

# HEALTH & Culture





On behalf of all of us at Clever Care, thank you for being a part of our Clever Care family! Wishing you wellness and happiness!

**Myong Lee**  
Founder and CEO  
Clever Care Health Plan, Inc.



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# Five ways to boost your heart health

You have probably seen your fair share of heart-healthy articles. They're all over the place. Most likely, some of what you read came from us at Clever Care.

So, what's all the fuss about heart health? Why the constant need to talk about the importance of having a healthy-heart lifestyle?

**The answer is simple:**

**Heart disease remains the number one cause of death in the United States.<sup>1</sup>**

Taking care of your heart by adopting a healthy lifestyle is an act of self-love. Even if this seems like old news, you should take it to heart.

<sup>1</sup> Source: National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention



## 1 **If you smoke, quit.**

Smoking is bad for your health, and when you smoke, you drastically increase your odds of developing heart disease, stroke, lung disease, emphysema, chronic bronchitis, and cancer. If you are trying to quit smoking and want to know about benefits that may help, call our customer service team.

## 2 **Healthy eating**

Try to avoid unhealthy trans and saturated fats. This includes limiting foods with heavy cream and gravy sauces, butter and lard, coconut and palm oils (try substituting with olive and avocado oils), fatty meats, organ meats, fried foods, and high-sodium foods such as store-bought frozen and canned foods, table salt, and soy sauce. Instead, load up on nutrient-rich fruits and vegetables, whole grains and legumes, lean meats, soybeans, and tofu.



## 3 Conscious eating

Incorporate the eating habit that Okinawans call "*hara hachi bu*," which means eat until you are 80% full. Overeating and eating too quickly can raise your risk of having a heart attack and make you feel uncomfortable and sluggish.

## 4 Exercise

Light resistance training and moderate to light aerobics are great ways to get the heart pumping and the blood flowing. Even ten to fifteen minutes a day can make a difference. Tai chi, yoga, and water aerobics are excellent gifts for your heart, body, and mind.



## 5 Ground yourself in meditation

Mindful breathing and meditation have many health benefits, including helping your heart. Breathing and meditation can help lower blood pressure and heart rate. Meditation and breathing can help reduce stress and anxiety and improve mental wellness and outlook, which is also good for your heart.



### **Show your heart the love it deserves!**

Clever Care is here to help you get the most out of your benefits, many of which can aid in helping you build a healthy lifestyle that lets you enjoy more while putting in the good work of making your heart strong. Call our customer service team to learn how to use your flexible allowance for gym memberships, wellness classes, healthy eating, and herbal supplements.

# Medication management

Taking the correct medication regularly and on time is crucial, especially for seniors. When multiple prescriptions, over-the-counter drugs, and herbal supplements are taken at the same time, it is more likely that a harmful mistake will happen.

## You're not solely responsible for medication management

Did you know Medicare plans with Part D prescription drug coverage must provide members with Medication Therapy Management Programs (MTMP)?

The goal of the MTMP is to ensure that drugs prescribed to certain members are used correctly. MTMP improves therapeutic outcomes for members by helping them use medications better and lowering the risk of bad things happening, including bad drug outcomes.

Side effects can happen with more than just prescription and over-the-counter drugs. They can also occur with herbal supplements, even ones as popular and helpful as red ginseng.

Everyone's body is uniquely different. That's why we at Clever Care encourage all our members to take advantage of the Medication Therapy Management Programs offered by law and work closely with their doctor whenever new dietary supplements or medications are introduced into their health and wellness regimen.

For help accessing the MTMP, please call our customer service team.



# Getting the most out of your vision care



Vision care is much more than adjustments to your prescription lenses. People 55 and over are at greater risk of having vision loss issues, including age-related macular degeneration.

Preventive care can play a significant role in slowing vision loss. Did you know that diet, exercise, and managing cholesterol and blood pressure can all help lower your risk of age-related macular degeneration? Additionally, if you smoke, consider quitting. But vision care goes beyond eating your fill of carrots and brisk walks around the block. Prioritizing annual eye exams is essential to vision care.

## Did you know?

Early identification can prevent about 90% of the visual loss associated with diabetes. Diabetes increases your risk of developing glaucoma, cataracts, and diabetic retinopathy, among other eye conditions.

## Here are three more big reasons why yearly eye exams are so important:

### 1) Glaucoma:

Glaucoma is an increase in eye pressure. Left untreated, it can result in tunnel vision and eye pain. Early detection reduces eye damage. Symptoms vary, but many won't feel anything until eyesight loss.

### 2) Cataracts:

Cataracts is a medical disorder in which the eye's lens becomes clouded over time. Cataracts, if left untreated, can lead to vision loss. Fortunately, surgical treatment options are available to remove cataracts and restore vision.

### 3) Diabetic retinopathy:

Diabetic retinopathy is a diabetic condition that causes retinal blood vessel destruction. Diabetic retinopathy may not cause any symptoms until vision loss develops. Depending on the type and severity of diabetic retinopathy, treatment works to slow and stop symptoms and vision loss.

Experiencing vision-related symptoms or have concerns about your vision? Contact your PCP or one of our in-network ophthalmologists or optometrists to schedule an exam.



## Take advantage of your vision care!

All members should schedule at least one dilated eye exam every year. Clever Care plans offer an eye exam and an annual allowance that can be used for contacts or eyeglasses. To schedule your annual visit or find an eye doctor, use our Clever Care EyeMed provider locator for a quick and easy appointment.

# The art of cooking with color

## Dr. Siddiq's healthy eating suggestions

Adding a variety of colorful fruits and vegetables to your plates doesn't just make your food look like a work of art; it also provides several powerful health benefits. Using a rainbow of colorful fruits and veggies also gives more when it comes to taste and aroma.

Enjoy the fun practice of cooking with color with friends and family and teach your grandchildren about the unique and wonderful health benefits.

### Let's dive into the rainbow of fun!

|                      |  |  |
|----------------------|--|--|
| <b>Red</b>           | Protect your bodies from free radicals.                    | Add red apples, beets, watermelons, red peppers, red grapes, and red berries like strawberries and raspberries to your plate.                |
| <b>Orange/yellow</b> | Help prevent heart disease.                                | Add oranges, sweet potatoes, bananas, apricots, yellow peppers, carrots, corn, and mangoes to your plate.                                    |
| <b>Green</b>         | Boost your defense against carcinogens.                    | Add broccoli, avocados, cabbage, kale, mint, basil, kiwi, and Brussels sprouts to your plate, and pour a nice hot cup of green tea to enjoy. |
| <b>Blue/purple</b>   | Slow down cellular aging and help your heart.              | Add raisins, eggplants, figs, blackberries, blueberries, purple cabbage, and elderberries to your plate.                                     |
| <b>White/brown</b>   | Boost your metabolism and give yourself an immunity boost. | Add cauliflower, daikon radish, mushrooms, garlic, parsnips, and onions to your plate.   |

### Khaliq Siddiq, MD Chief Clinical Officer

Dr. Siddiq is an Internist passionate about improving access to high-quality health care for all. He takes a holistic approach to member well-being by emphasizing the individuals' whole life situation. Dr. Siddiq has practiced community-based medicine for over 20 years in the greater LA and OC regions.





## Pickleball: Meet the fastest-growing sport in the US

What do you get when you mix tennis, badminton, and table tennis? The answer: a fun and socially exciting sport called pickleball.

Pickleball, which, despite the name, harms and uses zero pickles when played, is the fastest-growing sport in the US.

Described by USA Pickleball as “easy to start, but hard to stop,” this addictive game is played by more than 36.5 million Americans and growing!

Pickleball is a great option for seniors as it allows for moderate to light physical movement and gives seniors an excellent aerobic workout while socializing with friends.

Science has shown that people that engage in physical activities and sports that are fun for them are more likely to stick with them. With pickleball, you get your cake and eat it too!

Help your heart and improve your mental outlook by giving pickleball a try.

# Celebrating community

Clever Care Health Plan is proud to open our community center doors to our members as a warm and welcoming environment for them to get the services they need. Our Monterey Park, Koreatown, and Westminster Clever Care community centers are ready to help members with questions on healthcare options and Medicare-related issues.

The services offered at these community centers are free to seniors and other visitors, along with resources for mental health, food banks, and other community assistance programs through Clever Care partnerships with non-profit organizations. Visitors to the community center can access classes and seminars on wellness topics such as meditation, yoga, tai chi, and healthy nutrition, line dancing, English as second language classes, mindful meditation, and movie days.

Additionally, we are incorporating suggestions from our Member Community Advisory Committees around new and exciting activities within our centers, such as the recently member-inspired addition of mahjongg.

Have some fun community activity ideas you would like to share?

## We hope to see you soon!

For more information on upcoming events, visit [clevercarehealthplan.com/clever-care-community-centers/](https://clevercarehealthplan.com/clever-care-community-centers/) or call (833) 721-4378 to speak to a Community Center representative.



SCAN ME!



**Koreatown | 928 South Western Ave., Suite 227  
Los Angeles, CA 90006**

Our Koreatown Clever Care community center is staffed with bilingual English and Korean-speaking advisors.



**Monterey Park | 117 West Garvey Ave. #C  
Monterey Park, CA 91754**

Our Monterey Park Clever Care community center is staffed with bilingual, English, Cantonese, and Mandarin-speaking advisors.



**Westminister | 9600 Bolsa Ave., Suite D  
Westminister, CA 92683**

Our Westminister Clever Care Community Center is staffed with bilingual English and Vietnamese-speaking advisors.

# Join one of our Member Community Advisory Committees



Clever Care's Member Community Advisory Committees are looking for Medicare-eligible members like you to join! Volunteers on each committee will play an essential role in raising awareness around the needs and concerns of the community they represent. Committee meetings will be in-language and held at our community center locations.

Volunteer committee members will be informed about upcoming programs and benefits and will join us in helping raise awareness about healthcare services available through Clever Care Health Plan's network of providers and services. The goal of each committee is to help improve and provide the best possible care for our members.

## Committees Offered:

- Vietnamese
- Mandarin and Cantonese
- Korean
- English

## Interested in joining?

To learn more or schedule an interview, call **(833) 721-4378** or stop by our community centers to talk to one of our representatives. We look forward to hearing from you!

# End of COVID-19 Public Health Emergency (PHE)

The Public Health Emergency (PHE) for COVID-19 **expired May 11, 2023.**

## What this means for Clever Care members:

- All COVID-19 testing will need to be completed at an in-network lab. Members may choose to receive out-of-network testing but must cover the costs out-of-pocket.
- Medication transition fills will return to the regular one-time, 30-day supply
- Clever Care will resume/start billing members when premiums or late enrollment penalties are owed.



## COVID-19 Peace of Mind

Clever Care will continue to provide a \$0 copay for COVID-19 testing or treatment when conducted by a licensed in-network practitioner.

Additionally, member cost-share is waived for the following Part C services when they are related to COVID-19 testing or treatments, excluding testing not ordered by an in-network licensed practitioner:

- visits to a physician's office, urgent care, emergency room, or mobile unit
- COVID medical care/treatment in all service locations, including inpatient and observation hospital admissions. Includes Skilled Nursing Facility and Outpatient Hospital
- virtual visits
- medically necessary services when transportation in any other vehicle could endanger the beneficiary's health

**\$0 copay when diagnosed with COVID-19-related health issues. Includes worldwide Emergency Care Treatment. In an emergency, care provided by the network and non-network providers will be covered. Services require prior authorization.**

# Clever brain teasers

Put your mind to the test. Mental exercises, like Sudoku puzzles, are a great way to improve cognitive functioning, memory, and overall brain health.

Try your hand at Sudoku! The goal of the sudoku game is straightforward. The numbers 1 through 9 (for 9x9) or 1 through 4 (for 4x4) may only appear once in each row, column, and box on the sudoku board. You'll have to work harder to answer the puzzles as you progress in the game. Enjoy putting your brain to work!

|   |   |   |   |
|---|---|---|---|
| 2 | 3 |   |   |
|   | 1 | 3 |   |
|   |   |   | 4 |
|   |   |   | 3 |

|   |   |   |   |
|---|---|---|---|
|   |   | 2 |   |
| 2 |   | 3 | 4 |
|   | 2 |   |   |
| 1 | 3 |   | 2 |

|   |   |   |   |
|---|---|---|---|
|   | 2 | 4 |   |
|   |   |   | 2 |
|   |   | 2 |   |
| 2 |   | 3 |   |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   | 3 |   | 4 |   |   |   |
|   | 6 |   | 5 |   |   | 2 | 8 |   |
| 9 | 4 |   |   | 2 | 6 |   | 5 |   |
|   | 9 |   | 7 | 8 | 5 |   |   |   |
|   | 7 | 5 |   |   |   | 4 |   | 8 |
|   |   | 3 |   |   | 1 | 5 |   |   |
|   | 5 |   |   |   |   | 1 |   |   |
| 7 |   | 6 | 9 | 5 |   |   | 4 | 3 |
|   | 3 |   |   | 6 | 8 |   | 2 | 5 |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 2 | 6 |   | 1 |   | 7 | 9 |   |
| 1 |   |   | 7 | 6 |   |   |   | 5 |
| 7 | 3 |   |   |   |   | 1 | 6 | 8 |
|   |   | 3 |   |   | 7 | 9 |   |   |
| 2 | 7 | 9 | 6 |   | 3 | 8 | 5 | 1 |
|   | 4 | 8 | 2 |   | 1 | 3 |   |   |
|   |   | 2 |   | 7 |   | 4 |   |   |
| 3 |   |   | 4 | 8 | 2 |   | 1 |   |
|   |   |   |   |   | 9 |   | 2 |   |



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## Staying in touch

Get the support you need in the language you prefer. Whether you're looking for a case manager, have questions about your flex allowance card, or need additional support services, our Customer Service team is ready to help!

### Customer Service Directory:

**English:** (833) 388-8168 (TTY: 711)  
**Chinese - Cantonese:** (833) 808-8161  
**Chinese - Mandarin:** (833) 808-8153  
**Korean:** (833) 808-8164  
**Spanish:** (833) 388-8168  
**Vietnamese:** (833) 808-8163

### Hours of operations:

**October 1 – March 31:**  
8 am – 8 pm, 7 days a week

**April 1 – September 30:**  
8 am – 8 pm, Monday – Friday

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