

# Mature Health

A COMMUNITY WELLNESS PROGRAM FOR ADULTS

Winter 2006

## Medicare Part D: Is the New Prescription Program Right For You?



Medicare Part D is the new prescription drug insurance program available beginning January 1, 2006. This new benefit will be administered through private health-insurance companies that must bid against one another to ensure the

best prices for eligible beneficiaries. Medicare Part D plans will vary in terms of which prescription drugs are covered, your out-of-pocket costs and which pharmacies are included in your plan's service area.

Medicare Part D is available to everyone who currently uses Medicare Part A or B, or those who turned 65 after November 15, 2005, and plan to enroll in Medicare. Medicare eligibles enrollment began on November 15, 2005 and will continue without penalty through May 15, 2006.

If you are currently taking prescription medication, or think you may in the future, you should explore your Part D options. There are Part D plans to align with both your budget and your prescription drug needs. No matter how much you're currently spending on prescription drugs, Part D has a plan that could be right for you.

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## The New Mature Health Program An Ounce of Prevention is Worth a Pound of Cure

It's just human behavior for most people to take their health for granted, that is until we are faced with an illness or injury. However, the time to concern oneself is really before anything happens. Practicing prevention is the key to healthy living. Education and prevention are keys to maintaining optimum health, however this is often

easier said than done.

Introducing Evanston Northwestern Healthcare's new and improved Mature Health Program – a free wellness prevention and resource program for adults 55 and older.

The Mature Health program is not about how many times you can run around the track or how many weights

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Enrollees will be able to compare prices of the different Medicare Part D plans at [www.medicare.gov](http://www.medicare.gov) over the Internet. While comparing plans, be sure to choose a plan with prescription drug options, often called a formulary or Covered Medications List (CML), that best suit your needs as plan providers can refuse to pay for medications that are not on their approved list. Benefit information will continue to be available for plans through May 15, 2006.

Medicare Part D plans will generally include all drug costs covered by Medicaid and exclude all drugs for which payment is made available under Medicare Part A and B.

In choosing a plan provider, consider that each plan is required to include at least two medications from each therapeutic class or category (unless there are only two drugs, in which case they can carry one). You may want to speak to your doctor about the possibility of switching to generics or an equivalent drug brand in the event that



the plan you choose does not cover all of your current medications.

Please remember the Medicare Part D drug benefit is voluntary. Open-enrollment takes place between November 15, 2005 and May 15, 2006. Individuals who enroll late, after May 15, 2006, and who do not have coverage equal to Medicare Part D (Creditable Coverage), will incur a late-enrollment penalty of 1% per month for each month the individual is not enrolled. Individuals who enroll late and provide proof of Creditable Coverage will not be assessed a penalty.

It's always wise to be prepared. That's why it's a good idea to gather the appropriate information you can use to make the right decision about enrolling in Medicare Part D. For more information, please visit [www.medicare.gov](http://www.medicare.gov) on the Internet, call 800-MEDICARE or visit your local knowledgeable ENH pharmacist at a Sunset Foods location in Northbrook, Libertyville or Lake Forest.

## The New Mature Health Program

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you can lift. The Mature Health program is about providing important and helpful information, resources and prevention tools for your lifelong quest for maintaining good health. This free Mature Health newsletter, which will offer timely and informative health information, opportunities to take advantage of specialized preventive screening and prevention programs, direct access to Medicare billing assistance in English and Spanish, as well as various hospital discounts, will be sent to North Shore households on a quarterly basis. If you

would like to continue receiving this publication, please call (847) 657-6751. Welcome to Evanston Northwestern Healthcare's Mature Health program!

Who has time to sift through the enormous amount of conflicting health information found in magazines, newspapers and even on the Internet? We know that you have better things to do with your time, and the information and resources that the free and convenient Mature Health Program offers is another way in which Evanston Northwestern Healthcare is helping you take better care of yourself!

*Enjoy a free cup of coffee or tea*

**in the Evanston, Highland Park, or Glenbrook  
Hospital Cafeterias  
(one free small cup per day)**



Offer good only in the main hospital cafeteria, through March 31, 2006.



## Free Mature Health Peripheral Vascular Disease (PVD) Screening

PVD screenings detect blockages or narrowing in the arteries within legs or arms that can injure nerves and can cause pain or cramping in extremities.



Call (847) 492-5700 ext.1123 to schedule an appointment for your FREE Mature Health PVD screening (Tuesdays, Thursday and Fridays by appointment only). Offer good through March 31, 2006.

**Many Disciplines, One Center —  
Evanston Northwestern Healthcare's Musculoskeletal Care Center**

# The “weekend warrior” strikes again!



An active life is healthy. But if you are a “weekend warrior,” someone who tries to cram a week’s worth of activity into two short weekend days, you can run a higher risk of joint and muscle injuries, especially in the joints and muscles of the knees, shoulders, and elbows.

ENH’s Musculoskeletal Care Center (MCC) physicians specialize in treating sports injuries. Orthopaedic surgeons treat broken bones and torn ligaments and muscles; sports medicine specialists care for strains and sprains and other overuse injuries; podiatrists repair damage done to the foot; and the physiatrists and therapists in physical medicine and rehabilitation use non-surgical methods and therapies to help people regain the use of their injured body part and prevent future injury.

## **Oh, my aching back!**

Most people will suffer back pain at some point in their lives. The back consists of the bones of the spine, joints that guide the direction of the movement of the spine, discs that separate the vertebrae and absorb the shock as a person moves, and the muscles and ligaments that hold the spine together. Injury to one or more of these structures may cause back pain.

Orthopaedic surgeons are trained to assess and surgically correct injuries or medical conditions which cause back pain and deformity. Treatment for back pain may also include the expertise of a physiatrist or physical therapist to correct conditions, and alternative methods for treating pain such as acupuncture.

## **Is arthritis slowing you down?**

There are more than 100 different types of arthritis, and chances are you or someone you know has this medical condition. Arthritis causes pain, stiffness and sometimes swelling in or around joints and can impact the body from head to toe. If you experience any of these symptoms for more than two weeks, it’s time to see a doctor.

The MCC can quickly direct you to a rheumatologist who specializes in the medical treatment of arthritis. You’ll learn about a variety of treatments that may include medication, weight management, exercise, use of heat or cold, and methods to protect your joints from further damage. The MCC can refer you to other specialists who treat arthritis including Integrative Medicine’s massage therapists and Orthopaedic Surgeons who specialize in joint replacement.



## **Is daily life taking a toll on your body?**

Our hobbies, jobs and daily routine can all have a negative impact on our bodies. People who spend their days typing may experience carpal tunnel syndrome and require the expertise of an orthopaedic surgeon, physiatrist or physical therapist to get relief. Even experienced runners may find themselves sidelined due to foot or ankle problems and the shoulder and elbow can take quite a beating from a round of golf or tennis match. The MCC has skilled podiatrists, sports medicine specialists and therapists to get them back on track.

## **Call the ENH Musculoskeletal Care Center**

The physicians and therapists of Evanston Northwestern Healthcare’s Musculoskeletal Care Center offer easy access and comprehensive, coordinated multidisciplinary care from specialists in the areas of Orthopaedic Surgery, Physical Medicine and Rehabilitation Services, Sports Medicine, Rheumatology, Podiatry and Integrative Medicine. If you suffer from aching joints and muscles for any reason, please call (847) 492-5700 ext.1121 to reach the right specialist for your condition. The Musculoskeletal Care Center, many disciplines, one center; give us a call today!

To find an ENH physician near you:  
[www.enh.org/doctors](http://www.enh.org/doctors)  
(847) 570-5020

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**Did you know** that ENH offers six convenient pharmacy locations in the North Shore – three of which are located in your local Sunset Foods grocery store?

**Did you know** that your questions will always be answered by a helpful, courteous and knowledgeable ENH pharmacist?

**Did you know** all six of the ENH pharmacies offer FREE medication delivery?

**Did you know** that ENH pharmacists are experts in the Medicare Part D prescription coverage program?



Join the thousands of residents of the North Shore who do know and see firsthand why they choose an ENH pharmacy.

Who wants to spend their time ordering, dropping off, and picking up prescriptions while also figuring out insurance coverage options? We know you have better things to do with your time and our remarkable ENH Pharmacy Services are just another way in which Evanston Northwestern Healthcare is helping you take better care of yourself!

**Simply stop by and say hello to an ENH pharmacist to enter to win a free digital blood pressure machine – a \$100 value!**

(Raffle entries accepted only at an ENH Pharmacy located at Sunset Foods location in Northbrook, Libertyville or Lake Forest from February 1, 2006 to March 3, 2006.)

**Also, by quickly and easily transferring your prescriptions to an ENH Pharmacy, you will receive a free \$10 gift card to spend at an ENH pharmacy!**

(Offer good at ENH Pharmacies located at Sunset Foods location in Northbrook, Libertyville or Lake Forest, through March 31, 2006.)



## Pharmacy

### ENH Pharmacy Locations:

Sunset Foods Northbrook  
1127 Church Street  
847-559-1306

Sunset Foods Lake Forest  
825 S. Waukegan Road  
847-735-8045

Sunset Foods Libertyville  
1451 W. Peterson  
847-573-8067