

HEALTHmatters

The latest information about benefits, tips on staying healthy and helpful resources for HPSM members

Fall 2022

3 DON'T LOSE YOUR MEDI-CAL

3 CAREADVANTAGE WILL BECOME A D-SNP IN 2023

12



Also in this issue

HPSM NEWS & PROGRAMS

- 2 Start Using Your HPSM Dental Benefits
- 4 HPSM Celebrates Diversity and Culture

MEMBER RESOURCES

- 5 Who Do You Call: HPSM or HSA?
- 5 New Medi-Cal Member Handbook Will Be Published on January 1, 2023
- 6 HPSM's Ride Benefit
- 7 Member Materials in Different Languages and Formats
- 8 HPSM Celebrates 35 Years as a Health Care Plan

HEALTH & WELLNESS

- 10 Steps Older Adults Can Take to Prevent Falls
- 10 COVID-19 Treatments for Members at High Risk of Getting Very Sick From COVID-19
- 11 How to Keep Your Kids from Using Tobacco
- 11 Children Six Months Old and Over Can Get the COVID-19 Vaccine
- 13 Manage Your Child's Asthma with These Tips
- 14 Monkeypox: What You Need to Know
- 15 Your Rights When Getting Health Care
- 16 If You Have Both Medicare Parts A and B, Join CareAdvantage Today

HPSM NEWS & PROGRAMS

START USING YOUR HPSM DENTAL BENEFITS

HPSM now manages dental benefits for Medi-Cal and CareAdvantage members through a program called HPSM Dental. The sooner you use your new benefits, the healthier your teeth will be! It's easy to start!

1. Choose a dentist from HPSM's network

- Visit www.hpsm.org/find-a-provider and click the "Search" button. Then type "dentist" into the "Provider Name" field and click "Search" again.
- To make sure a dentist accepts new adult patients, click on their name and check the "Additional Information" section on the right. If "PEDIATRICS ONLY" is listed under "Specialties," then they only accept children as new patients at this time, not adults.
- If the dentist you see now is not in the HPSM Dental network, call HPSM Member Services at **1-800-750-4776** or **650-616-2133**. (TTY: **1-800-735-2929** or dial **7-1-1**.) Hours are Monday through Friday from 8:00 a.m. to 6:00 p.m. They will check if there is an HPSM network dental provider you can see. If there is not, you can get covered HPSM Dental benefits from a non-network provider.

2. Call your dentist and schedule a visit

Learn what to expect when you visit the dentist at www.hpsm.org/dental-visit.

3. Bring your ID cards to your visit

Bring both your HPSM member ID card and Medi-Cal Benefits Information Card (BIC) with you.



Ask your dentist about orthodontics

Orthodontic care straightens teeth or moves them into better positions for a nicer smile. HPSM Dental aims to increase access to orthodontic care for members 13 to 23 years of age. The program covers braces when they are medically necessary. Make the most of your HPSM Dental benefits by asking your dentist about orthodontics!

CAREADVANTAGE WILL BECOME A D-SNP IN 2023

And members will get some enhanced benefits!

On January 1, 2023, all Cal MediConnect (CMC) plans in California will change to Dual Eligible Special Needs Plans (D-SNPs). This includes HPSM's CareAdvantage CMC plan. Here is how this will affect members.

- CareAdvantage D-SNP will cover many of the same Medicare and Medi-Cal benefits you get now. But **some benefits will be enhanced!** (Learn more on the back page.)
- You do not need to do anything to be in CareAdvantage D-SNP. Just stay with CareAdvantage during open enrollment!
- CareAdvantage D-SNP will still manage your HPSM Medicare benefits and coordinate your Medi-Cal benefits.
- You can keep all the same providers you now have.

Medi-Cal members who have
Medicare Parts A & B can

join CareAdvantage!

Learn more and enroll by calling our
CareAdvantage Medicare Specialists
at **650-616-1500** (TTY users: dial
1-800-735-2929 or **7-1-1**)
or visit www.hpsm.org/join-careadvantage

To learn more about the change to D-SNP,
read the letters you got in the mail or visit www.hpsm.org/careadvantage

Then, if you still have questions about the D-SNP, call the CareAdvantage Unit at
650-616-2174 or (toll-free) **1-866-880-0606** (TTY users: dial **1-800-735-2929** or **7-1-1**)

RENEW YOUR MEDI-CAL SO YOU DON'T LOSE COVERAGE

The State of California will soon start checking Medi-Cal and CareAdvantage members' eligibility for Medi-Cal. To keep your Medi-Cal, take these steps:



If you have moved or are not getting mail from Medi-Cal — give San Mateo County Human Services Agency (HSA) your correct mailing address, phone number and email. HSA will send your renewal packet in the mail and contact you about your Medi-Cal.



If you already received a Medi-Cal renewal packet, submit it right away. Do this even if you don't have all the paperwork.

UPDATE YOUR INFORMATION OR SUBMIT YOUR RENEWAL IN TWO WAYS:

Online: For fastest service, sign in or create an account at mybenefitscalwin.org. All you need is an email address to update your information or submit your renewal packet.

Or call HSA:
1-800-223-8383.

Members can now request in-person interpreter services for spoken languages.
Learn how at www.hpsm.org/member/language-services.

HPSM CELEBRATES DIVERSITY AND CULTURE

RECOGNIZING HISPANIC HERITAGE AND FILIPINO AMERICAN HISTORY MONTHS

Having providers and staff from different racial, ethnic and cultural backgrounds that represent our community's rich diversity is one of HPSM's top priorities. This range of voices helps improve our members' health care experience and ensure everyone has equal access to quality care.

We proudly recognize all of San Mateo County's Hispanic Americans and Filipino Americans during Hispanic Heritage Month (September 15 to October 15) and Filipino American History Month (October). In this HPSM Staff Spotlight, we feature Sarah Muñoz, MPH (Health Promotion Supervisor and Hispanic American) and Chris Esguerra, MD, MBA, FAPA, CHCQM (Chief Medical Officer and Filipino American). We asked them both about how their heritage shaped their life views and inspired them to work in public health.

Read the complete interviews with Sarah Muñoz and Dr. Esguerra at www.hpsm.org/staff-spotlight.



As a Health Promotion Supervisor, Sarah Muñoz oversees the processes of the Population Health Management team. She helps members achieve their wellness goals

through the development of health education campaigns, member communications, programs with community partners and more. Sarah is Mexican American and the first member of her family to graduate from college. She was an HPSM member growing up, and helped her Spanish-speaking parents get the health care they needed. This inspired her to choose a career in the field of public health.



Chief Medical Officer (CMO)
Dr. Chris Esguerra is a highly accomplished health care leader who is board certified in both Psychiatry and Health Care and Quality Management.

Born in the Philippines, he came to the U.S. at the age of seven. Constantly surrounded by family, Dr. Esguerra's identity as a Filipino-American was solidified through food, community and family celebrations. Part of his inspiration to study medicine came from watching his father help his family and community as an informal *hilot*, or traditional Filipino massage healer. Now, as a doctor, he is able to live the values he grew up with: community and service.



MEMBER RESOURCES

WHO DO YOU CALL: HPSM OR HSA?

Both HPSM and HSA (San Mateo County Human Services Agency) serve Medi-Cal recipients. But HPSM and HSA each manage different parts of Medi-Cal. When you have Medi-Cal questions, the fastest, easiest way to get answers is to call the right phone number.

Call HPSM when you have questions about:

Your HPSM Medi-Cal benefits and the services they cover.

 **650-616-2133** or

(toll-free) **1-800-750-4776**

TTY: **1-800-735-2929** or dial **7-1-1**

 www.hpsm.org/medi-cal

Call HSA when you have questions about:

1) If you are eligible for Medi-Cal or to confirm your Medi-Cal is active. 2) If you are eligible for other public assistance and health programs such as Medi-Cal, Cal Fresh and Financial Assistance.

 **1-800-223-8383**

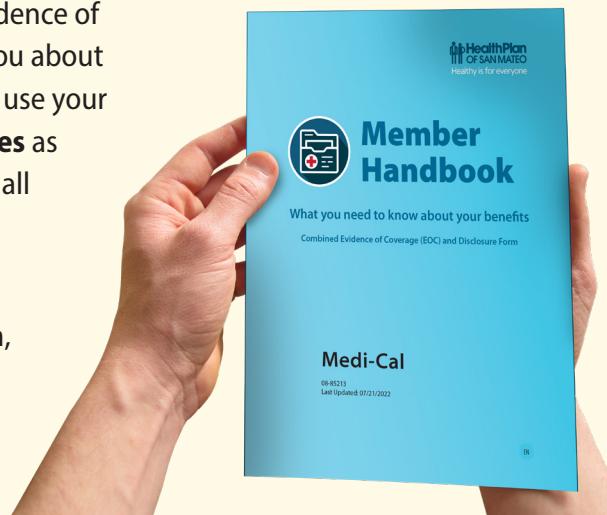
TTY: **1-800-735-2929** or dial **7-1-1**

 www.smcgov.org/hsa

NEW MEDI-CAL MEMBER HANDBOOK WILL BE PUBLISHED ON JANUARY 1, 2023

All HPSM Medi-Cal members will get a new Member Handbook / Evidence of Coverage in the mail in January 2023. The Member Handbook tells you about your coverage under HPSM. Reading it will help you understand and use your benefits and services. It also explains your **rights and responsibilities** as a member of HPSM. If you have special health needs, be sure to read all sections that apply to you.

The new Member Handbook will also be posted on HPSM's website. Visit www.hpsm.org/mc-manuals to view or download it in English, Spanish, Chinese and Tagalog. If you told HPSM your preferred language, you will get a Member Handbook in that language. To get a Member Handbook in a different language, call Member Services toll-free at **1-800-750-4776** (TTY: **1-800-735-2929** or **7-1-1**).



MEMBER RESOURCES

HPSM'S RIDE BENEFIT

Medi-Cal and CareAdvantage members who have no means of transportation to get to approved health care visits can use HPSM's Ride Benefit. Approved health care visits include medical, pharmacy, dental, mental health and substance use disorder appointments covered under Medi-Cal. Rides to non-healthcare services (such as schools, gyms, government offices, grocery stores, etc.) are *not* covered.

HPSM's ride provider is American Logistics Company (ALC). All ride requests must go through ALC.

HOW TO GET YOUR RIDE

1

Call ALC at least two business days (Monday-Friday) before your appointment and tell the operator:

- Your HPSM member ID number
- The date and time of your appointment
- Your pick-up and appointment location
- If you want a return trip

2

ALC arranges pick-up at your requested location by the type of vehicle that meets your individual needs (see step 3). The driver will be scheduled to pick you up at least an hour and fifteen minutes (75 minutes) before your appointment time so that you arrive at least fifteen (15) minutes before your scheduled appointment time. The driver will only wait for five (5) minutes, so be ready outside.

3

Driver drops you off at your appointment



Curb-to-curb (rideshare service: you must have a phone that can get text messages from your driver)



Door-to-door (taxi service)



4

When your appointment is done, call ALC:
they will arrange for a driver to pick you up and drive you home

Visit www.hpsm.org/ride for details, including rules, full instructions, contact information and frequently asked questions

MEMBER MATERIALS IN DIFFERENT LANGUAGES AND FORMATS

If you have a preferred language other than English, language assistance services are available to you at no cost.

You can get materials for free in other formats, such as large print, braille and/or audio.

- Download and view/print copies online at hpsm.org/member-handbooks.
- Order printed copies and copies in other formats by calling Member Services or the CareAdvantage Unit at the numbers below. The call is free.

Medi-Cal/Healthworx/ACE members

Member Services

Local: **650-616-2133** or

Toll-free: **1-800-750-4776**

TTY: **1-800-735-2929** or dial **7-1-1**

Office hours are Monday through Friday,
8:00 a.m. to 6:00 p.m.

CareAdvantage members

CareAdvantage Unit

Local: **650-616-2174** or

Toll-free: **1-866-880-0606**

TTY: **1-800-735-2929** or dial **7-1-1**

Office hours are Monday through Sunday,
8:00 a.m. to 8:00 p.m.

YOUR MEMBER MATERIALS INCLUDE:

Member Handbook A detailed summary of your coverage that helps you to both understand and use your benefits and services. It also explains your rights and responsibilities. If you have questions about your benefits, go to www.hpsm.org/member-handbooks or call the numbers above. A printed copy of the Member Handbook, including your rights and responsibilities can be requested by phone or by emailing customersupport@hpsm.org.

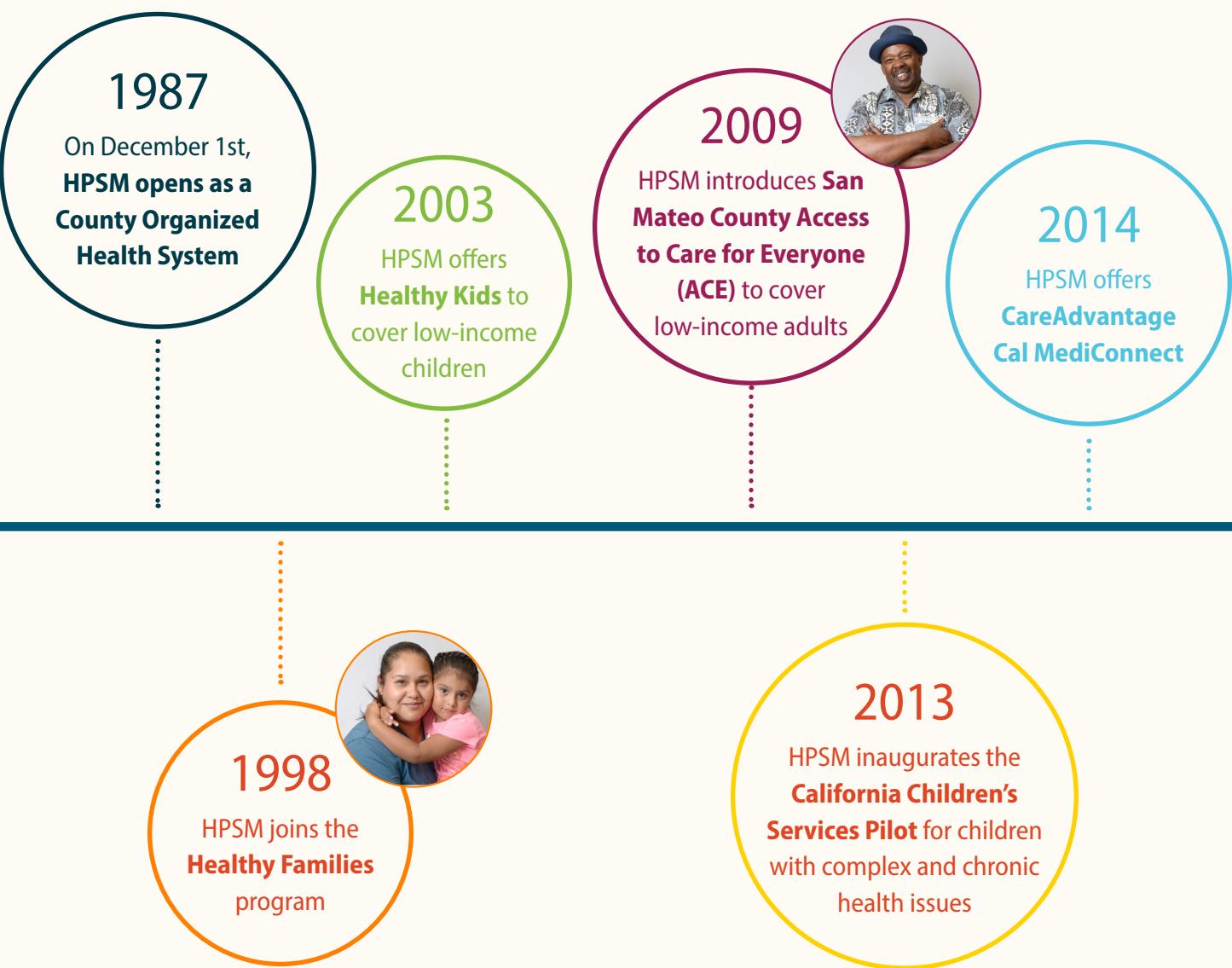
Provider Directory A list of all the providers that are accepted by your plan (including doctors, specialists and pharmacies). To find a provider near you, search the online Provider Directory (updated weekly) at www.hpsm.org/directory-search or call the numbers above. A printed copy of the Provider Directory can be requested by phone or by emailing providerdirectoryrequests@hpsm.org.

Formulary A list of covered drugs and information on how to use your drug coverage. To find out if a drug is covered, check the searchable online Formulary (updated monthly or as needed) at www.hpsm.org/formulary-search or call the numbers above. You can also request a paper copy of the Formulary by phone or by emailing formularyrequests@hpsm.org.



HPSM CELEBRATES **35** YEARS AS A HEALTH CARE PLAN

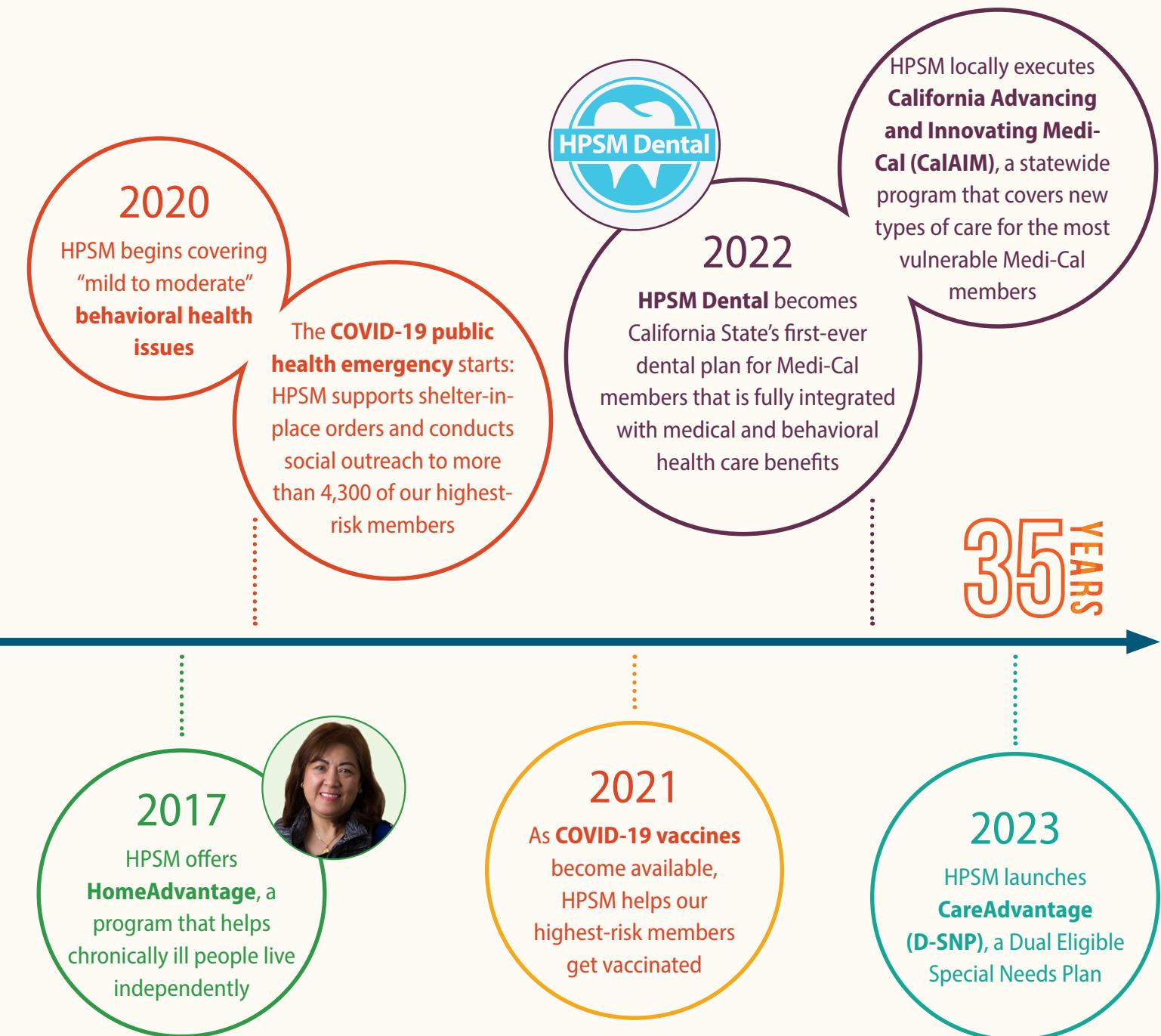
In December, HPSM celebrates 35 years of making “healthy is for everyone” a reality for San Mateo County. Since we started in 1987, HPSM has grown from covering 28,000 Medi-Cal members to now having more than 160,000 members in a diverse range of programs. We’ve been covering undocumented residents for almost 20 years. We’ve also pioneered innovative pilot programs for the State of California — some of which became models for statewide programs. Recent cases are Whole Person Care (WPC) and the Health Homes Program (HHP) that are key parts of what CalAIM is modeled on.



HPSM is proud to celebrate 35 years of making San Mateo County healthier. We work for you: our members. We will keep making your health our number one priority for many years to come.

“ HPSM is a place where service to others and innovation come together to improve health and well-being for San Mateo County residents. We were formed by this community, work with our community and will continue to find new ways to achieve our vision that 'healthy is for everyone!' ”

— Pat Curran, HPSM Chief Executive Officer



For more details about each of these milestones, visit
www.hpsm.org/about-us/history

HEALTH & WELLNESS

STEPS OLDER ADULTS CAN TAKE TO PREVENT FALLS

As we age, our risk for falls increases. But many falls can be prevented by making some changes. Here are four steps you can take to stay safe, independent and mobile as you age.

1. Talk to your primary care provider (PCP) about preventing falls At your next visit, review all the medications you take with your PCP, including herbs and supplements. Sometimes medications can cause dizziness that increases risk of falling. Tell your PCP if you feel unsteady or have recently fallen. Also ask your PCP about screening for bone health to lower your risk of fracture.

2. Focus on balance and strength exercises Balance exercises like yoga, aerobics or Tai Chi help maintain your balance and lower your risk of falling. Ask your PCP about the best type of exercise program for you.

3. Get your eyes, feet and ears checked yearly

Check with your eye doctor and update your glasses as needed. Your PCP should also check your feet once a year and discuss proper foot support. Tell your PCP if you notice changes in your hearing, as loss of hearing can increase your risk of falls.

4. Make your home safer Remove objects you could trip over away from stairs and places where you walk. Add extra lighting or brighter light bulbs in your home. You can also install grab bars next to the toilet and in the shower.

Visit www.hpsm.org/older-adult-health for more health tips on healthy aging.

COVID-19 TREATMENTS FOR MEMBERS AT HIGH RISK OF GETTING VERY SICK FROM COVID-19

If you test positive for COVID-19 and are at high risk of getting very sick from COVID-19, there are treatments that can help lower your chances of getting very sick. **COVID-19 treatment must be started within days of when you first have symptoms—so don't delay!**

To get COVID-19 treatment, either:

Talk with your primary care provider (PCP)

Visit a "Test to Treat" location: find one at
<https://covid-19-test-to-treat-locator-dhhs.hub.arcgis.com>

Visit HPSM's new COVID-19 Treatments webpage at www.hpsm.org/covid-19-treatments to learn about:

- Who is at high risk of getting very sick from COVID-19
- The types of authorized COVID-19 treatments
- And much more

HOW TO KEEP YOUR KIDS FROM USING TOBACCO

Using tobacco products in any form is unsafe. Tobacco is especially unsafe for kids. It can cause serious health issues — from trouble breathing and nicotine addiction to delayed brain growth. That makes it very important to make sure your kids never use tobacco.

Here are some tips you can use to keep your kids from smoking and vaping.

- **Have open, honest conversations** Talk with your kids about the dangers of using tobacco products. Start early and keep the conversation going as they get older. Be a good listener and ask open-ended questions, such as “What questions do you have about tobacco use?”
- **Learn why kids may use tobacco** For example, they may want to look cool, act older or feel independent.
- **Prepare kids for peer pressure** Make it clear that they might feel pressure to do something just because others are doing it. Tell them that making good choices makes them strong.
- **Don’t punish kids if they have started smoking or vaping** Offer understanding and actively help them break the habit.
- **Set a good example** Children and teens look to parents and other adults in their life as role models. If you use tobacco products, quitting sends your kids the message that they shouldn’t use tobacco.
- **Have a tobacco-free home** Don’t let family members or friends use tobacco in your house. Make sure kids are not exposed to secondhand smoke.

For tips on quitting tobacco, visit www.hpsm.org/health-tips/quit-smoking.

Tobacco facts

- Tobacco company advertisements promote tobacco use at a young age
- E-cigarettes (vaping) are the most-used tobacco product among kids
- Nearly 9 out of 10 adults who smoke tried their first cigarette by age 18
- Each day in the U.S., about 1,600 kids smoke their first cigarette

CHILDREN SIX MONTHS OLD AND OVER CAN GET THE COVID-19 VACCINE

In June, the U.S. Food and Drug Administration (FDA) authorized COVID-19 vaccines for children six months old and over. Children from six months to five years old can get the Moderna and Pfizer-BioNTech vaccines. Boosters are only recommended and available for people five years old and over.

If your child is not vaccinated for COVID-19 yet, it is very important to get them vaccinated. That will help protect them from getting COVID-19 or from getting very sick if they do get the virus.

There are many places where HPSM members can get the vaccine — always at no cost. Children under 18 need permission from a parent or guardian to get vaccinated. You can give permission when your child gets vaccinated.

Find out how to get the COVID-19 vaccine for your child or yourself at www.hpsm.org/covid-19/vaccinations. If your child is afraid of needles, get tips for helping them conquer their fear at www.hpsm.org/no-fear-shots.

HEALTH & WELLNESS



The flu vaccine lowers your chances of getting sick from the flu. If you don't get the flu, you can't spread it to your family. It is recommended that all people six months and older get the flu vaccine.

Getting the flu vaccine is easy

Here are two ways you can get the flu vaccine:

- Call your primary care provider (PCP) to schedule an appointment for the flu vaccine.
- Call a local pharmacy and ask if they have the vaccine. To find a location near you, visit <https://vaccinefinder.org>.

Be sure to bring your HPSM Member ID with you.

Stop germs from spreading

- ✓ Try to avoid contact with sick people.
- ✓ Cover your nose and mouth with a tissue when you sneeze, then throw the tissue away.
- ✓ If you don't have a tissue, cough or sneeze into your elbow. Do not cough or sneeze into your hands.
- ✓ Wash your hands often with soap, especially after blowing your nose or using a tissue.

If you get sick, follow these tips

- ✓ Stay home and rest.
- ✓ Drink plenty of water and other clear liquids.
- ✓ Limit contact with others while you are sick.
- ✓ After having a fever, stay home for at least 24 hours (except to get health care).
- ✓ If you are worried about your sickness, call HPSM's Nurse Advice Line at **1-833-846-8773** or your PCP.
- ✓ If you are at higher risk of getting serious complications from the flu, ask your PCP if antiviral medicines are right for you. Antiviral medicines can shorten the time you are sick. They can also help lower the risk of flu complications.

Learn more about how to fight the flu at
www.hpsm.org/flu-shot.

If you are at higher risk of getting serious health complications from the flu, it is especially vital that you get the flu vaccine. People at higher risk of flu complications include:

- Adults 65 years and older
- Pregnant people
- Children under five years old
- Children with neurological disorders (such as disorders of the brain and spinal cord)
- People with chronic health issues (such as diabetes)
- People with a weakened immune system
- People with disabilities
- People from racial and ethnic minority groups

MANAGE YOUR CHILD'S ASTHMA WITH THESE TIPS

Asthma is a disease that affects the lungs. It is one of the most common long-term illnesses for children. Signs of asthma include:

- Wheezing
- Cough (daytime, nighttime or both)
- Breathlessness
- Chest tightness
- Trouble breathing or shortness of breath while child is active

Children do not outgrow asthma. If your child has been diagnosed with asthma, they will have asthma for the rest of their lives. But they will only have asthma attacks when something bother their lungs, such as asthma triggers. Take these steps to help avoid preventable attacks:

- ✓ **Discuss your child's asthma action plan with your child's primary care provider (PCP).** The asthma action plan will help you manage your child's asthma. Your child's school may need a copy of the asthma action plan at the start of each school year.
- ✓ **Make sure you and your child know how to use inhalers and spacers as prescribed.**
- ✓ **Pick up your child's asthma medicines from the pharmacy.**
- ✓ **Make sure you know your child's asthma triggers and how to avoid them.** Asthma triggers are the things that make asthma worse. Triggers can be different for each person. Some of the common triggers are:



Tobacco smoke



Pollen



Dust mites



Cleaners or disinfectants



Pests (such as cockroaches and mice)



Getting sick with the flu or cold



Pets



Weather (such as cold or dry air)



Mold



Outdoor air pollution (such as car exhaust and wildfire smoke)

HPSM's NEW ASTHMA HEALTH TIPS

have information to help you:

- Manage asthma symptoms
- Avoid asthma triggers
- Find asthma support programs
- And more!



See the Asthma Health Tips online at
www.hpsm.org/asthma-health-tips

If you have any questions about your child's asthma, call your child's PCP.

HEALTH & WELLNESS

MONKEYPOX:WHAT YOU NEED TO KNOW

Monkeypox is a rare contagious disease. In May of this year, an outbreak started in the U.S. and some other countries that do not normally report monkeypox. This is the first time monkeypox has spread in so many places at once.

Monkeypox can spread through close, personal, skin-to-skin contact with people who have monkeypox symptoms, such as rash and sores. The risk of monkeypox to the general public is currently low.

If exposed to the virus, symptoms typically appear within three weeks of exposure. People with monkeypox may get:

- Flu-like symptoms, such as fever and body aches.
- Painful rashes or sores.

Most people recover from monkeypox within four weeks.



Protect yourself from monkeypox

- Talk to your sexual partner(s) about any recent illness.
- Be aware of new or unexplained sores or rashes on your body or your partner's body.
- Avoid close contact with people with symptoms like sores or rashes. This includes hugging, kissing, cuddling and sexual activity.
- Do not share objects like utensils, cups, clothing, towels or bedding with someone who has symptoms.
- Wash your hands often with soap and water or an alcohol-based hand sanitizer.
- Use personal protective equipment (PPE) like a mask, gown and gloves when caring for others with symptoms.
- Avoid contact with infected animals.

If you think you have monkeypox:

- **Call your primary care provider (PCP):** They can test you for monkeypox. If you have it, they will tell you if you need treatment, such as antiviral drugs.
- **You can also call HPSM's Nurse Advice Line (NAL): Call 1-833-846-8773** any time you need health advice. The NAL is open 24 hours a day, seven days a week. In a life-threatening emergency, call **9-1-1**.

If you have monkeypox, protect others by:

- Staying home until you are no longer sick.
- Avoiding close contact with others.
- Covering rashes with clean, dry, loose-fitting clothing.
- Wearing a mask when around others.

Learn more about monkeypox at these websites:

- San Mateo County Health www.smchealth.org/post/monkeypox-information-guidance
- Centers for Disease Control and Prevention www.cdc.gov/poxvirus/monkeypox/index.html
- California Department of Public Health <https://tinyurl.com/y33fn2fd>

YOUR RIGHTS WHEN GETTING HEALTH CARE

At HPSM, we believe in the promise that Healthy is for everyone. As part of that promise, you have the right to get health care that respects your language, culture and ability, including:

Interpreter Services



If you want to talk to your health care provider or HPSM staff in a language other than English, you have the right to an interpreter at no cost to you. You cannot be asked to use your friends or family to translate. You can ask for an interpreter whether you are:

- Making an appointment
- Talking with your health care provider or dentist
- Picking up medication at the pharmacy

Written information



You can get key health care information in your preferred language at no cost to you. If you want health care information translated or in other formats (such as a larger font size), call HPSM's Member Services Department.

Nondiscrimination



HPSM and our providers do not discriminate based on sex, race, color, religion, ancestry, national origin, creed, ethnic group identification, age, mental disability, physical disability, health condition, genetic information, marital status, gender, gender identity or sexual orientation.

If you are not given the services listed above or believe you have been discriminated against, you can file a grievance by calling Member Services (see the phone numbers above).

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights. There are three ways you can file a complaint:

1. Log in to the online Complaint Portal at
<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>
2. Call **1-800-368-1019** (TTY: **1-800-537-7697**)
3. Mail your complaint to:
U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, DC 20201

Filing a complaint will not impact your right to get services or result in any form of punishment by HPSM or your provider.



Healthy is for everyone

801 GATEWAY BOULEVARD SUITE 100
SOUTH SAN FRANCISCO CA 94080

PRSR STD
U.S. POSTAGE
PAID
HPSM

Like & Follow HPSM

facebook.com/healthplanofsanmateo

[@healthplanofsanmateo](https://www.instagram.com/@healthplanofsanmateo)

www.linkedin.com/company/healthplanofsanmateo

IF YOU HAVE BOTH MEDICARE PARTS A AND B, JOIN CAREADVANTAGE TODAY

CareAdvantage makes your health care easier with a single card and phone number
for all your Medicare and Medi-Cal benefits—and dental too!

PLUS you get more benefits starting on January 1, 2023!



\$175 vision allowance
every year means you
have more frames or lenses
to choose from more often



Coverage up to \$25,000
anywhere in the world
for emergency care and
transportation services



Up to \$90 every year for over-the-counter drugs and medical supplies — and you don't need a prescription for most of them

Visit www.hpsm.org/careadvantage for details

Call today to sign up or get more information about CareAdvantage

Toll free: **1-888-252-3153** Local: **650-616-1500** TTY: dial **1-800-735-2929** or **7-1-1**
Monday through Friday, 9 a.m. to 6 p.m. or visit us online at www.hpsm.org/join-careadvantage

Current CareAdvantage members don't have to do anything to get these enhanced benefits.

Just stay with CareAdvantage during annual enrollment.