

BLUE ADVANTAGE BULLETIN

MEDICARE MADE EASY

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DO YOU KNOW THE WARNING SIGNS OF A STROKE?

Would you know if you or a loved one were having a stroke? When every minute counts, it's important to know the signs. May is National Stroke Awareness Month, which makes it the perfect time to learn about strokes and how to help prevent them.

A stroke is caused by blocked blood flow to the brain. This can affect speech, movement and memory.

Warning signs of a stroke include:

- Weakness in the face, arm or leg
- Difficulty speaking
- Vision loss
- Dizziness
- Brief loss of consciousness

If you think you or a loved one is having a stroke, call 911 immediately for help.



Strokes can happen at any age, but your risk is higher if you're over 65. Other things that can increase your risk are:

- Smoking and drinking
- High blood pressure
- High cholesterol
- Diabetes
- Unhealthy eating habits

The good news is that up to 80% of strokes could be prevented by living a healthy lifestyle. Talk to your primary care provider about what you can do to avoid a stroke. Your annual wellness visit can be the perfect time to ask about steps to take to stay healthy.

Source: Medicare.gov



Louisiana

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Important Blue Advantage information

GET YOUR MEDICATIONS DELIVERED RIGHT TO YOU

Your Blue Advantage plan comes with mail-order and 90-day-fill options for most medications that we cover. Now is the perfect time to make the switch, and it couldn't be easier or more convenient.

Choose one of these options to get started:

- Call **1-800-282-2881** (24 hours a day, 7 days a week) to have a knowledgeable and helpful representative get you quickly set up with mail order. TTY users should call **1-800-759-1089**.
- Go to **www.Express-Scripts.com** and follow the simple steps to switch your medications to mail order. You can also call a representative at the number above if you need help with the website.

Have your member ID card handy when you call.

When you can expect delivery:

It could take a little longer for your medication to arrive when you first start using the mail-order service, so be sure to have a 30-day supply on hand

before switching to mail order. Future refills will usually arrive in 1-2 weeks. You can check your order status anytime online.

Not ready to make the switch?

You can still get a 90-day supply of most medications at network retail pharmacies. Just ask your pharmacist.

DO YOU USE DIABETIC TESTING SUPPLIES?

Your Blue Advantage plan covers Abbott and LifeScan self-monitoring blood glucose meters and test strips. Get your coupon for a no-cost meter and start saving today. Just visit **www.bcbsla.com/blueadvantage** and click on **Member** in the top right corner. From the member page, click the **Member Pharmacy** button. You can find the **Diabetic Testing Supplies** coupon in the **Formulary** tab. If you need help, call the number on the back of your member ID card.