



### **A new year is beginning**

We are committed to providing you with information you need to stay healthy in 2016.

The best way to ensure that happens is to maintain an active lifestyle, take steps towards preventive care, and call us with any questions. We are always here to help you.

### **Be Healthy in 2016.**

1. **Exercise:** Do any physical activity you enjoy for 20-30 minutes, five or six days a week. Ask your doctor to help you create an exercise program that's right for you.
2. **Keep your weight healthy:** monitor your weight, and balance the number of calories you eat with the number you burn by exercising.
3. **Eat right:** Eat a healthy diet of different foods and be aware of portion sizes. Consider getting advice from a nutritionist or your doctor.



HealthSun is a 4.5 CMS stars that tells us and you just how well our plan is doing great things for your health.

**Customer Service can be reached at (877) 336-2069.**

## Notice About Your Prescriptions

Effective June 1, 2016, for you as a Medicare beneficiary and a HealthSun Health Plans member to continue to receive prescriptions, Medicare required the doctor who orders your medications to be enrolled in a special Medicare CMS system called PECOS (Provider, Enrollment, Chain, & Ownership System).

After June 1, 2016, if the doctor or other person who writes your prescriptions is **not** enrolled in PECOS, you will be eligible to receive up to a 90-day supply of

your medication. After that time, your prescriptions **will not** be filled at any pharmacy. Your prescriptions will need to be written by a doctor who is enrolled in this special CMS system PECOS.

On your next visit to your doctor, or other person who writes your prescriptions, please ask "Did you enroll in the new PECOS system?"

For questions, please call the HealthSun Member Services Department at (877) 336-2069.



HealthSun received a 4.5 Star ranking from CMS! This tells us and you just how excellently our plan is doing and the great things this means for your health.

## Do Your Part! Protect Your Identity & Your Benefits

- Never give out your social security, Medicare, health plan, or banking information to someone you do not know.
- Carefully review your health plan statements to ensure all the information is correct.
- Know that free services DO NOT require you to give your health plan or Medicare number to anyone.
- Share this information with your friends.

If you suspect fraud, report it immediately by calling Member Services Department at (877) 336-2069.

## Remember to Get Your Flu & Pneumonia Shot!

The flu season is here remember to get your flu & pneumonia shot. Go to your doctor's office or to Publix to get your shots free of charge. For questions, call Customer Service at (877) 336-2069.

