

Better Health Matters

Practical tips and information
for a healthier lifestyle

What's Inside:

Because better health matters, this edition is filled full of valuable information on living a healthier lifestyle, and getting the most from your plan membership.

Medication formularies

Formulary information & contact information

Changes for a healthier lifestyle

Informational from health services

Wellness Checklist

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Treating Hearing Loss

and how it can change your life for the better

Treating hearing loss means so much more than improving your hearing. It can have a significant impact on many aspects of your life, including your relationships, mental health, and overall quality of life.

Here are the top 3 reason to take charge of your hearing health:

1. **Improved relationships and social life**
2. **Better mental health**
3. **Enhanced quality of life**

[TruHearing Video](#)

[CLICK HERE TO LEARN MORE](#)

Medication Formularies

Medication Adherence

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.



Attention Members:

In an effort to maximize savings and convenience for our members, Farm Bureau Health Plans has changed our 90-day prescription fill to a 100-day prescription fill **WITHOUT** raising the amount you will pay for the increased supply.

100-day fills

Updating Personal Contact Information

It is important that Farm Bureau Health Plans (FBHP) has your updated contact information so we can communicate with you on a consistent basis about plan benefits and other important topics that may impact your healthcare journey.

It is valuable that FBHP has your updated contact information so we can communicate regularly and purposefully as your health matters to us. It is critical that you have a valid address, phone number, and email address in the Plan's enrollment system, to ensure you are receiving important health plan information in order for you to maximize your benefits all year long.

You can easily access the form from our FBHP website to update or alert us of changes in your contact info. Please note once within the form in the Other Information and/or Questions section copy and paste or type this sentence "Please update my contact information." into the text box.

Why keeping your information current is critical:

Emergencies – There is always a possibility an urgent need to reach a member could occur. Both your own and direct emergency contact details can be vastly important in serious situations.

Our Commitment to Service – There is always a possibility an urgent need to reach a member could occur. Both your own and direct emergency contact details can be vastly important in serious situations.

Pharmacy and General Health – There could be a mass recall or other very pertinent information related to overall health that may not be relayed as quickly as desired or even late if information is not properly up to date.

Engagement Opportunities – We may be in your neighborhood for events or community engagement that you might not know about should we be unable to reach you.

Healthcare's Complexities – Healthcare shouldn't be so confusing, but we must admit sometimes it is. From a member paying for a service, a premium that may turn into a claim, a reimbursement, copay, and deductible. If a members' information is not complete or updated as changes occur then the traffic flow of the member journey can become complex and harder to reach the destination (or outcome) as members we envisioned.

Be sure to call us to assure mailing address, email, and telephone number(s) are captured TODAY!

[Update your information here](#)

MEMBER SERVICE NUMBERS

Farm Bureau Advantage HMO	833-999-0103 (TTY 711)
Farm Bureau Essential & Select	866-643-6924 (TTY 711)
Members Health Insurance Essential & Select	855-540-4744 (TTY 711)

*All other plan offerings call 866-698-6132 for support



Diabetes in the United States

Nearly one in three adults aged 65 and older have diabetes. The prevalence of diabetes is expected to double by 2050 among adults.²

Simple Ways to Live with Diabetes

Healthy Eating: Follow the Diabetic Plate Method. It is so easy.

1. Fill half your plate with non-starchy vegetables
2. Allocate one quarter for lean proteins.
3. Reserve one quarter for carbohydrates.
4. Opt for water or low-calorie drinks.

Physical Activity:

Aim for at least 150 minutes of moderate physical activity per week, including strength-training exercises.

Maintain a Healthy Weight:

1. Aim for a BMI between 18.5-24.9.
2. Monitor waist circumference (women: less than 35 inches, men: less than 40 inches)
3. Consider lifestyle changes and medications like GLP-1 receptor agonists (e.g., Trulicity, Ozempic) to aid weight loss and control blood sugar levels. Please be aware and always discuss with your doctor as these drugs can be costly and have some serious side effects.

Schedule Diabetes Care:

1. Daily: Check blood sugar levels and take medications.
2. Every 6 months: Visit your doctor, get an HgbA1C test, and visit your dentist.
3. Annually: Get a flu shot, kidney tests, cholesterol test, dilated eye exam, hearing check, and complete foot check.

Get Education and Support:

CDC

National Diabetes Prevention Program

ADA

Good Luck in your Diabetic Journey
because Better Health Matters,
Terri Estes, BSN, RN, ACM

SOURCES:

1. <https://www.cdc.gov/diabetes/data/statistics-report/index.html> 2. <https://www.cdc.gov/diabetes/data/statistics-report/index.html>

Keeping it simple is the key to living with Diabetes

Living with diabetes can be challenging, but keeping things simple is crucial for staying on track with your care. I understand the daily struggles as I also live with Diabetes. I have found that keeping things simple is key to staying on track with my Diabetes care. Farm Bureau Health Plans wants to support you in your diabetes journey. Here are some key points and resources to help you navigate your diabetes journey.

Prediabetes in the United States

Nearly half of adults aged 65 and older have prediabetes. Only one in four adults aged 65 and older with prediabetes are aware of their condition.¹

High Blood Pressure

What is High Blood Pressure?

High blood pressure (Hypertension) is when the force of blood flowing through your blood vessels is consistently too high.

Almost half of American adults have high blood pressure.

The best way to know if you have high blood pressure is to have your blood pressure checked.

Why is High Blood Pressure known as the silent killer?

Often there are no obvious symptoms with High Blood Pressure.

When untreated, High Blood Pressure can do damage to your circulatory system, increasing your chances of heart attack, heart failure, vision loss, and stroke.

How do you prevent and manage High Blood Pressure?

Healthy Lifestyle choices you can implement:

- Stay active
- Eat a healthy diet that is low in salt, DASH Diet.



- Manage your Stress.
- Quit smoking.
- Limit Alcohol
- Take your medications.
- Check your blood pressure every day.
- Discuss your risk of high blood pressure with your doctor.

Know your numbers¹:

Blood Pressure Category	Systolic (upper number)	Diastolic (lower number)
Normal	Less than 120	Less than 80
Elevated	120-129	Less than 80
High (Stage 1)	130-139	80-90
High (Stage 2)	140 or higher	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	Higher than 120

SOURCES:
1. <https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure>



Let us bring your medications to you!



Skip the trips

We deliver your medication to your door. You don't even have to leave home or wait in the pharmacy line.



Save money

You may pay less than what you do at in-store pharmacies. And, standard shipping is free.



Stay on track

With a 3-month supply, you may be likely to miss a dose. You can sign up for automatic refills.

Ready for home delivery?

Here are the ways to sign up.

- **optumrx.com** or with the Optum Rx app.
- Or ask your doctor to send an electronic prescription to Optum Rx.
- Or call the number on your member ID card.



Scan code.
Log in.
Sign up.

2024

Annual Wellness Checklist

Farm Bureau Health Plans' Annual Wellness Checklist!

A key to achieving Better Health, is scheduling an Annual Wellness Visit. This is an opportunity for your Primary Care Provider to develop, or update, your personalized prevention plan.

Your Annual Wellness Visit is provided at no cost to you and should facilitate a timeline for scheduling preventative screenings and exams to manage chronic conditions.



Scan with your smartphone to download your checklist

