

BLUE ADVANTAGE BULLETIN

MEDICARE MADE EASY

2021

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DON'T LET FALLS TRIP YOU UP

Did you know that falls are the leading cause of injury-related deaths in older adults?

Small things can quickly become a serious hazard for seniors. That's why it's important to check your surroundings and reduce obvious dangers.

Most falls happen at home. To help prevent these falls, make a few small changes around the house:

- Always have a clear walkway throughout your home
- Put all your belongings within arm's reach
- Make sure the lights in your house are bright enough for you to see clearly during the day and at night
- Be mindful of pets by your feet
- Watch out for wet floors
- Wear properly fitted shoes or slippers
- Secure rugs and avoid ladders

Another great way to prevent falls is to regularly visit your primary care provider (PCP). Your PCP can give you fall-prevention tips, plus talk to you about any concerns you have with your vision or balance.



1 IN 5 FALLS

CAUSES A

SERIOUS
INJURY

SUCH AS BROKEN BONES
OR A HEAD INJURY

(Source: Centers for Disease Control and Prevention)



Louisiana

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Important Blue Advantage information

GET REWARDED FOR GETTING HEALTHY

We've passed the halfway point of 2021, which makes it a great time to remind you how you can get rewarded for getting healthy. As a Blue Advantage member, you can earn gift cards just for completing health actions.

By signing up for the Member Rewards Program, you can earn up to \$50 in gift card rewards for the first two health actions you complete.

Here's a list of activities that qualify for rewards:

- Annual Wellness Visit - \$25
- Breast Cancer Screening - \$25
- Colorectal Cancer Screening - \$25
- Annual Flu Vaccine - \$25
- Diabetic Retinal Exam - \$25

Complete an activity and choose a digital or physical gift card from a variety of national and local retailers.

Plus, the program includes helpful tools and resources for health conditions and healthy lifestyle support, including a doctor checklist and educational library. You can use features of the program on the web or through the convenience of a mobile app.

To sign up, go to bcbsla.healthmine.com/Rewards. You will need your Blue Advantage member ID card, date of birth and email address.

Once registered, you will receive an email letting you know that your account has been set up.

You can also call **1-800-220-1504** to begin the set-up process for your account. TTY users should call **1-800-283-9290**.