



health journal

MEDICARE | FALL 2025

 **Priority Health**

Coverage that prioritizes *you*

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See why
we're **#1**
in customer
service



Priority Health's Customer Service is **ranked #1 in the nation** in the health insurance category.*

*Priority Health has been named to Newsweek's America's Best Customer Service 2025 list. Based on an independent survey of U.S. customers who have either made purchases, used services, or gathered information about products or services in the past three years.

But don't just take our word for it, hear what some actual members have to say:

My wife and I are new members to Priority Health. As we get acquainted with your processes and services, we have several questions. I want to compliment all the representatives we have interfaced with! They have been extremely patient, helpful, and professional dealing with our questions!

I am very pleased to be a customer of Priority Health. Healthcare is very complex, and I believe you work hard to make it as smooth as possible. Thank you!

How quickly and pleasantly my question of coverage of a particular procedure was answered. My wife and I always get any questions or concerns clearly answered! Great staff across the board, we always recommend Priority Health [Medicare Advantage] plans.

We're so glad you're a Priority Health Medicare member.

We know you have choices when it comes to health plans, and we're honored you've chosen us. Whether you're looking for answers or want to better understand your benefits, our award-winning¹ Customer Care team is always here for you.

Call us at **888.389.6648 (TTY 711)**

Oct. 1–Mar. 31:

Seven days a week, 8 a.m.–8 p.m. ET

Apr. 1–Sept. 30:

Monday–Friday 8 a.m.–8 p.m.,
Saturday 8 a.m.–noon ET

All are welcome at a Priority Health Fitness Court

Priority Health has partnered with the National Fitness Campaign to expand free access to high-quality workouts by bringing outdoor exercise options to communities across Michigan. This partnership was formed to fight obesity, improve quality of life and create more accessible community gathering places.



Created with users of all ages in mind, Priority Health Fitness Courts® feature a seven-station circuit that provides a full-body workout using your own body weight (which can be safer for stiff or less flexible joints). Each station has a QR code that leads to online workouts led by professional trainers, including some geared toward adults 50 years and older.

From Traverse City to Grand Rapids to Berrien Springs to Belle Isle, Priority Health Fitness Courts are being constructed with the goal of building up to 30 new courts in the next several years. In fact, five new fitness courts were opened in the last year alone.

Find a Fitness Court near you at priorityhealth.com/fitnesscourt.

One Pass® makes fitness engaging for everyone, whether you choose to work out at home or at the gym. Available on most Priority Health Medicare Advantage plans,* your free One Pass membership** includes:

- ✓ Access to the largest nationwide network of gyms, fitness locations and boutique fitness studios
- ✓ Live digital fitness classes and on-demand workouts for all fitness levels and abilities
- ✓ CogniFit® online brain training to improve memory, attention and brain speed
- ✓ Access to groups, clubs and social events near you

Get started today at youronepass.com.

*Not available on **Priority**Medicare Vintage plans

**One Pass is a voluntary program. The One Pass program varies by plan/area. Information provided is not medical advice. Consult a health care professional before beginning any exercise program.

AN apple A DAY

Celebrate the flavors of fall with a fresh and nourishing salad.

This **apple and goat cheese salad** brings together crisp apples, creamy goat cheese and crunchy almonds over a bed of spinach and arugula.

Topped with a rich balsamic tahini dressing, it's a quick and delicious way to enjoy the season's best.



APPLE AND GOAT CHEESE SALAD

YIELD: 2 SERVINGS

Salad ingredients:

2 oz arugula
3 oz baby spinach
1 apple (of your favorite variety)
4 oz grape tomatoes
1 oz balsamic-marinated cipollini onions
(optional)
1 oz plain goat cheese
2 tbsp sliced roasted almonds

Vinaigrette ingredients:

2 tbsp tahini
2 tbsp balsamic vinegar
1 tbsp water
2 tsp honey

Directions:

1. Wash and dry the spinach, arugula, tomatoes, onions and apples.
2. Cut the tomatoes in half.
3. Dice the onions.
4. Quarter, core and thinly slice the apple.
5. In a large bowl, whisk together:
 - Balsamic vinegar
 - Honey
 - Tahini
 - 1 tablespoon of water
6. Drizzle vinaigrette over salad and top with almonds.
7. Season with salt and pepper to taste (optional).

The flu vaccine:

Your best shot at a healthy holiday season

While the flu may seem like a seasonal nuisance, it can be much more serious, especially for older adults. One simple step can help protect your health and keep the flu from having dangerous effects on it.

By getting the flu shot, you're taking control of your health. It's a fast and effective way to protect yourself and others and enjoy the holiday season on your terms. Whether you're spending time with family, tackling your to-do list or simply enjoying the crisp fall weather, the flu shot helps you do it all with confidence.

Ready to protect yourself?

Getting your flu shot is quick, it's safe and it's covered—Priority Health pays 100% of the cost when you get your flu shot from an in-network doctor or pharmacy.* Use Find a Doctor to see a list of in-network doctors or pharmacies near you. Visit priorityhealth.com/findadoc.



Fall is the perfect time for preventive screenings

Cooler weather comes as a great reminder to wrap up your annual preventive screenings. These simple checkups help catch issues early when they're easier to treat. Not to mention they cost you nothing — **your plan comes with \$0 preventive services.**

Preventive care can:

- ✓ Detect problems before symptoms appear
- ✓ Save you money on future treatments
- ✓ Improve your long-term health
- ✓ Be personalized to your age and health history
- ✓ Help you stay active and independent

Not sure which preventive care services you need?

Talk to your primary care provider to see which screenings they recommend.

Don't wait. Get rewarded.

Eligible members can earn a reward through the Wellbeing Hub, found in your Priority Health member account, just for getting a flu shot.

Rewards must be reported and redeemed by Dec. 31, 2025.

*Priority Health pays 100% of the cost for services listed in the Preventive Health Care Guidelines when the service is in-network and is for preventive reasons. Depending on your plan, you may have to pay for extra tests and services.

Prescription drugs: Keep more money in your pocket

Priority Health divides prescription drugs into tiers based on their cost. Typically, the lower the tier, the less you'll pay for prescription drugs.

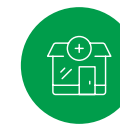
Your plan's Approved Drug List (sometimes called a formulary) will tell you if a drug is covered, and on which tier. Talk to your doctor about Tier 1 and 2 prescriptions that can safely manage your conditions.



*All Priority Health Medicare plans have \$0 copays for 90- and 100-day prescriptions of many common generic drugs.**

*\$0 copay applies to tier 1 and tier 2 drugs via preferred mail-order and tier 1 drugs at a preferred retail pharmacy.

MORE WAYS TO SAVE



Preferred pharmacies and mail-order prescriptions:

Our preferred pharmacy network includes many leading retailers, such as Costco, Meijer, Walgreens and Walmart. You'll save more by using a preferred pharmacy or by mail ordering your prescriptions from Express Scripts or Amazon.



Medicare Prescription Payment Plan (M3P):

A program that lets you pay out-of-pocket prescription drug costs in monthly payments, instead of all up front at the pharmacy. A great option if you have high prescription drug costs.



New for 2026: You can now ask your doctor for a 100-day prescription (retail or mail order) for Tier 1 drugs:

This means less time spent refilling prescriptions and more money in your pocket.



A cap on Part D prescription drug copays:

In 2026, you'll never pay more than \$2,100 for Part D prescription drugs. After you've reached the cap, all drug copays are \$0.

Have questions?

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Prefer to send us a message?
Log in to your member account at
member.priorityhealth.com.

Looking for more health and wellness information?
Follow Priority Health on social media today.



To see all your plan and benefit information, visit prioritymedicare.com. Information for current members is at the bottom of the page.



Priority Health has HMO-POS and PPO plans with a Medicare contract. Enrollment in Priority Health Medicare depends on contract renewal. Priority Health offers free language assistance services and auxiliary aids and services. Visit priorityhealth.com/aids.
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