

health journal

MEDICARE | SPRING 2026

 Priority Health™

Coverage that prioritizes *You*



Thank you

for being a Priority Health Medicare member.

Our priority is providing you high-quality health coverage, along with the tools you need to take control of your health.

Our Spring 2026 Medicare Health Journal is full of useful information and practical tips to help you make the most of your Medicare coverage.

And, as always, our Customer Care team is available if you have any questions.

Contact Customer Care at the number on the back of your Priority Health member ID card or log in to your member account at member.priorityhealth.com to send us a message.

What is an EOB?

Your explanation of benefits explained

An explanation of benefits (EOB) is a document that explains the total cost of medical care or service. It is not a bill but does help you understand the amount that will be billed to you.

An EOB gives details about the service you received, including:



The provider's name



The date the service was received



The service description
(e.g. outpatient visit, lab test, screening)

It also provides details on the total cost of the service received:

- 1 **The claim number**
- 2 **Bill amount:** The amount your provider billed Priority Health.
- 3 **Discount:** The amount discounted from the bill because you have a Priority Health plan.
- 4 **Priority Health paid:** The amount Priority Health paid toward the bill. This amount depends on several factors including your plan and whether your deductible has been met.
- 5 **Other insurance paid:** If you have other health coverage, this is the amount paid by that coverage.
- 6 **Your share:** If your deductible hasn't been met, or a copay or coinsurance applies, this is your share of the total cost. You can expect to be billed this amount by your provider.

P1026028044

Priority Health
1231 East Beltline NE
Grand Rapids, MI 49525-4501

JANE DOE

Statement date 06/08/2017
ID 123945789-01
Customer service 800.123.4567

1 0.0208

 JANE DOE
 1234 MAIN ST
 ANYTOWN, MI 11111

This is an explanation of benefits (EOB) for JANE DOE This is not a bill.
 This EOB shows what we will pay for the following services and what you should owe your provider. Your provider will send you a separate bill with the amount you owe. Keep this EOB so that you can compare it to the bill from your provider.

Priority Health paid on 6/05/2017
1 Claim# 1234567890

Bill amount	Discount	Priority Health paid	Other Insurance paid	Your share
<small>The bill we received from your health care provider.</small>	<small>Discounts Priority Health negotiated on your behalf.</small>	<small>The amount Priority Health paid for your services.</small>	<small>If applicable, the amount your other insurance (Other Ins.) paid for your services.</small>	<small>Your combined copayment, deductible and/or coinsurance amount. You may have already paid all or part of this.</small>
\$219.60 2	\$170.12 3	\$49.48 4	\$0.00 5	\$0.00 6

CLAIM DETAILS:

Date of service	Medical service	Bill amount	Discount	Priority Health paid	Other Ins. Paid	Your share				Notes
						Deductible	Coinsurance	Copay	Other*	
05/02/17-05/02/17	85025/0300 LAB/PATH-OUTPAT	58.80	48.15	10.65	0.00	0.00	0.00	0.00	0.00	
05/02/17-05/02/17	80053/0301 LAB/PATH-OUTPAT	62.75	51.31	11.44	0.00	0.00	0.00	0.00	0.00	
05/02/17-05/02/17	80061/0301 LAB/PATH-OUTPAT	55.00	40.93	14.07	0.00	0.00	0.00	0.00	0.00	
05/02/17-05/02/17	83036/0301 LAB/PATH-PREVE	43.05	29.73	13.32	0.00	0.00	0.00	0.00	0.00	
Totals		\$219.60	\$170.12	\$49.48	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	

* Other amount includes services that are not a listed benefit or additional charges from your provider

An EOB also gives a snapshot of your deductible balances at the time the claim was paid. For the most up-to-date balances, log in to your member account member.priorityhealth.com.

Preventive care

The \$0 way to stay healthy

Preventive care — including your annual physical exam and Annual Wellness Visit — can keep you healthy by finding and addressing issues early, possibly before symptoms even start.

With your Priority Health Medicare plan, both annual visits cost you \$0. Do you have your annual visits scheduled for 2026?

Annual physical exam: A comprehensive physical exam focused on current health issues, symptoms and the need for additional preventive screenings. Lab work is often ordered or reviewed.

Annual Wellness Visit: A conversation-based appointment focused on overall health and on preventing future health issues.

Your Annual Wellness Visit is a great time to ask your doctor any questions you may have and discuss any other preventive screening you may need, including a:

- Breast cancer screening
- Osteoporosis screening
- Colorectal cancer screening
- Prostate cancer screening

You will not be charged for an office visit, no matter what or how much is discussed at your Annual Wellness Visit.

We've created this [checklist](#) to help you remember what you want to discuss with your doctor. Add to it throughout the year and bring it with you to your appointment to be sure all your questions and concerns get answered.



Tip:

Sometimes you can schedule both your annual physical exam and your Annual Wellness Visit at the same time.

Check with your provider to see if this is possible.

Communication is the best medicine

Medication conversations to have with your doctor

Talking about the medications you take is an important part of every primary care provider (PCP) visit. These conversations help you stay healthy, avoid side effects and take full advantage of your Part D prescription drug benefit.

Your PCP and pharmacist work together to make sure your prescription medications are safe and effective. But there are some things you can do to make sure you're part of the conversation:

Bring all medications to your PCP visit. Sharing an up-to-date list of everything you take — including prescriptions, over-the-counter products, vitamins and supplements — helps your doctor give you the best care.

Ask about lower-cost options. Tier 1 tier 2 drugs have a lower copay than higher tier drugs — sometimes even \$0. Your doctor can determine if medications on these tiers are right for you. You may also be able to save money by asking for a 90- or 100-day prescription fill for your medications.

Take medications as prescribed. Following prescription directions will help your medications work as intended and support your overall health.

Use your pharmacy as a resource. Pharmacists can answer questions, review your medications and help you understand your costs.

Need help with prescription costs?

Some members may qualify for Extra Help (also known as a Low Income Subsidy or LIS), a Medicare program that lowers Part D premiums, deductibles, and copays.

Word Search

Have fun finding Medicare-related words as you explore terms tied to coverage and care.

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

Answer key on last page

WORD SEARCH TERMS

MEDICARE
BENEFITS
PROVIDER
PREVENTIVE
PHARMACY
INPATIENT
OUTPATIENT
FITNESS
PREMIUM
DEDUCTIBLE
HEALTH

A carrot a day keeps the doctor away

Full of fiber, beta-carotene, vitamin K and potassium, carrots can be cooked in many ways, making them a great springtime vegetable option.



Roasted Carrots with Farro and Chickpeas

Yield: 4 servings

INGREDIENTS

1 cup farro, rinsed

1 tsp olive oil

1 tsp fresh lemon juice

2 cloves garlic, minced

½ tsp salt

15 oz canned chickpeas,
drained and rinsed

1 lb carrots, peeled

1 tbsp olive oil

¼ tsp ground cumin

Ground black pepper, to taste

1 tbsp fresh parsley, chopped

INSTRUCTIONS

Preheat the oven to 425° F.

In a medium saucepan, combine farro with enough water to cover by a couple of inches. Bring the water to a boil, then reduce the heat to a gentle simmer. Cook, stirring occasionally, until the farro is tender.

Drain off the excess water and return the farro to the pot. Add 1 tsp olive oil, lemon juice, garlic, salt and chickpeas. Stir to combine.

Line a large baking sheet with parchment paper and add the carrots. Drizzle with 1 tbsp olive oil and sprinkle with cumin, salt and pepper.

Roast for 20-35 minutes, until the carrots are easily pierced with a fork.

Pour the farro and chickpea mixture onto a large serving plat and arrange carrots in a single layer on top. Serve warm, or allow the dish to cool to room temperature.



Prevent falls this spring

Rebuilding fitness
after a long winter

As the weather warms, many of us are easing back into fitness routines, making spring a good time to focus on fall prevention by rebuilding strength and supporting healthy joints.

Regular movement, no matter the intensity, can help ease lingering stiffness to feel steadier and more secure on your feet.

Activities like walking, gentle stretching and other adaptive movements help strengthen the muscles around your knees, hips and back.

Balance-building activities such as light yoga, practicing steady foot placement and weight shifting can help improve stability over time.

We challenge you to choose one new fitness habit to start this month. A conversation with your PCP is a great place to start for ideas about safe activities that fit your health needs.





WORD SEARCH ANSWERS

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