



**Farm Bureau  
HEALTH PLANS**  
Tennessee

# Plan on us.

With helpful information for our members.

Plan on us.



# Stick to your medication plan

Your health is important to us, and we want to see you feeling your best. Please, for your well-being, stick to your medication plan. It can make a world of difference in your life. Here are some reasons why taking your medications as prescribed is so vital:



**Keep Your Condition Under Control** Medications are designed to manage your health conditions. If you skip doses or stop taking them, your condition might get worse, and you could end up feeling much sicker.

**Prevent Complications** Medications can help prevent complications and hospital visits. By taking them regularly, you reduce the risk of serious health problems.

**Feel Better** Medications can help you feel better and have more energy. When your condition is well-managed, you can enjoy life more.

**Long-Term Health** Some medications are meant for long-term use, even if you're feeling fine. They can help maintain your health over time and prevent relapses.

**It's a Team Effort** Your doctor prescribed these medications because they believe it's the best way to help you. When you take your medications, you're working together with your healthcare team to stay healthy.



**Dr. Cathy Stallworth,**  
Chief Medical Officer

## Dear Farm Bureau Family

I hope this message finds each of you surrounded by the warmth of your loved ones. Today, I'm reaching out with a deeply personal perspective on the importance of creating an End-of-Life Plan, inspired by my own journey with loss. Just a month ago, my family and I said our goodbyes to my brother. His passing brought into sharp focus the profound impact that thoughtful end-of-life planning can have on both individuals and the ones left behind.

Through actively involving my brother in palliative and hospice care during his final year, we successfully minimized distressing and avoidable visits to the emergency room, thus improving his quality of life. Hospice allowed him to approach his final days with grace and even joy. These invaluable services provided not only medical support but also a holistic approach to comfort and dignity during his final days. Hospice care became a beacon of compassion, offering physical, emotional, and spiritual support for my brother and our family. Understanding the significance of hospice and palliative care, I encourage each of you to explore these options when considering your End-of-Life Plan.

Continued inside



Philip Robichaux  
and Benadi Thikan

I would also encourage you to discuss palliative and hospice care with your loved ones and your provider. These services can bring comfort and peace, ensuring that your journey and that of your loved ones is as gentle and respectful as possible.

In the midst of grief, I learned first-hand that an End-of-Life Plan is not just a set of medical directives; it's a gift of love and compassion that resonates long after we say our goodbyes. It shields our families from the burden of uncertainty, offering them the solace of knowing they are honoring our wishes. As members of the Farm Bureau Health Plan family, you have access to resources and support to navigate this terrain. Here are a few suggestions:

**An Annual Wellness Visit** is a special type of visit with your doctor or other primary care provider and is a great time to address End-of-Life Care. It is a part of your Medicare benefit available at no charge to you.

### **Honoring Choices Tennessee**

([www.advanceddirectivestn.org](http://www.advanceddirectivestn.org)) is a great resource for Advanced Directives recognized in Tennessee. You don't need a lawyer to complete an Advanced Directive but you do need one that is recognized here.

**Five Wishes** ([www.fivewishes.org](http://www.fivewishes.org)) offers a low-cost advanced care plan to address your personal, emotional, and spiritual wishes, in addition to medical treatment. It is called the "living will with heart and soul" because it is based on what is most important to you and how you wish to be cared for.

Consult with your healthcare provider, engage in open conversations with your family, and consider the role of hospice and palliative care in shaping your unique plan. If you find this topic

challenging, I encourage you to view it as an act of love for yourself and your family. By taking the time to write out your desires and values, you're providing a roadmap for your loved ones during a difficult time. Rest assured, the world's death rate will continue to hold steady at 100%.

In sharing this personal reflection, my hope is that you find strength and purpose in embracing the creation of your own End-of-Life Plan—a gift that extends love beyond our earthly presence.

Be Well,

Catherine Stallworth, MD  
Chief Medical Officer

## **Care Management Program**

You may be eligible to receive a call from our FBHP team of Nurse Care Managers. The Care Management program outreaches to Members who may benefit from a coordinated approach to their medical, behavioral and/or social needs from a nurse who can be a resource for them.

Outreach by Care Management Nurses may be prompted by a hospital admission, Emergency Department visit, upcoming scheduled surgery or diagnosis of a chronic condition. A telephonic assessment will be conducted to review general health status, clinical history, current medical conditions, medications and any potential benefit issues or educational opportunities related to chronic conditions.

While you have the right to decline participation, we have seen great results from this program and encourage you to take advantage when it is appropriate for you.

For members who participate in the program, follow-up calls are scheduled to offer continued assistance in helping members manage their health as well as identify any new issues or other conditions requiring attention.

Care Management's overarching goal is to help patients improve and maintain their health at the highest possible level of well-being, manage any chronic conditions, eliminate health risk factors and prevent disease progression.

## Annual Wellness Visits

Your well-being is our top priority, and we want to encourage you to take an important step to stay as healthy as possible.

Here's why getting an Annual Wellness Visit is so important:

**Preventive Care:** These visits are focused on preventive care. They provide a chance to detect potential health issues early, before they become more serious.

**Personalized Care:** During your visit, you can discuss your specific health concerns, and your healthcare provider can tailor advice and recommendations to your unique needs.

**Medication Review:** If you're taking medications, your healthcare provider can review them to ensure they are still the best choice for your health.

**Health Screenings:** Your provider may recommend or perform screenings or tests that are age-appropriate and can help detect conditions like diabetes or hypertension.

**Immunizations:** Your healthcare provider can ensure you're up-to-date on necessary immunizations to protect your health.

**Health Goals:** You and your provider can work together to set health goals and create a plan for achieving them.

During this visit, your provider will work with you to make a plan for how to stay well. They can perform this service in conjunction with an office visit to save you an extra trip.

- Your provider will complete screening questionnaires regarding functional status, memory, depression, and home safety.
- This is a great opportunity to discuss end-of-life planning and make a personalized care plan.

### Who pays for it?

- Medicare will pay for the Annual Wellness Visit so you will have no out of pocket expense.
- You might have a copayment for some screening services and follow up visits.
- If you receive additional tests or services during the same visit that aren't covered under these preventive benefits, you may have a co-pay and the Part B deductible may apply.

Things to bring to your Annual Wellness Visit:

- A list of the members on your healthcare team including any other physicians.
- The names of your home health agency and medical equipment supply companies (ex. Oxygen supplier).
- The names and locations of the pharmacies you use and a bag with all of the medicines you take including over-the-counter drugs, vitamins and herbals.



FOR MORE INFORMATION,  
**call 833-999-0103 TTY 711.**

Or visit [fbhealthplans.com/plans/medicare-plans](https://fbhealthplans.com/plans/medicare-plans)

### Hours of operation:

Oct. 1-March 31, 8 a.m.-8 p.m., 7 days/week

April 1-Sept. 30, 8 a.m.-8 p.m., Monday-Friday



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