



Do you have high blood pressure?

High blood pressure, or hypertension, is often called the “Silent Killer” because there are very few symptoms. The only way to know for sure is to have your blood pressure taken by a healthcare provider. Nearly half of American adults have high blood pressure and many don’t even know they have it. A healthy blood pressure is less than 120/80.

Some things that may put you at a higher risk for high blood pressure are:

- Family history – high blood pressure runs in families
- Age – as you get older, your blood vessels get stiffer and increase your blood pressure
- Race – African Americans have a higher risk of high blood pressure
- Gender – men are more likely to get high blood pressure before age 64; women are more likely to have high blood pressure after age 65

The good news is there are things you can do to lower your risks, such as:

- Exercise
- Eat a healthy diet including fruits, vegetables, whole grains, and low-fat dairy
- Lower the amount of salt in your diet
- Avoid smoking
- Avoid alcohol
- Get a good night’s sleep
- Monitor your blood pressure

Talk to your healthcare provider and be sure to have your blood pressure checked at every visit!

Sources

American Heart Association, heart.org/en/health-topics/high-blood-pressure

National Institutes of Health: National Institute on Aging, nhlbi.nih.gov/health/high-blood-pressure

Keep your membership record up to date

If you have an address or phone number change, please contact Mercy Care Advantage Member Services to provide your new contact information.



Face-to-face time

MCA encourages all of our members to have a face-to-face visit every year. These visits can be scheduled with your care or case manager or one of your providers. Face-to-face visits are important because it allows doctors to observe and learn about your health and wellness and to make sure all your needs are being met. These visits can also be used to develop your care plan to specifically addresses your medical needs and any services that you may require. If you need help scheduling your annual face-to-face visit call Member Services at **602-586-1841** or **1-800-564-5465** today.

Summer Reign Word Search

O Q S Y M P T O M S
B R E E Z E F N P P
P R I M A R Y A R R
B A C K Y A R D E O
M O N I T O R H S V
S H E A L T H Y S I
F L O W E R S G U D
H E A L T H C A R E
C H E E R F U L E R
W A R M T H V L B T

healthcare
pressure
cheerful

backyard
monitor
flowers

symptoms
provider
healthy

primary
warmth
breeze

RECIPE CORNER



Healthy bolognese

Ingredients

100g whole wheat linguine
2 tsp rapeseed oil
1 fennel bulb
finely chopped
2 garlic cloves, sliced
200g pork, minced with less than 5% fat
200g whole cherry tomatoes
1 tbsp balsamic vinegar
1 tsp vegetable bouillon powder
generous handful chopped basil

Instructions

1. Bring a large pan of water to the boil, then cook the linguine following pack instructions, about 10 mins.
2. Meanwhile, heat the oil in a non-stick wok or wide pan. Add the fennel and garlic and cook, stirring every now and then, until tender, about 10 mins.
3. Tip in the pork and stir-fry until it changes color, breaking it up as you go so there are no large clumps. Add the tomatoes, vinegar and bouillon, then cover the pan and cook for 10 mins over a low heat until the tomatoes burst and the pork is cooked and tender. Add the linguine and basil and plenty of pepper, and toss well before serving.

Recipe from Good Food magazine, July 2017



Have you been screened for colorectal cancer?

We want to be sure you are getting the preventive care that you need. Colorectal cancer screenings typically start at age 45. Your risk of colon cancer increases with age. You can reduce your risk by getting regular screenings, which can find colon cancer when it's small and treatable.

If you get colorectal cancer testing done by December 31, 2025, you will get a \$30 gift card.

Once you get your test, visit mercyar.es/healthasst to let us know, and claim your reward. You can also explore more ways to earn rewards.

There are different types of colorectal cancer screenings. Talk with your doctor to find the right one for you. It might just save your life!

Puzzle answer key


O	Q	S	Y	M	P	T	O	M	S
B	R	E	E	Z	E	F	N	P	P
P	R	I	M	A	R	Y	A	R	R
B	A	C	K	Y	A	R	D	E	O
M	O	N	I	T	O	R	H	S	V
S	H	E	A	L	T	H	Y	S	I
F	L	O	W	E	R	S	G	U	D
H	E	A	L	T	H	C	A	R	E
C	H	E	E	R	F	U	L	E	R
W	A	R	M	T	H	V	L	B	T

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Important reminder

Completing your annual health risk assessment (HRA) helps us know more about you and your health conditions. We use this information to assign you a care manager, and coordinate care with your primary care provider and MCA. Your care manager uses this information to develop your individualized care plan that is then mailed to you and your PCP.



Reminder: Always keep your Medicare card safe and never provide your MBI number to an unsolicited caller.

We're here to help!

Mercy Care Advantage (HMO SNP) Member Services is available to assist you 8:00 a.m. – 8:00 p.m., 7 days a week. Member Services can help you with questions about your Mercy Care Advantage plan benefits and how to access covered services. They can also assist in finding network providers and pharmacies near you. Call us at **602-586-1730** or **1-877-436-5288** (TTY **711**). You can also get information about Mercy Care Advantage on our website, **MercyCareAZ.org**.

Language and interpretation services

Mercy Care Advantage can help arrange interpreter services for your health care visits at no cost to you. If you need an interpreter who speaks your language or a sign language interpreter because you are deaf or have difficulty hearing, please call Member Services to schedule an interpreter at **602-586-1730** or **1-877-436-5288** (TTY **711**).

Model of Care Evaluation

As a Dual-Eligible Special Needs Plan (D-SNP), we are required to have a Model of Care. To obtain details related to the latest Model of Care evaluation, please visit **MercyCareAZ.org**.

This information is not a complete description of benefits. Contact the plan for more information. You must receive all routine care from plan providers. This is general health information and is not meant to replace care or advice you get from your doctor. Always ask your doctor or other health care provider for information about your own health care needs.