

Spotlight

Reminder: Always keep your Medicare card safe and never provide your MBI number to an unsolicited caller.



Completing your health risk assessment (HRA) and why it is important

Completing your annual HRA helps us know more about you and your health conditions. We use this information to assign you a care manager, coordinate care with your primary care provider, and MCA. Your care manager uses this information to develop your Individualized Care Plan that is then mailed to you and your PCP.

MCA must complete an HRA for every member within 90 days of enrollment and every year after. And this year, members who complete their HRA may be eligible to get a \$25 gift card.

There are a few ways you can complete your HRA every year:

- We may call you to complete it over the phone,
- If you receive one in the mail, fill out the form and mail it back to us,
- Or using the Mercy Care Health Assistant app. If you have not registered for the app, you can visit mercyar.es/healthasst and select *Register Now*. You will need your Mercy Care member ID card, date of birth and email address to make your account.
- You can also scan the QR code and follow the registration steps.



Check out your new dental benefit guide on our website under more benefits. Learn about everything from cleanings and oral exams to fluoride treatments and X-rays. www.mercycareaz.org/advantage/more-benefits.html

Did you know that you can get rewards when you take care of your health? We'll show you steps you can take for better health. The more you do, the more you'll earn. Get started at: mercyarehealthassistant.healthmine.com/login

Ready for summer puzzle

X R R T W I Z I F C
 E S P R I N K L E R
 X A C A F D T J H D
 E C O V A A P J O H
 R T O E M N R O T E
 C I L L I C K L O A
 I V E I L E K M Q L
 S I R N Y F E L U T
 E T Z G O G T R C H
 R Y G H E A R T I Y

traveling
sprinkler
exercise

pool
family
heart

activity
cool
healthy

dance
hot

We're here to help!

Mercy Care Advantage (HMO SNP) Member Services is available to assist you 8:00 a.m. – 8:00 p.m., 7 days a week. Member Services can help you with questions about your Mercy Care Advantage plan benefits and how to access covered services. They can also assist in finding network providers and pharmacies near you. Call us at **602-586-1730** or **1-877-436-5288 (TTY 711)**. You can also get information about Mercy Care Advantage on our website, www.MercyCareAZ.org.

RECIPE CORNER



Tuna salad and tomato sandwich

Ingredients

- 1 (5-ounce) can no-salt-added white tuna in water, drained and flaked
- 3 tablespoons mayonnaise
- 2 teaspoons finely chopped fresh dill
- 2 teaspoons finely chopped fresh chives
- 1 1/2 teaspoons sweet pickle relish
- 3/4 teaspoon Dijon mustard
- 1/4 teaspoon ground pepper
- 2 (1-ounce) slices multigrain bread, lightly toasted
- 2 large slices tomato (1/4- to 1/2-inch)
- 2 thin slices red onion
- 2 leaves butter lettuce

Directions

Combine tuna, mayonnaise, dill, chives, relish, mustard and pepper in a medium bowl; use a fork to mix well.

Spread the tuna salad on 1 bread slice. Top with tomato, onion, lettuce and the remaining bread slice. Slice in half and serve.

www.eatingwell.com/tuna-salad-tomato-sandwich-8623607



Puzzle answer key

X	R	R	T	W	I	Z	I	F	C
E	S	P	R	I	N	K	L	E	R
X	A	C	A	F	D	T	J	H	D
E	C	O	V	A	A	P	J	O	H
R	T	O	E	M	N	R	O	T	E
C	I	L	L	I	C	K	L	O	A
I	V	E	I	L	E	K	M	Q	L
S	I	R	N	Y	F	E	L	U	T
E	T	Z	G	O	G	T	R	C	H
R	Y	G	H	E	A	R	T	I	Y

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This information is not a complete description of benefits. Contact the plan for more information. You must receive all routine care from plan providers. This is general health information and is not meant to replace care or advice you get from your doctor. Always ask your doctor or other health care provider for information about your own health care needs.



Did you get a call from the MCA Concierge Team?

We're calling to see how you're doing and answer any questions you may have.

Who we are

The Concierge Team's mission is to provide you with a personalized experience for any one-on-one support you may need to navigate your health care.



If you have questions, Mercy Care Advantage Member Services representatives are available to help you 8 a.m. – 8 p.m., 7 days a week. Please call 602-586-1730 or 1-877-436-5288 (TTY 711).

Language and interpretation services

Mercy Care Advantage can help arrange interpreter services for your health care visits at no cost to you. If you need an interpreter who speaks your language or a sign language interpreter because you are deaf or have difficulty hearing, please call Member Services to schedule an interpreter at **602-586-1730** or **1-877-436-5288 (TTY 711)**.

Model of Care Evaluation

As a Dual-Eligible Special Needs Plan (D-SNP), we are required to have a Model of Care. To obtain details related to the latest Model of Care evaluation, please visit www.MercyCareAZ.org.