard™ test once every three years for beneficiaries who meet all of the following criteria:

- Age 50 to 85 years,
- Asymptomatic (no signs or symptoms of colorectal disease including but not limited to lower gastrointestinal pain, blood in stool, positive guaiac fecal occult blood test or fecal immunochemical test), and
- At average risk of developing colorectal cancer (no personal history of adenomatous polyps, colorectal cancer, or inflammatory bowel disease, including Crohn’s Disease and ulcerative colitis; no family history of colorectal cancers or adenomatous polyps, familial adenomatous polyposis, or hereditary nonpolyposis colorectal cancer).

All other screening stool DNA tests not otherwise specified above remain nationally non-covered.

Effective: October 9, 2014
**Title: Screening for Lung Cancer with Low Dose Computed Tomography (LDCT)**

**Decision:** The Centers for Medicare & Medicaid Services (CMS) has determined that the evidence is sufficient to add a lung cancer screening counseling and shared decision-making visit, and for appropriate beneficiaries, annual screening for lung cancer with low dose computed tomography (LDCT), as an additional preventive service benefit under the Medicare program.

**What this means:** Medicare Part B will cover a lung cancer screening counseling and shared decision-making visit. If beneficiaries meet defined criteria, Medicare Part B will also cover an annual screening for lung cancer with low dose computed tomography.

Specific criteria are found in the National Coverage Determination (NCD) document at medicare.gov.

**Effective:** February 5, 2015

**Title: Intensive Cardiac Rehabilitation (ICR) Programs – Benson-Henry Institute Cardiac Wellness Programs (CAG-00434N)**

**Decision:** The Centers for Medicare & Medicaid Services (CMS) has determined that the evidence is sufficient to expand the intensive cardiac rehabilitation (ICR) benefit to include the Benson-Henry Institute Cardiac Wellness Program.

**What this means:** Medicare coverage of intensive cardiac rehabilitation services has been expanded to include the Benson-Henry Institute Cardiac Wellness Programs. Members requiring these services should discuss their individual circumstances with their appropriate medical professional provider.

**Effective:** May 6, 2014

**Title: Transcatheter Mitral Valve Repair (TMVR)**

**Decision:** The Centers for Medicare & Medicaid Services (CMS) covers transcatheter mitral valve repair (TMVR) under Coverage with Evidence Development (CED) and specific conditions. The conditions and criteria for Medicare coverage can be found at medicare.gov.

**What this means:** When provided through Coverage with Evidence Development in a Medicare-approved clinical study (meeting specific criteria), Medicare will cover TMVR. For information and details of coverage as a clinical research study, please refer to the Evidence of Coverage (EOC). The TMVR technology is relatively new and it is important that these procedures are performed by highly trained professionals in...
optimally equipped facilities. Therefore, Medicare coverage of TMVR uses “Coverage with Evidence Development,” which as a condition of coverage requires that certain provider, facility, and data collection criteria are met.

**Effective:** August 7, 2014

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**Title: Percutaneous Image-guided Lumbar Decompression for Lumbar Spinal Stenosis**

**Decision:** The Centers for Medicare & Medicaid Services (CMS) has determined that Medicare will provide coverage for percutaneous image-guided lumbar decompression (PILD) for lumbar spinal stenosis (LSS) only when provided under a clinical research study that meets specific criteria. The specific criteria for the Medicare clinical study coverage can be found at medicare.gov.

**What this means:** When provided through Coverage with Evidence Development in a Medicare approved clinical study (meeting specific criteria), Medicare will cover percutaneous image-guided lumbar decompression (PILD) for lumbar spinal stenosis (LSS). For information and details of coverage as a clinical research study, please refer to the Evidence of Coverage (EOC).

**Effective:** January 9, 2014

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**Title: Cardiac Rehabilitation (CR) Programs – Chronic Heart Failure**

**Decision:** The Centers for Medicare & Medicaid Services (CMS) has determined that the evidence is sufficient to expand coverage for cardiac rehabilitation services to beneficiaries with stable, chronic heart failure.

**What this means:** Medicare coverage of cardiac rehabilitation services has been expanded to include beneficiaries with stable, chronic heart failure. CMS has defined stable, chronic heart failure based on specific medical criteria. Members requiring these services should discuss their individual circumstances with their appropriate medical professional provider.

**Effective:** February 18, 2014
Count on WebNurse for round-the-clock, reliable health information

Log in to the member site and send your general health questions to UCare nurses at any time of the day or night. You’ll receive confidential and trusted medical information from a registered nurse within 24 hours.

- Log in to the ucare.org member site.
- Go to the message center and click on create new WebNurse message.
- Submit your health question on any health topic.
- Receive a reply within 24 hours.

If you are experiencing symptoms of an illness or injury, please call our UCare 24/7 nurse line at 1-888-778-8204 or TTY 1-855-307-6976.

For medical emergencies, please call 911.

Apple and chicken salad

A deliciously balanced blend of crisp apples, celery, raisins, chicken breast, and Greek yogurt-based dressing, served over a bed of lettuce.

**Ingredients**

- 2 crisp apples (Braeburn or Granny Smith apples)
- 2 celery stalks (diced)
- 2 chicken breasts (skinless, cooked, diced, about 2 cups)
- ¼ cup plain, nonfat Greek yogurt
- ½ cup raisins
- ¼ cup mayonnaise
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- 16 lettuce leaves (Bibb, Romaine, green or red leaf)

**Directions**

1. Cut apples in quarters; remove core, and chop.
2. In a medium size bowl, mix all ingredients, except lettuce.
3. To serve, arrange lettuce on serving plates, top with apple and chicken salad.

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Your care matters to UCare

You may know that UCare for Seniors received an overall 4.5 Star Rating from the Centers for Medicare & Medicaid Services (CMS).* But did you know that your health outcomes and satisfaction with UCare for Seniors may have helped us earn that high mark?

Star Ratings are an indication of how well health plans care for their members.

The number of members who complete preventive screenings, such as colonoscopies and mammograms, is a factor Medicare considers when rating health plans. And when members like you share positive feedback on surveys mailed randomly by Medicare, it can result in a higher star rating for UCare.

Feeling good isn’t your only reward!
Visit the Rewards and Incentives page at ucare.org to learn how you can earn rewards for completing your screening tests.

The Health and Wellness section of our website has an Annual Check-up Checklist (ucare.org/checklist) you can print and bring to your annual exam, so your doctor can write down the screening tests that are best for you and when to schedule them.

To learn more about Star Ratings, visit medicare.gov and click on the Plan Results page. If you need help finding a doctor, go to ucare.org and search the Find a Doctor tool, or call the Customer Services phone number on the back of your member ID card.

* Medicare evaluates plans based on a 5-star rating system. Star Ratings are calculated each year and may change from one year to the next.