

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.

OTC how easy it is to use

Make the most of your OTC allowance

Your Priority Health Medicare plan comes with an allowance to buy over-the-counter (OTC) health and wellness items. These include things like aspirin, cold medicine, compression socks, bathroom safety items and more.

But are you taking full advantage of your OTC dollars? Here are some tips to help:

- Depending on your plan, your allowance may be called OTC, OTC Plus or PriorityFlex.
- Depending on your plan and your eligibility, your allowance may also be used on additional items.
- To see if you're eligible to use your allowance on additional items like healthy food and produce, fill out the Special Supplemental Benefit for Chronically Ill (SSBCI) [eligibility form](#). This is only available for **PriorityMedicare Vintage**, **PriorityMedicare D-SNP**, and **PriorityMedicare Dual Premier** plans.
- You can [create an OTC account](#) where you can check your available balance, shop online, find participating stores, view your transaction history and more.
- Be sure to use your full balance as your allowance amount does not roll over.
- You can also participate in the [Healthy Rewards program](#), where you can receive rewards for completing eligible healthy activities like your annual physical or flu shot. These rewards are loaded on your OTC card. Use your Rewards funds to purchase any item at an OTC retail location*.

**You may not use Rewards funds to purchase tobacco, firearms, lotto merchandise or alcohol.*



What are other Priority Health Medicare members using their OTC card for?

OTC purse: Pain relief cream, toothpaste, antacid tablets, ibuprofen or low dose aspirin, hydrogen peroxide, vitamin D3 and fish oil omega 3

Healthy Rewards purse: Groceries, home goods and clothing from participating stores



Want to learn more?

[This webinar](#) has the most up-to-date OTC information.



The OTC app is different than your Priority Health member account app. They may each have a different username and password.

Benefit mentioned is part of a special supplemental benefit for chronically ill members with one of the following conditions: diabetes, chronic obstructive pulmonary disease (COPD), arrhythmia, depression, heart failure, prostate/breast/other cancers and bipolar disorder. This is not a complete list of qualifying conditions. Even if you have a qualifying condition, you will not necessarily qualify to receive the benefit because coverage of the item or service depends on if you are chronically ill as defined by CMS and meet all applicable eligibility requirements. To see if you qualify, contact our Customer Care team by calling the number on the back of your member ID card or 888.389.6648 (TTY 711). From Oct. 1–Mar. 31, we're available seven days a week from 8 a.m.–8 p.m. ET. From Apr. 1–Sept. 30, we're available Mon.–Fri. from 8 a.m.–8 p.m. and Sat. 8 a.m.–noon ET.

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.

PROVIDER: PROVIDER NAME **Priority Health paid on 6/05/2017**
1 Claim# 1234567890

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



Dijon Herb Carrots

Yield: 6 servings

INGREDIENTS

12-15 medium carrots

2 tbsp olive oil

1 tbsp honey

1 tbsp Dijon mustard

1 tbsp fresh rosemary, finely chopped or 1 tsp dried rosemary

2 cloves garlic, minced

½ tsp salt

½ tsp pepper

INSTRUCTIONS

Preheat oven to 425° F.

Wash and peel carrots. Cut in half lengthwise and widthwise (if needed) to make pieces roughly the same size. Place in a large bowl.

In a separate bowl, whisk together olive oil, garlic, rosemary, mustard, honey, salt and pepper. Pour roughly $\frac{3}{4}$ over the carrots and still to coat. Set aside the last $\frac{1}{4}$ to drizzle over the carrots once they're roasted.

Arrange the carrots in a single layer on a parchment paper-lined baking sheet.

Roast in the oven for 20-25 minutes, turning occasionally until just beginning to brown.

Drizzle the remaining mixture over the roasted carrots and serve.



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