

Jai Medical Systems HealthBeat

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Updates and Reminder

Have a question?

We are here to help.
Call us today at
1.888.JAI.1999.

24 Hour Nurse Advice Line

1-844-259-8613

Office Hours:

Monday through Friday
9am to 6pm

Address:

301 International Circle
Hunt Valley, MD 21030

Website:

www.jaimedicalsystems.com

Earn your Healthy Reward this Spring!

We are happy to announce that Healthy Rewards 2021 is here!

To earn your Healthy Reward this year, spring into action and visit your Primary Care Provider (PCP) for your annual physical. After you have received your physical, please check your mail. You will receive a Healthy Rewards Redemption Certificate. You will need to complete this certificate in order to redeem your reward.

Please see your PCP as soon as possible. Healthy Rewards quantities are limited, so schedule your PCP visit today before rewards run out!

If you have questions about the **Healthy Rewards** program or need to schedule an appointment with your PCP, please call our Customer Service Department today at 1-888-JAI-1999 for assistance.

*Jai Medical Systems Managed Care Organization, Inc. reserves the right to eliminate or reduce incentives/rewards and/or modify or cancel the Healthy Rewards Program at any time without notice. Rewards are not convertible to cash. Limitations and exclusions apply. Offer valid while supplies last. Eligibility to receive a reward is contingent on Jai Medical Systems Managed Care Organization, Inc.'s receipt of confirmation from your PCP that you had your annual visit in 2021.

Tell us what you think.

Complete the CAHPS Survey today!

We are always looking for ways to improve the quality of care you and your family receive.

In mid-February, you may have received a national survey in the mail called the Consumer Assessment of HealthCare Providers and Systems (CAHPS) survey. As a member of Jai Medical Systems, it is important to complete the CAHPS survey. This is your opportunity to tell us how you feel about the medical care and services that you are receiving as a member of Jai Medical Systems. If you have any questions or concerns that you would like immediately addressed, please contact us today at 1-888-JAI-1999, so that our Customer Service team may assist you right away.



Tax Form 1095-B

If you or a member of your household received Medicaid or the Maryland Children's Health Program (MCHP) health coverage during the previous year, you will receive IRS Form 1095-B directly from the Maryland Health Connection. This form serves as proof that you and members of your family met the requirement under the Affordable Care Act to have health insurance coverage. This form should have been mailed to you in February.

- ◇ Verify Information on Form 1095-B. Review the information on the form, such as names of household members enrolled and dates of coverage to ensure that it is correct.
- ◇ Save Form 1095-B. Keep this form with your other important tax documents.

If you think the information shown on your Form 1095-B is wrong, or if you need another copy of the form, please call the Maryland Health Connection today at:

Phone: 1-855-642-8572
TTY: 1-855-642-8573

COVID—19 Vaccinations

Recently, the FDA has granted Emergency Use Authorization to Pfizer's, Moderna's and Johnson and Johnson COVID-19 vaccines. Currently, vaccine distribution is following Maryland's COVID-19 vaccine distribution plan.

Why should I receive the COVID-19 vaccine?

There are many important reasons to receive the COVID-19 vaccine. One of the most important reasons to receive the COVID-19 vaccine is to protect yourself, your family, and your friends from COVID-19. Receiving the COVID-19 vaccine is one of the most important things that we can all do to help end the COVID-19 pandemic.

When can I be vaccinated?

All Marylanders age 16 and older are now eligible to get vaccinated at any of the state's mass vaccination sites, and effective Monday, April 12, all Marylanders age 16 and older will be eligible through all providers.

Marylanders are encouraged to pre-register for appointments at mass vaccination sites via covidvax.maryland.gov or 1-855-MD-GOVAX.

For additional information or assistance scheduling a vaccination appointment please contact our Customer Service Department Monday through Friday 9am to 6pm, at 1-888-JAI-1999.

COVID—19 Testing

At Jai Medical Systems, we understand that COVID-19 has changed almost every aspect of our daily lives. Jai Medical Systems wants you to know that we are here to help. More than ever, we are committed to ensuring that our members have the most up-to-date information related to COVID-19.

COVID-19 Testing

As of June 15, 2020, Maryland residents can now be tested for COVID-19 with or without symptoms, with or without a referral, and with or without an appointment at various testing sites located throughout the State of Maryland. To find a testing site near you, please visit the Maryland Department of Health's website at <https://coronavirus.maryland.gov/pages/symptoms-testing>.

You may also call our Customer Service Department directly to learn more about testing options and the next steps to take it if you are interested in receiving a COVID-19 test. Our Customer Service Department is available Monday through Friday 9am to 6pm, at 1-888-JAI-1999.

Contact Tracing

Contact tracing is the process of identifying people who may have come into contact with an individual with an infectious disease. For the coronavirus 2019 pandemic, contact tracing begins with a phone interview of the positive COVID-19 patient and obtaining details regarding the patient's contacts, who they have interacted with and where they have gone recently. The next step involves locating people with whom the infected person has interacted during a two-week period.

5 Healthy Spring Habits

It is always hard to stay in shape in the winter, whether it is holiday feasts, warm clothes or just a good TV marathon. With the warm weather coming, it is time to shed those layers and get healthy. Here are 5 tips to improve your health this year.

1. Prioritize Good Sleep

Sleep is so important, but it is often the last thing on our list. Remember to aim to get 7 to 9 hours of sleep a night. Be sure to keep your bedroom as quiet and dark as possible. If you have difficulty getting your mind to relax before bedtime, try meditation 5 minutes prior to bed.

2. Find Way to move; other than the gym

It is recommended that adults take 10,000 steps a day, so walk, run or jog if you can. With warmer weather approaching, plan a daily walk with friends, try a new outdoor sport or dance when you can.

3. Set a “good alarm”

Set an alarm to remind yourself to establish healthier habits, such as an alarm to remind you about bedtime, drinking more water, eating a healthy meal, or even to just stand up and stretch.

4. Create better sunscreen habits

Not all sunscreens are created equally. When looking for the best protection from the sun, be sure to pick up a lotion or spray with a Sun Protection Factor (SPF) of 30 or higher. Also be sure that the sunscreen lists that it protects against UVA and UVB rays.

5. Greet the day

Some mornings are harder than others to get up but waking up at a consistent time can improve your overall health. The sunlight in the morning helps program the body and can actually help regularize your sleep schedule. Try taking a 20 minute walk after waking up to start the day.

Well Child Visits: What to Expect

It is important that your child receive regular “Well Child” check-ups with your Pediatric Primary Care Provider (PCP). The American Academy of Pediatrics recommends that all parents take their children to at least 12 check-ups during the first three years of life.

During a well child visit, your child’s PCP will review your child’s health, aspects of their development, and provide any necessary vaccines. Your PCP may also screen your child for health problems; either through blood work or by asking health-related questions. These visits are also a good opportunity for you to ask any questions

that you may have related to your child’s health and development.

Your child's PCP will develop and recommend a schedule for your child’s healthcare.

Well Child visits are recommended at the following ages:

- 3 to 5 days old.
- By 1 month.
- 2 months.
- 4 months.
- 6 months.
- 9 months.
- 1 year.
- 15 months.
- 18 months.
- 2 years.
- 30 months.
- 3 years.

After age 3, Well Child visits are usually scheduled once a year.

If you are in need of an appointment for your child or transportation assistance for your child’s appointment, please contact our Customer Service Department today at 1-888-JAI-1999.



Preventive Care Guidelines for Adults

It is important that adults receive routine preventative healthcare each year. The table below outlines services that are recommended for adults by age as well as how often you should have them done. Please note that if PCP is noted below, it stands for Primary Care Provider.

Service:	For Who:	How Often:
Routine Check-Up	Everyone age 19 and older	Every year
Blood Pressure Test	Everyone age 19 and older	During your annual check-up
Pap Smear Test	Women age 21 and older	Every 3 years *evaluate risk every year with your PCP
Cholesterol Blood Test	Everyone age 35 and older	Evaluate risk every year with your PCP
Breast Cancer Screen	Women age 50 and older	Mammogram every 2 years *evaluate risk every year with your PCP
Colon Cancer Screen	Everyone age 50 or older	Evaluate risk every year with your PCP
Prostate Cancer Screen	Men age 40 and older	Evaluate risk every year with your PCP
Lung Cancer Screening	Adults age 55 and older with a history of smoking	Yearly *evaluate risk every year with your PCP
Adult Immunizations: Flu Tdap Tetanus Shingles Pneumococcal (PPSV23) HPV	Adults 18 and older Adults 18 and older Adults 18 and older Adults 60 and older Anyone Ages 2- 64 Women Ages 11-26 Men Ages 11-21	Yearly Once (if didn't receive at age 11-12), during every pregnancy Every 10 years, more frequently depending on risk Two Shot Series Evaluate risk with your PCP Three Shot Series
Eye Exam for Diabetics (Dilated Funduscopic) Foot Exam for Diabetes	Everyone with Diabetes Everyone with Diabetes	Every 2 years or more frequently depending on risk Every year
STD Screening	Everyone who is sexually active	Evaluate risk every year with your PCP
HIV Blood Test	Adults 18 and older	Once or more frequently depending on risk
Hepatitis C	Adults 18 and older	Once for adults born between 1945 and 1965. For others, more frequently depending on risk
Substance Use Screen	Adults 18 and older	Yearly or more frequently depending on risk
Depression Screening	Adults 18 and older	Yearly or more frequently depending on risk