



BLUE MEDICARE
ADVANTAGE

ENGAGE

QUARTERLY MAGAZINE 2022 ISSUE 3

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The more things change, the more they stay the same. There's something comforting in that, don't you think?

In Kansas City this fall, we'll do as we always do. We'll marvel at the brilliant bursts of red, yellow, and orange leaves. We'll break out heavier coats and warmer clothes. And make sure our cars are winterized and ready for the first snowfall.

It's also the time to share new benefits offered in our 2023 plans - so get ready to mark your calendar for upcoming member meetings!

Our third ENGAGE of 2022 explores issues like advance care planning and

the disposal of unused medications. You'll learn why our furry friends contribute to our well-being. And we'll introduce you to a couple who has downsized to a 55+ community for less home maintenance and more time to care for their spiritual needs.

It's a full issue. So, let's turn the page for a thoughtful balance of health news and health plan information.

Lori Rund

Vice President of Government Programs,
Blue Cross and Blue Shield of Kansas City

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KEEP AN EYE OUT FOR SOMETHING IMPORTANT

Something's about to drop. And it's something other than the leaves. Each fall, your Blue Medicare Advantage plan will mail you an **Annual Notice of Change** (ANOC).

The ANOC specifies changes in your coverage, costs, and services for the coming year – as well as any changes in your Benefit Extras.

What to do with the ANOC? Review it, and then ask yourself, does my plan still meet my needs?

If you say: Yes, I'm happy with my current plan. Then there's nothing to do. You'll be enrolled automatically and keep enjoying your plan benefits in 2023.

If you say: Hmmmm ... I'd like to learn more about what's in store for 2023. Then be sure to explore our 2023 plans complete with new benefits and features. You can do this by attending one of our upcoming member-only meetings. See the back cover for dates and mark your calendar!

LUCKY MEMBERS RECEIVE SIGNED GEORGE BRETT BASEBALLS

Five lucky members scored big last month when they signed up to receive health tips and news via text – and by winning a baseball signed by MLB and Royals Hall of Famer George Brett. You can still sign up for notifications. Scan the QR code with your smartphone camera and follow the prompts.



PLEASE NOTE: if you're a Spira Care (HMO) member, text **JOINBLUEKC** to **73529** to sign up.



George Brett is a paid celebrity spokesperson and offers no endorsement of any product or service.

AFFORDABLE, HIGH-SPEED INTERNET FOR MORE HOMES



Home internet is a lifeline. It's not only a way to connect with family and friends, it allows us to access vital health information, healthcare, and social services. Click and you're there. Click and you're virtually anywhere.

But for many folks, not so fast. Nearly 22 million adults over 65 don't have broadband service in their homes – making them the largest group in the U.S. without an internet connection.

Expanding the affordability and reach of high-speed internet

The government's new Affordable Connectivity Program (ACP) is an opportunity for low-income households to get help paying for the internet and devices. This program replaces the Emergency Broadband Benefit (EBB) program.

The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on Tribal lands.

Who qualifies for ACP

A household is eligible for ACP if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household is participating in certain government assistance programs.

Note: You may qualify for the ACP through a participating provider's existing low-income program.

Find out if you qualify for ACP today!

To learn more, visit www.affordableconnectivity.gov. This website will explain if you qualify and then show you how to apply. If you have questions along the way, you can call the ACP Support Center at **877-384-2575**.

A YouTube must see

Check out Senior Planet's step-by-step video on YouTube titled *How to Apply for the Affordable Connectivity Program (ACP)*. (Link [youtube.com/watch?v=16-lw_lb6u0](https://www.youtube.com/watch?v=16-lw_lb6u0))



This helpful video even comes with a printable handout! ■

Source: affordableconnectivity.gov

GET YOUR FREE FLU SHOT BEFORE THE END OF OCTOBER

Fall marks the beginning of flu season. By getting your flu vaccine, you can help save lives and keep the threat of both influenza and COVID-19 from overwhelming our healthcare systems.

A flu shot is especially important for those who are at high risk of developing complications from the flu, including:

- Adults 65 and older
- People who have diabetes
- People who have compromised immune systems
- People who have cancer
- People with chronic lung conditions or asthma
- People with a history of heart disease and stroke
- People with some other chronic medical conditions, such as kidney, liver, blood, and metabolic disorders
- People who are obese with a body mass index (BMI) of 40 or higher

WHERE TO GET VACCINATED?

Flu vaccines are offered in many locations, including your primary care provider and local pharmacies. Be sure to call in advance to confirm availability and see if an appointment is necessary.



BENEFIT EXTRAS

IT PAYS TO GET A FLU SHOT

Earn **\$25** by getting your flu shot through the **MEMBER REWARDS PROGRAM**. You can receive up to **\$50 per year** by completing any two of the following: **flu shot, annual wellness visit, breast cancer screening** and **diabetic eye exam**.



A LOVE STORY

LOVE BROUGHT THEM TOGETHER.
IT'S HELD THEM TOGETHER, TOO.

LARRY AND SHERDINE DANIELS, BLUE MEDICARE ADVANTAGE MEMBERS

Love has been ever-present as Larry and Sherdine Daniels raised a family, excelled in their careers, and navigated the heartbreaking loss of a daughter.

Love continues to shine its light as the couple engages in their daily Bible studies and embraces the joy of retirement.

Where it all started

Larry and Sherdine met at Emporia State University. Larry was on a basketball scholarship. Sherdine was earning an education degree. They both lived on campus in Twin Towers and their paths kept crossing. "I pursued this lovely lady vigorously," Larry shares.

The couple tied the knot a few years after college. Sherdine says, "We made a choice to get married and love each other, so we're committed to it. You have to work at it," she adds.

The work has paid off – in November, the Kansas City natives will be married 35 years.

Larry explains how their love has changed over time: "The amorous type of love doesn't get you all the way through to the end. You need to understand there's the other type of love – unconditional, agape love."

Larry advises, "Communication and intimacy are the secret. Share everything that's in your heart, so you know what each other is thinking."

En route to retirement

Larry worked for 37 years as an electronic technician at the Kansas City Air Route Traffic Control Center (ARTCC) in Olathe. His job with the Federal Aviation Administration was to maintain operational equipment for the center's nearly 300 air

traffic controllers. Behind the scenes, Larry was instrumental in helping to keep aircraft moving safely and expeditiously.

"When it broke, I fixed it," explains Larry. "I enjoyed my job, it was a good job." But now six years into retirement, Larry doesn't miss working.

Sherdine spent 21 years as a special education teacher. She reflects, "I enjoyed the days when the classrooms were small, and we were able to provide individualized education." Sherdine went on to teach reading at the middle school level for five years before taking an early retirement. Her novel of choice? Harper Lee's *To Kill a Mockingbird*.

A fulfilling retirement

Since they retired, the Daniels spend much of their time engaged in Bible studies. Via Zoom, they connect regularly with their Pastor Mike, and fellow followers from as far south as Texas, as far north as Canada, as far east as Virginia, and as far west as California.

"Sherdine and I have a complete routine schedule of studies we're involved in, and it never stops," explains Larry. "Our spiritual health is just as important as our physical health."

Sherdine has always been health conscious because of her family history of heart disease and diabetes. But with all the time the couple spends sitting at the computer, Larry noticed something. "My eating habits were causing me to gain weight," Larry shares. "I didn't feel like studying because I was lethargic."

The couple committed to eating healthier and getting more physical exercise. And by cutting out snacks and sugar, they've lost weight and feel more energized.

And then a move for the better

Two years ago, the Daniels downsized to a quiet, 55+ maintenance-free retirement community in Kansas City, KS. They'll never have to mow the lawn or shovel snow again.

The move was stressful, but there's a lot to love about their new, custom-built home. "I like the size. It's more manageable, and everything is so convenient for us," Sherdine says.

There's just enough space for a treadmill in the basement and for Sherdine's ever-blooming outdoor container garden.

In cool weather, Sherdine takes advantage of neighborhood walking trails. Larry prefers to use the treadmill and looks forward to the day COVID-19 is behind us, and he can feel comfortable using his SilverSneakers® membership at a nearby gym.

The Daniels' new home is close to shopping, entertainment – and most important of all – family.

Continually learning to love

The Daniels are close. And they're surrounded by love.

Sherdine is one of 11 children. Her twin brother Sherwin lives right next door. (Yes, small world.) Her three sisters live in the metro area. The Daniels' son Nate and daughter-in-law Crystan live in Kansas City, too, with their two young daughters.

"Our grandchildren are a joy," Larry gushes. "We look forward to babysitting any time we get an opportunity."

There's always time to teach curious four-year-old Noriyah – nicknamed "Fire Kitten" because she's so smart and strong willed. And there's always time to cuddle four-month-old



LARRY AND SHERDINE, STUDYING A BIBLE PASSAGE

Nalani Rose, known as "Fussy Kitten" because she doesn't want to be put down.

"I love my grandkids," Sherdine says, beaming with pride.

Larry is a reflective man who speaks from the heart: "The connections we have with family and friends, church members, and everyone we meet, these relationships need to be maintained – they need to continue to grow."

"We are always learning to love one other," Larry shares. "If you're going to love someone, you have to spend time with them. At the root of all our love, is our belief that the greatest love story of all is God's love for us." ■

AND WHAT'S NOT TO LOVE ABOUT BLUE MEDICARE ADVANTAGE?

The Daniels have been Blue Medicare Advantage members for five years. Larry made the switch from a competitor plan. "I kept seeing all the extra benefits Sherdine was getting with her Blue Medicare Advantage plan." Sherdine chimes in, "He got jealous."

They make the most of the Benefit Extras that come with their Essential PPO plan, including earning rewards for getting their Annual Wellness Exams. They tout the over-the-counter benefit and convenience of Blue Benefit Bucks. Sherdine also enjoys Papa, a service that offers up to 40 hours of assistance each year for things like grocery shopping, companionship, and light housekeeping.

"I use Papa Pals for light house cleaning. I put out the cleaning materials, walk them through each room, and explain what I'd like to have done," Sherdine explains. "They're here for an hour at least."

The Daniels don't look a day over 50 – almost too young to be retired. "Well, thank you," Sherdine says with a smile. "Staying young at heart helps – but so does a little help with housecleaning!"



BENEFIT EXTRAS

READY TO GET STARTED WITH PAPA?



Call **1-888-905-8301** (TTY:711) or download the Papa Pal app on the App Store or Google Play.

HOW TO PROPERLY DISPOSE UNUSED MEDICINES



Unused or expired prescription and over-the-counter medicines are a public safety issue, leading to potential accidental poisoning, misuse, and overdose. How many of them are hiding right in your home? They could be tucked away in a medicine chest, a kitchen cabinet, a bedroom drawer, or even your purse. And sound the alarm – these meds could spell danger to innocent children, people, and pets!

Every year, the Drug Enforcement Agency (DEA) sponsors a National Prescription Drug Take Back Day. The goal is to provide a safe, convenient, and responsible way to dispose of unused prescription drugs, as well as educate the public about the potential abuse of medications.

How to safely dispose of medicines before they can do harm?

OPTION 1: GO TO A DRUG TAKE-BACK LOCATION

The best option is to find a drug take-back location. This could be retail, hospital, or clinical pharmacies, as well as police stations. These take-back locations may offer on-site medicine drop-off boxes, mail-back programs, or in-home disposal products. To search for a take-back location near you, visit the DEA's web page at www.dea.gov/takebackday. Then simply enter your zip code.

OPTION 2: CHECK THE FDA'S FLUSH LIST

If there's no drug take-back location near you, then check to see if your medicine is on the FDA's Flush List. Medicines on the flush list are commonly abused and can result in death from just one dose if taken inappropriately. No surprise, many

of these drugs contain opioids. It's important to flush these powerful and dangerous drugs so they're not accidentally or intentionally swallowed, touched, or misused.

Here's where to find the flush list: www.fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-fdas-flush-list-certain-medicines.

And remember, don't flush your medicine unless it is on the flush list.

OPTION 3: THROW DRUGS IN THE HOUSEHOLD TRASH

If you don't have a drug take-back location nearby and your medicine is not on the flush list, you can dispose of it in the trash. The FDA recommends mixing all trash-bound medicines with an unappealing substance such as dirt, cat litter, or used coffee grounds. Don't crush pills. Place the mixture in a sealed plastic bag before throwing it away. And be sure to scratch out any personal information from the prescription label on the empty packaging.

For complete details and instructions on safe medicine disposal, please visit www.FDA.Gov/DrugDisposal. ■

Mark Your Calendar

National Prescription Drug Take Back Day

October 29, 2022, 10 a.m. to 2 p.m.

Learn more at www.dea.gov/takebackday



THE HEALTH BENEFITS OF BEING AROUND ANIMALS

Seventy percent, about 90.5 million families in the U.S., own a pet.¹ Therefore we think it is safe to assume you have or had a pet. They become part of your families, each with their ability to make you feel like you are the only person on earth.

The American Heart Association says it's no secret pets can contribute to your happiness.² Studies show that dogs reduce stress, anxiety and depression, ease loneliness, encourage exercise and can improve your overall health. Just playing with a dog has been shown to raise levels of the feel-good brain chemicals like dopamine, creating positive feelings and bonding for both you and your pet.³

But what can we learn from these companions? Vint Virga, Doctor of Veterinary Medicine, is the author of *The Soul of All*

Living Creatures: What Animals Can Teach Us About Being Human. He has studied animals and the profound connections we share with them. He highlights lessons animals offer us like savoring the moment, remembering to play, practicing forgiveness and loving unconditionally.⁴

But can companionship with an animal help us find joy in life? The short answer is yes. As we get older, we may feel our lives change, not for bad or good, but just different. Children are older or you are retired with more time to do things that bring you joy and for many, animals can be a source of comfort and support – boosting morale, optimism and sense of self-worth.

While you may opt to forgo a live-in pet, you can still reap the benefits. Ask to walk a neighbor's dog or keep their cat company, volunteer at a local animal shelter or simply say hi when you see a dog out stretching its legs. Even the simplest of moments with an animal can put a smile on your face.

And if animals aren't your thing, find something else you find joy in. It may be photography, taking a class, or spending time with family and friends. There is no right or wrong answer but take a nod from our four-legged friends to simply live in the moment and find joy in things that give you comfort. ■

Resources:

- ¹ www.americanpetproducts.org/press_industrytrends.asp
- ² www.heart.org/en/healthy-living/healthy-bond-for-life-pets/pets-as-coworkers/pets-and-mental-health
- ³ www.helpguide.org/articles/mental-health/mood-boosting-power-of-dogs.htm#:~:text=Pets%2C%20especially%20dogs%20and%20cats,valuable%20companionship%20for%20older%20adults
- ⁴ www.psychologytoday.com/us/blog/the-soul-all-living-creatures/201501/10-things-animals-can-teach-us-about-being-human

THE PETS OF BLUE MEDICARE ADVANTAGE

Share a photo of your furry companions! Email your photo to EngageNewsletter@BlueKC.com and include your pet's name and city of residence. We'll feature "The Pets of Blue Medicare Advantage" in next quarter's **ENGAGE!**



PRIZE & SOLOMON
Weatherby Lake, MO



RAFA
Weatherby Lake, MO

DO YOU HAVE AN ADVANCE DIRECTIVE?



No one plans to become sick or disabled. But what if you were to become incapacitated and unable to communicate? What if you were to lose the ability to make your own medical decisions? And what if you could no longer speak for yourself – who would speak for you?

It's difficult to think about these issues. It's scary to face one's mortality. But even scarier? What if you don't make your wishes known and then it's too late? That's why it's so important to have something called an advance directive – also known as an advance care plan.

Advance care planning is a process, not an event, and it is planning for future care based on a person's values, beliefs, preferences, and specific medical issues. An advance directive is the record of that process – a legal document that lets you spell out your healthcare decisions ahead of time. It ensures you get the medical care you want and avoid treatments you don't want.

Advance directives go into effect when you lose the ability to make decisions for yourself. Who decides when you don't have the ability to make these decisions? A healthcare professional.

Types of advance directives

Living Wills: Laws allow you to direct healthcare providers to withhold or withdraw treatment that is keeping you alive if you become terminally ill and are no longer able to make decisions.

Durable Power of Attorney for Healthcare: This allows you to choose a surrogate decision maker like a relative or friend to make your medical decisions if you can no longer make them yourself. In some states, this power is also known as a healthcare proxy or healthcare declaration.

Do-Not-Resuscitate Orders (DNRs): This order instructs healthcare providers not to do CPR if you stop breathing or if your heart stops beating.

Physician Orders for Life-Sustaining Treatment (POLST): This portable medical order communicates your wishes as medical orders, so all healthcare providers during a medical emergency understand what you want.

The benefits of advance care planning

Research shows that having an advance directive can make a difference. According to the National Center for Health Statistics at the Center for Disease Control (CDC), it may improve quality of care, enhance care satisfaction, and reduce end-of-life healthcare spending. It may also lead to more personalized care honoring the individual's wishes.

Advance care planning also means peace of mind. When your loved ones know they're following your wishes, they can avoid unnecessary drama and family conflict – and experience less stress.

Talk to your primary care provider (PCP) about your advance care plan

You can discuss your end-of-life wishes with your trusted healthcare partner. Not only should your PCP be able to give you an advance directive, they have the medical knowledge to help you complete it.

Once you've completed your advance directive, tell close family members and friends where you keep a copy. And especially be sure to share a copy with your PCP and any specialists you see. This will help them to appropriately direct your care and avoid unwanted or overly aggressive treatments. ■

ACCESS TO NUTRITIOUS FOOD IS KEY TO A HEALTHY COMMUNITY

Well
STOCKED



Today, more than 350,000 people in Kansas City don't know where their next meal will come from. That's why Blue KC created Well Stocked, a signature initiative that brings local partners together to increase awareness of hunger issues facing underserved areas in Kansas City.

HELP FEED KC

There are several organizations who help feed our community, and they're always hungry for more volunteers. This is fulfilling work. Perhaps you can carve out some time to get involved?

HARVESTERS COMMUNITY FOOD NETWORK – Search their calendar for different ways to help, from food delivery to donation sorting to front-desk greeting. Harvesters.org

AFTER THE HARVEST – Help collect produce that would otherwise go to waste—fruit and vegetables left in farmers' fields after the harvest. Aftertheharvestkc.org

CULTIVATE KANSAS CITY – If you have an interest in urban farming there are lots of great ways to get involved, from working in the field, to helping at events to assisting in the office. Cultivatekc.org

KANSAS CITY COMMUNITY GARDENS – Tons of great opportunities to get your hands dirty with one of their many programs and initiatives aimed at empowering low-income families to grow their own nutritious food. KCCG.org

QUESTION MARK DID YOU KNOW

September is Hunger Action Month, yet another reminder of how important it is to end hunger not only in our hometown, but across the country.

To learn more, visit the Feeding America website at feedingamerica.org/

NOW THAT'S A PUZZLE

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

Sudoku is a logic-based puzzle in which missing numbers are to be filled into a 9 by 9 grid of squares which are subdivided into 3 by 3 boxes so that every row, every column, and every box contains the numbers 1 through 9.

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



TAI CHI FOR BALANCE

Let's move more slowly. Breathe more deeply. And bring some much-needed balance to our lives.

Let's join the tai chi movement – an activity you can engage in for the rest of your life. In tai chi, you move without pausing through a series of animal actions or martial arts moves. As you move, you breathe deeply and naturally, focusing your attention on your bodily sensations.

Yes, it may take some time to get used to the slower pace of this low-impact, gentle form of exercise. But it's worth the effort – this “meditation in motion” is backed by centuries of health benefits.

Tai chi can help you improve your strength, flexibility, and balance. It's even been proven to improve cardiovascular fitness, lower blood pressure, and help people who have arthritis.

But perhaps one of the greatest health benefits of practicing tai chi? To help reduce the risk of falling. Did you know from around the age of 25, we begin to lose physical strength and bone density, our sense of balance deteriorates, and we take longer to recover from a fall? Yikes!

Tai chi is safe and doesn't require any expensive equipment, so it's easy to get started. All you need are some comfy clothes and a willingness to slow down and be present.

More balance is sure to follow.

Sources: Harvard Health Publishing, Forbes Health, Tai Chi for Health Institute

Give tai chi a try

Curious about tai chi? We recommend consulting with your doctor before beginning a practice. What's more, search for a class led by an experienced, qualified instructor. Until then, here's an exercise you can try right now at home.

1. Start by standing or sitting with your hands resting on your thighs. Press your tongue gently into the roof of your mouth. Breathe through your nose, long and slow.
2. Coordinate your breath with movement. As you inhale slowly through your nose, raise your relaxed hands to face level.
3. As you exhale slowly, lower your hands back to your legs. Relax deeply.
4. Repeat 10 times. ■



BENEFIT EXTRAS

Your SilverSneakers® fitness benefit offers free online Tai Chi classes. Check it out at [SilverSneakers.com/learn/ondemand](https://www.silversneakers.com/learn/ondemand).



SilverSneakers is a registered trademark of Tivity Health, Inc. SilverSneakers On-Demand is a trademark of Tivity Health, Inc. © 2020 Tivity Health, Inc. All rights reserved.



BENEFIT EXTRAS



Improve Your Balance with Nymbbl

Meet Nymbbl, the at-home balance training app that's scientifically proven to help improve balance and reduce fall risks. This free, evidenced-based fall prevention program* trains the brain and body to work together. Using just a smartphone, and in only 10 minutes a day, you can enhance your freedom and enjoyment of life.

**Benefits vary by plan.*

Get Nymbbl in your life:

1. Download Nymbbl Training from your app store,

OR

2. Visit [KC.Fallsfree.com](https://www.kc.fallsfree.com)



Lively™ Mobile Plus to the Rescue

Lively™ Mobile Plus is a Personal Emergency Response System (PERS) benefit covered under your Blue Medicare Advantage plan. Are you taking advantage of this important service?

Count on Lively Mobile Plus for:

- Fast response to emergencies big and small
- An extra layer of support with a push of a button
- A direct connection to an Urgent Response agent who can help identify additional community support as needed, such as transportation or assistance with activities of daily living (ADL)
- Real-time assistance with scheduling doctor appointments or refilling prescriptions
- A built-in fall detection response activated if you fall

**Benefits vary by plan.*

To order your free device, call **1-800-358-9081** (TTY:711).

CHICKEN WILD RICE SOUP



INGREDIENTS

- 1 tbsp olive oil
- 2 medium-sized chicken breasts, cubed (or 4 boneless, skinless chicken thighs)
- 2 cups sliced mushrooms
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 3 carrots, chopped
- 3 celery stalks, chopped
- 1 medium sweet potato, peeled and diced
- 1 tsp herbes de Provence (or a mixture of dried thyme, rosemary, oregano, and basil)
- 6 cups chicken broth
- 1 cup wild rice blend
- 1 tbsp fresh finely chopped sage (or 1 tsp dried)
- 2 tsp lemon juice

STEPS

1. Heat olive oil in a large pot over med-high heat. Add mushrooms, cooking for 2-3 minutes until mushrooms release juices. Add onions, garlic, carrots, celery, and sweet potato cooking another 5 minutes until vegetables soften.
2. Add chicken and saute for 2-3 minutes until lightly browned. Add herbes de Provence (or dried Italian seasoning), salt & pepper to taste, chicken broth and rice, stirring and bringing to a boil.
3. Reduce heat to a simmer, then cover pot with lid and cook for 40 minutes until rice is cooked.
4. Stir in fresh (or dried) sage along with lemon juice.

CHEF NOTES

- For a creamy soup, add 1 (14-ounce) can unsweetened coconut milk. Add to soup at the end, and heat through before serving.

Bon Appétit!



BLUE MEDICARE ADVANTAGE

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Vendor): **1 (844) 227-1790**

[MyBlueKCMA.com](https://www.MyBlueKCMA.com)

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HEALTH AND WELLNESS OR PREVENTION INFORMATION.

Y0126_22-757_C

ENGAGE IN MEMBER-ONLY MEETINGS AND ENJOY A FREE MOVIE!

Blue KC is hosting Member Meetings to share information about all the exciting new benefits that come with our Blue Medicare Advantage 2023 plans. It's a great opportunity to learn about changes, coverages, and costs – so you can choose the right plan for you.

Our Blue Medicare Advantage team will walk you through all the plan changes and will be ready to answer your questions – we are here to assist you!

Everyone who attends can enjoy a FREE movie and choose a complimentary popcorn or soft drink! Stay tuned for more info as we get closer to the meeting dates in October.



Save the Dates – All events begin at 11 a.m. and include a presentation and free movie.

- OCTOBER 4** AMC Town Center 20
Leawood, KS
- OCTOBER 5** AMC Legends 14
Kansas City, KS
- OCTOBER 6** AMC Independence Commons 20
Independence, MO
- OCTOBER 11** AMC Barrywoods 24
Kansas City, MO
- OCTOBER 12** AMC Ward Parkway 14
Kansas City, MO
- OCTOBER 13** AMC CLASSIC Warrensburg 10
Warrensburg, MO