

# IN THE KNOW

PICKLEBALL,  
ANYONE?

UPMC *FOR LIFE*  
OFFERS MEDICARE

DON'T IGNORE THESE  
HEART ATTACK SYMPTOMS



## FLU SEASON IS APPROACHING

Did you get a flu shot?

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# Pickleball, Anyone?

If you haven't been swept up by the pickleball trend, you've probably heard about it or seen it on TV or at your local park. Pickleball is a bit like tennis and table tennis, and it can be a great way to exercise and connect with friends. And, it isn't the only popular sport that can help you maintain strength, stamina, and flexibility. Swimming, cycling, golf, and walking are all excellent ways to remain active.

Regular exercise can reduce the risk of cancer and heart disease, and it can also help prevent the muscle and bone loss that happens with age. It's good for your mind and mood as well.

If you have fallen out of the habit, now is a good time to re-start. Talk to your doctor, then think about what you like to do. The Centers for Disease Control and Prevention recommends:

- 30 minutes, five days a week, of moderate aerobic activity or 75 minutes a week of high-intensity exercise
- Muscle-strengthening exercises twice a week
- Balance exercises three times a week

## **If it has been a while, remember these tips:**

- Stay hydrated: drink plenty of water during your workout.
- Warm up and cool down to let your heart rate increase and decrease more steadily.
- Set attainable goals and work toward bigger ones gradually.
- Consider keeping an exercise log or using a fitness tracker.
- Always discuss your exercise plans with your doctor first, especially any concerns you may have.

If you don't have a primary care provider, visit [UPMC.com/FindCare](https://www.upmc.com/FindCare).





# Now that fall is here, it's time for your yearly flu shot.

The best way to prevent getting the flu is to get vaccinated. A flu shot is especially important if you are at greater risk for getting the flu or more severe complications from the flu.

**DID YOU KNOW?**  
Safe and effective flu vaccines have been available for more than 60 years.

It's especially important for older adults to protect themselves. People over 65 make up more than half of all flu hospitalizations, and the CDC estimates that 70% to 85% of all flu-related deaths in the United States occur in people aged 65 and older.

## How Do Flu Vaccines Work?

Vaccines work by introducing a deactivated bit of flu virus, or antigen, into the body.



The immune system then goes to work, seeking out and fighting against the antigen. The immune system becomes weaker with age, but people over 65 can now opt for the new senior flu shots: a high-dose flu vaccine

or a boosted flu vaccine.

- **Fluzone® High-Dose** contains four times as many antigens as a regular flu shot, causing the body to produce many more antibodies. One study showed older adults who got the high-dose shot caught the flu 24% less often than those who got the regular shot.
- **Fluad®** contains an additional ingredient that boosts the immune system's response to the vaccine.

**Side effects of these vaccines are similar to the traditional flu shot.**

## Getting Your Flu Shot

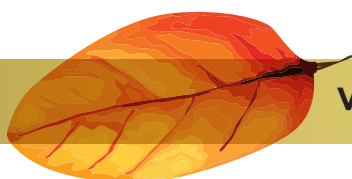
Medicare covers flu vaccines, and the Affordable Care Act requires flu shots to be covered by other insurances. If you don't have insurance, pharmacies typically offer shots for anywhere from \$0 to \$40.

Flu shots are available from your primary care provider's office, at UPMC Urgent Care, and at most community pharmacies throughout the fall and winter.

**REMEMBER:**  
The flu vaccine cannot cause the flu!

**LOOKING FOR MORE INFO?**

**Visit [UPMC.com/Flu](https://www.upmc.com/Flu).**



# WORKING TOGETHER:

## UPMC Gives You the Care and Coverage You Need

To build the health of our community, UPMC has renowned centers of excellence in transplantation, cancer, neurosurgery, psychiatry, rehabilitation, geriatrics, and women's health. But health care is not just about access to your doctor, it's about having coverage for the health care services you need.

That's why our UPMC providers continue to partner with UPMC *for Life*, UPMC Health Plan's Medicare Advantage plan.

### What is Medicare?

Medicare is the federal health insurance program for people aged 65 and older as well as certain people who qualify as disabled. With a Medicare Advantage plan, you can pay less for your care, get more coverage, and have protection for large, unexpected health care costs. Plus, you get high-quality health care coverage for medical services and Part D prescription drugs.

- Original Medicare only covers about 80% of your medical costs — you are responsible for the rest.
- You can save nearly \$2,000 a year on a Medicare Advantage plan over Original Medicare\*.

### UPMC *for Life* offers Medicare Advantage


UPMC *for Life* offers a wide range of affordable Medicare Advantage plans that can help you get more out of Medicare. We make it easy to get care and take advantage of extra benefits that go above and beyond Original Medicare.

- Access to the doctors and hospitals you know and trust. UPMC *for Life* has more than 240 hospitals and 48,000 doctors that participate in our network.
- PPO plans that start as low as \$0 per month with coverage in- and out-of-network.
- \$0 plan premiums with \$0 PCP visits and \$0 preferred generic drugs.
- Extra benefits including dental, vision, hearing, FREE gym memberships, and the UPMC *for Life* Flex Spend Card which gives you additional dollars to spend however you like on over-the-counter health care products and dental, vision, and hearing services. You can also use your card for medical service costs, including doctor office copays.
- UPMC Health Plan's Health Care Concierge team can help you navigate your insurance.

**Call a UPMC *for Life* Medicare Advisor at 1-844-755-5608**  
(TTY: 711) seven days a week from 7 a.m. to 9 p.m.

**Or visit [UPMCHHealthPlan.com/Medicare](https://UPMCHHealthPlan.com/Medicare) to learn more**  
**about plan options available in your area.**





UPMC *for Life* Medicare Advisors can help you with your Medicare choice. They can answer your questions and give you personal support. To learn more, you can speak with someone over the phone, chat online, or attend a community meeting.

UPMC providers also contract with other major Medicare Advantage Plans/Part D Sponsors.

\*Source: *State of Medicare Advantage Report*, Better Medicare Alliance, July 2022.

UPMC *for Life* has a contract with Medicare to provide HMO, HMO SNP, and PPO plans. The HMO SNP plans have a contract with the PA State Medical Assistance program. Enrollment in UPMC *for Life* depends on contract renewal. UPMC *for Life* is a product of and operated by UPMC Health Plan Inc., UPMC Health Network Inc., UPMC Health Benefits Inc., and UPMC Health Coverage Inc.

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## Don't ignore these **HEART ATTACK SYMPTOMS**

In the United States, heart disease is the leading cause of death for men — and for women. If that surprises you, you're not alone. Signs and symptoms can vary.

The most common type of heart disease in the United States is coronary artery disease. As plaque builds up in a person's arteries, it blocks or decreases the flow of blood to and from the heart. This decrease in blood flow can cause a heart attack.

**Someone in the U.S. has a heart attack every 40 seconds.**



### Heart Attack Symptoms

**Chest pain** is the most common symptom among men and women. The pain can come and go, and it can feel like fullness or squeezing.

**Other common signs include:**

- Anxiety (more often in women)
- Excessive sweating
- Extreme, unexplained fatigue
- Fast, slow, irregular, or uneven heartbeat
- Jaw, neck, or back pain (especially in women)
- Lightheadedness or dizziness
- Nausea or vomiting
- Pain in the arms or shoulders
- Shortness of breath

Talk to your doctor about your risk factors for heart disease and heart attack. Any combination of these symptoms can mean a heart attack is happening. If you are in doubt, do not wait — call 911 for help.

**For more information, visit [UPMC.com/HVI](https://www.upmc.com/HVI). To schedule an appointment with a UPMC Heart and Vascular Institute expert, call 1-855-876-2484.**

**UPMC**

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## Connect to Your Care.

With **MyUPMC**, your health care information is all in one place. **MyUPMC provides convenient access to:**

- Schedule and manage your appointments
- View your test results
- Have a video visit
- Renew your prescriptions
- Pay your UPMC bills



**Scan here to get started.**

MyUPMC also allows you to manage your whole family's care with proxy access. To get started, download the MyUPMC app or visit **MyUPMC.com**. Need help? Call the MyUPMC Support Line at 1-866-884-8579.

**INSURANCE QUESTIONS? Call our help line at 855-946-8762.**

UPMC accepts most major insurers, including Aetna, Cigna, Highmark, United Healthcare, and UPMC Health Plan.