

Health Care Chronicle

Medicare news and tips from
Optum - Kansas and Missouri

Optum

Featured

Convenient personalized options

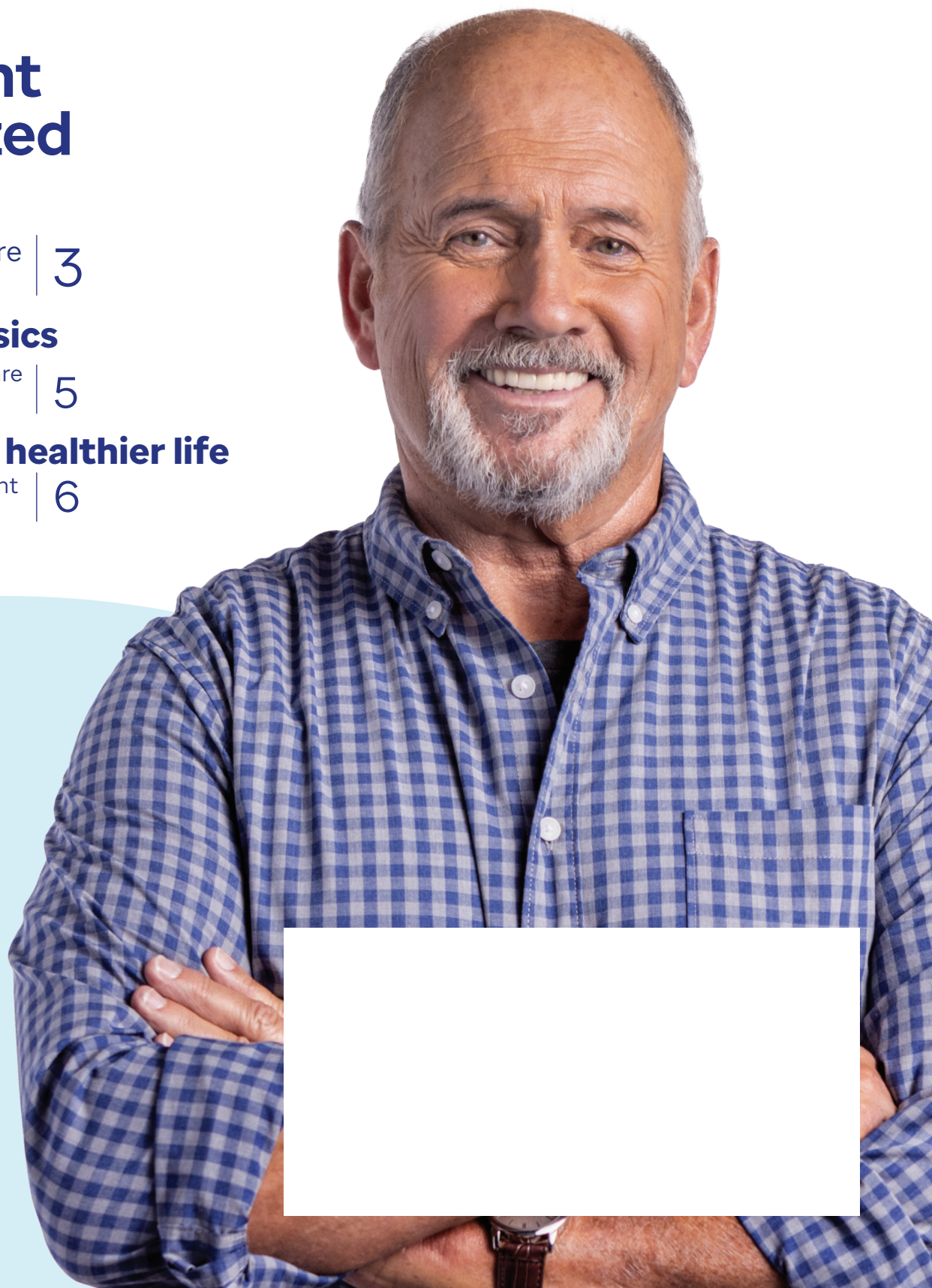
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Fall 2023

Dear Friend,

Optum is proud to bring a better kind of health care to Kansas and Missouri. The kind of care that includes a growing network of local doctors, nurses, and specialists, access to major hospitals, plus three new community centers, all backed by a nationally recognized health care company.

This is a very important time of year. The Medicare Annual Open Enrollment period is upon us. From October 15 through December 7, you can enroll in Medicare or Medicare Advantage, or make changes to your existing plan. When paired with Optum, the right health plan can help you live a healthier life, so choosing the one that best suits your health care needs is important.

We invite you to choose a plan that allows you to select a primary doctor from our network and gain access to all we offer.

To assist you in your Medicare Annual Open Enrollment decisions, we've put together a helpful guide containing information about:

- Optum's expanding care offerings throughout Kansas and Missouri
- Medicare basics, including phone numbers and websites for more information
- Three easy steps for finding a Medicare Advantage plan that's right for you
- No-cost Medicare and Medicare Advantage enrollment workshops

To learn even more about how Optum provides the care you need, when and where you need it, please call **1-800-406-3132, TTY 711** or **visit optumKC.com**.

To good health,



Lee A. Norman, MD, MHS, MBA
Senior Medical Director, Optum



Optum's wraparound care options

We make it a priority to provide convenient medical care services. Optum offers patients a wide range of personalized care, access to all major hospitals in the area, plus the services below:



Optum Community Centers

Optum's three new community centers, located across the greater Kansas City area, are designed to keep adults 55+ active. These state-of-the-art centers feature a wellness clinic, fitness and classroom facilities, social areas, and more.

- **Converge KC – 3650 Broadway Blvd., Kansas City, MO 64111**
- **Millcreek Shopping Center – 13438 W. 62nd Terrace, Shawnee, KS 66216**
- **North Kansas City – 4906 N. Oak Trafficway, Kansas City, MO 64118**



24/7 Telephone Advice Nurse Line

Speak to a registered nurse anytime, including holidays, to answer your health care questions regarding any health situation. Simply call the number on the back of your insurance card. The nurse will provide advice based upon your medical history and coordinate with your primary care provider.



24/7 Quick Care Virtual Visits: [NowClinic.com](https://nowclinic.com)

If you need to see a doctor right now, you can have a quick care visit using NowClinic. NowClinic enables you to have a face-to-face video appointment with a health care provider 24/7, by phone, tablet, or computer. Use NowClinic for issues including non-emergency and non-urgent health concerns, allergies, bladder issues, cough or cold, sore throat, skin inflammation, or rash.



At-Home Care: Landmark Health

Landmark providers and care teams come to you. This in-home medical care is designed around understanding your health needs and goals. They work with you and your regular doctors to help you stay well and stay home. Landmark services include in-home visits for urgent care and post-hospital consultation, 24/7 phone support, and help with mental health, dietary, and social concerns.



Wellness on Wheels Mobile Exams and Screenings

If traveling to see your doctor for routine exams and check-ups is difficult, Optum's fleet of six Wellness on Wheels mobile care vehicles can bring these services to your home or a location near you. Wellness on Wheels offers physical exams, lab draws, and screenings for pulmonary function, diabetes, neuropathy, bone density, and colon cancer.



Medicare Annual Open Enrollment Period ends December 7

Now is the time to choose a Medicare plan that gives you access to many leading local health care providers within Optum – Kansas and Missouri – so you get the right care at the right time. The long-term rewards of healthier care start with the Medicare plan you choose. Together, an Optum doctor and Medicare Advantage plan can help you enjoy:



More affordable care



Better health



More coverage

People with Medicare Advantage often find their plan is more affordable than Original Medicare and can feel their healthiest with coverage including only those options they want.



[Optum.com/KC24](https://www.optum.com/KC24)

Medicare

Medicare can be a confusing topic. But you owe it to yourself and those who care about you to learn as much as possible. We're here to make it easy.

Before you make any decisions, consider the basics of Medicare to see what's right for you.

Medicare coverage and costs

There are four basic parts of Medicare: A, B, C, and D. Each part helps pay for certain health care services, and each part has certain costs that you may have to pay. Your Medicare costs will depend on the coverage you choose, and the health care services you use.

The primary parts of Medicare are like building blocks that can be put together in different ways to give you the best coverage based on your needs.

Medicare Part A

Part A is hospital coverage. It covers the inpatient care you receive in a hospital or skilled nursing facility.

Medicare Part B

Part B is medical coverage. It covers doctor visits, clinic services, and care you receive as an outpatient.

Medicare Part C

Part C is Medicare Advantage. These plans combine the coverage of Parts A and B into one plan. They also often include prescription drug coverage.

Medicare Part D

Part D is prescription drug coverage. Plans cover many medications that are prescribed by your doctor or other qualified health professionals.



Helpful Medicare phone numbers and websites:

- **Medicare Helpline:** 1-800-633-4227
- **Medicare:** www.medicare.gov or call 1-800-MEDICARE
- **Social Security:** 1-800-772-1213

Steps to the right plan

Optum specializes in care for older adults. To help you find a plan that is accepted by our doctors, follow three simple steps:

- 1

 Know your needs
- 2

 Personalize your choices
- 3

 Choose your plan

1 Know your needs

How do you find a Medicare plan that's right for you? It helps to have a good idea about what you need to cover. Most people choose to cover a combination of doctor visits and medicines.

Here are some questions to ask yourself. You can write your answers below:

What doctors do you see?

You want to be sure your primary care doctor, specialists, and other providers are covered by your insurance company.

What medicines do you take?

Many people take three or more medicines every month. That can add up. A Medicare Advantage plan that pays for your prescriptions can help.

What other services do you want?

Many Medicare Advantage plans cover services that Original Medicare doesn't. If any of these are important to you, you might want to find a plan that includes them.

2 Personalize your choices

What services and benefits are important to you? Original Medicare might not cover everything you need, but you can find a Medicare plan that does. There are also monthly premiums, and prescription drug and doctor visit copay costs to consider. An independent, licensed insurance agent can help you find the plan that's right for you.

Talk with a licensed insurance agent

- Get answers to your Medicare questions
- Compare Medicare plans
- Find plans your doctors accept
- See what plans cover the medicines you need

New to Medicare?

An agent can answer questions, like:

- What should I keep in mind if I want to work past 65?
- Is my employer's plan a good choice for when I retire? Or is Medicare Advantage a better choice?

3 Choose your plan

Now it's time to select a Medicare plan that fits your needs. Take the time to do something simple that could help improve your health for years to come.

Connect with a local licensed insurance agent by calling 1-800-406-3132, TTY 711

Looking for more Medicare resources?



Research plans at [medicare.gov](https://www.medicare.gov)



Call **Medicare** at **1-800-MEDICARE** or **TTY 1-877-486-2048**, 24 hours a day/7 days a week



Speak with health plan representatives directly and ask about what they offer in Kansas and Missouri.





Consider Medicare if...

- You're turning 65 soon, or you've recently celebrated your 65th birthday
- You've recently moved to Kansas or Missouri
- You've just become Medicare-eligible

We offer no-cost Medicare Annual Open Enrollment seminars, where local, licensed insurance agents can help you find a Medicare plan that allows you to choose an Optum doctor.

Converge KC Community Center

3650 Broadway Blvd., Kansas City, MO 64111 | Call 816-240-6045 to RSVP

October 25	3:00 p.m.-4:00 p.m.	Broker: Todd Jenkins
November 1	10:00 a.m.-11:00 a.m.	Broker: Natasha Belcher
November 8	3:00 p.m.-4:00 p.m.	Broker: Todd Jenkins

Shawnee Community Center

13438 W. 62nd Terrace, Shawnee, KS 66216 | Call 913-215-7415 to RSVP

October 24	10:00 a.m.-11:00 p.m.	Broker: Brendan Scarffe
November 2	11:00 a.m.-12:00 p.m.	Broker: Brian Cochran
November 14	10:00 a.m.-11:00 p.m.	Broker: Brian Cochran

North Oak Community Center

4906 N. Oak Trafficway, Kansas City, MO 64118 | Call 816-240-6050 to RSVP

November 7	10:00 a.m.-11:00 a.m.	Broker: John Phegley
November 28	10:00 a.m.-11:00 a.m.	Broker: Nick Swearngin

Remember, Medicare Annual Open Enrollment ends December 7.

Medicare 101 classes are only for educational purposes and no plan-specific benefits or details will be shared. A licensed insurance agent will be present with Medicare Advantage and Part D plan information and applications at Medicare Advantage sales seminars. For accommodation of persons with special needs at sales meetings call 855-780-5954. ©2023 Optum, Inc. All rights reserved. Any patient depicted is a model. The company does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities. We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call 855-780-5954.

ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 855-780-5954.

請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請致電：855-780-5954。