

**Subject Line:** Hello, March! Seasonal recipes and new Healthy Rewards

**From:** Meridian Medicaid Plan

**Preheader Text:** Health tips and more for our members



meridianmonthly

new and improved  
**rewards**

march 2024

## check out *new* Healthy Rewards for 2024.

This month, we're introducing new and improved rewards for completing health activities, like going to checkups and getting screenings and vaccines. There are new ways to earn. And many rewards are now worth more! Keep reading to find out how to start earning. You'll also get recipes, tips for preparing for your next appointment with your provider, and more.

### screenings & health advice

## treating your COPD symptoms

If you're one of the estimated 16 million Americans with chronic obstructive pulmonary disease (COPD), you may cough a lot, feel short of breath, or generally have difficulty breathing. COPD is a lung disease that's often caused by damage to the lungs or airways from smoking, chemicals, and air pollution.

There's no cure for COPD, but there are treatments. **You may benefit from:**

Oxygen therapy

Medicines

Steroids

Severe cases of COPD may be treated with surgery or a lung transplant. Visit your primary care provider to learn about COPD treatments that may be right for you. [Find a provider here.](#) **If you smoke, quitting smoking is the best way to prevent the disease from getting worse.**

Our [Disease Management Program](#) can also help you manage your COPD.

[learn more](#)

## prepare for your next doctor's visit.

This National Doctors' Day, March 30, we honor our providers and their commitment to care. They advocate for the health and happiness of their patients and communities. Patients can be partners in their care too. Start by preparing for your next provider visit to help your doctor understand your needs.

**Here are some tips to help:**

- Write down your questions and concerns ahead of time
- Keep a record of your medical history
- Learn as much as you can about your diagnosis
- Don't be afraid to ask your doctor for more information

Our online health library has more tips for preparing for your next provider visit. [Learn more about getting ready.](#)

[learn more](#)

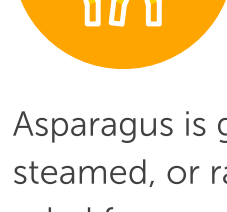


### recipes

## dishes with *fresh,* healthy produce

Fresh fruits and veggies are tasty and affordable! There's a delicious variety to choose from this month.

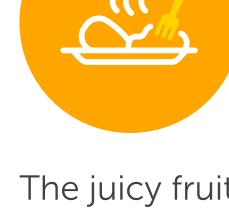
## asparagus salad with lemon-garlic dressing



Asparagus is great roasted, steamed, or raw. Try it in this salad for a crunchy side dish.

[view recipe](#)

## grilled chicken with strawberry & pineapple salsa



The juicy fruit adds sweetness to this recipe. *Tip: If you don't have a grill, use a stovetop. Or set oven on broil instead, and watch your timing.*

[view recipe](#)

### benefits and resources

## introducing a new Healthy Reward

Colorectal cancer is the third most common cancer among men and women in the United States. The disease is also on the rise among people under the age of 50. In fact, regular screening is now recommended starting at age 45 for people who have an average risk of colorectal cancer.

[Colorectal cancer screening](#) saves lives. It helps catch the disease in its earliest stages, when it's most likely to be successfully treated. In some cases, screening helps find precancerous growths that can be removed before they become cancer.

This year, we're introducing a new reward for members who complete their colorectal cancer screening. Members who qualify will **earn a \$50 prepaid Mastercard**<sup>®</sup>. [Learn more about Healthy Rewards.\\*](#)

Learn about colonoscopies, the gold standard for colorectal testing, from Dr. Rutu Ezhuthachan, our Chief Medical Officer.

[watch video](#)

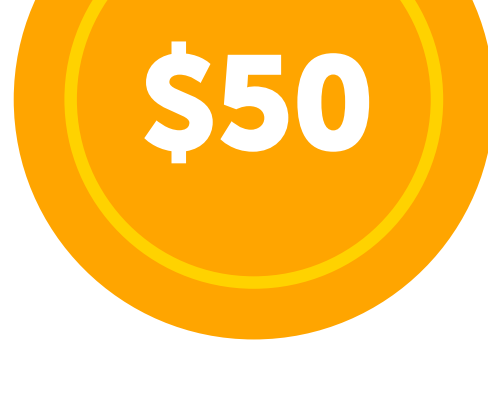


## rewards for cervical cancer screening

Women can lower their risk for cervical cancer by getting screened regularly starting at age 21. Cervical cancer screening is done with a Pap test or a human papillomavirus (HPV) test. This year, you may **earn a \$50 prepaid Mastercard** when you complete your tests.

Check out the Healthy Rewards you're eligible for.\*

[see your Healthy Rewards](#)



### connecting with our communities



## no-cost tax preparation services

Income tax preparation can be confusing. But there's good news! Many Illinois residents can get free tax preparation services. **You may qualify for these services:**

- based on your income
- if you are over the age of 50
- if you have disabilities

**With the April 15 tax deadline approaching, now is a good time to reach out for help.**

See if you qualify for free services from [Ladder Up@ Free Tax Services](#) or the [IRS](#).

### reminders

## renew your coverage.

Did you get information about renewing your health coverage? Be sure to read the information. Make note of your renewal date. Follow the directions to submit your information by the renewal date to keep your coverage. Log in to your [Manage My Account](#) to renew online and see your benefits information. **Watch our video to learn more.**

[watch in English](#)

[en español](#)

**Reminders:** Be sure to complete every question on your renewal form. If you are a parent or caregiver, complete renewal forms you receive for other members of your family too.

Beware of scams. **Illinois will never ask you for money to renew or apply for Medicaid.**

Report scams to the [fraud report website](#) or the Medicaid Fraud Hotline at 1-844-453-7283/1-844-ILFRAUD.

Rewards and health actions are dependent on eligibility for specific activities, which will vary by individual. Members may not qualify for all health activities. The date of service to redeem a reward must be in the current plan year. Rewards can be redeemed up to 30 days following the conclusion of the program period.

Card/Virtual Card is issued by MetaBank<sup>®</sup>, N.A., Member FDIC, pursuant to license by Mastercard International Incorporated. Mastercard is a registered trademark, and the circles design is a trademark of Mastercard International Incorporated. No cash access or recurring payments. Card must be activated within 60 days of receipt. Funds will not be loaded onto your card until it has been activated. If a card is not activated within 60 days of receipt it will be invalid and the cardholder must call Meridian for alternative options. Card/Virtual Card cannot be used at Alcohol, Tobacco, or Firearms merchants. Card can be used at select merchants where Debit Mastercard is accepted. Virtual Card can be used at select merchants for online, phone/mail orders, or in stores that accept mobile wallet. Card/Virtual Card valid for up to 12 months upon card activation; funds do not expire and may be available after the expiration date, fees may apply. Terms and conditions apply. See Cardholder Agreement.

Meridian complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, with origin, age, disability, or sex.

**Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **866-606-3700** (TTY: **711**).

**Polski (Polish):** UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **866-606-3700** (TTY: **711**).

### contact us

#### Meridian Member Services

866-606-3700

(TTY: 711)

Monday–Friday, 8:00 a.m. to 5:00 p.m.



ILmeridian.com

