

Healthier you

Your guide to health and wellness



Free gift

Pulse oximeter

Details on p.17
While supplies last

p. 5 | What health care resources
have you used this year?

p. 7 | How to finish this
year strong

p. 13 | Be your healthiest
in 2022

The Everett Clinic
Part of Optum®

Inside this guide

We want to help you get the most out of your care. When you do, you can often make the most of your life. Keep this guide handy so you and your doctor can:

- ✓ Track your care
- ✓ Plan for the future
- ✓ Set goals to help you live your healthiest life

Table of contents

p. 3 Introduction

Finish the year strong

p. 3 Win a \$50 Amazon® gift card

p. 5 Health and wellness quiz

p. 7 Your end-of-year health checklist

p. 9 Don't fall this fall

p. 11 Stay safe from COVID-19 and the flu

Looking ahead to 2022

p. 13 How we'll work with you

p. 15 Set your health goals

p. 17 Get your free gift

Jim, age 68

"This past January I had my Annual Wellness Visit with my doctor. She worked with me to develop realistic health goals throughout the year. And she helped keep me on a healthy track throughout the year."

The Everett Clinic
Part of Optum®

Dear Patient,

Thank you for trusting us with your care. We're grateful to have the chance to partner with you. We promise to keep doing our best to help you live your healthiest life.

Over the past two years, the pandemic made a big impact on each one of us. We worked hard to find new ways to help keep you healthy. Our doctors completed over 6 million COVID-19 tests. We also completed 30 million video visits and gave over 1 million COVID-19 shots. We met this challenge just like we're ready to help you meet yours.

As your health care provider, we've seen the difference that quality health care makes. It affects people physically, mentally and socially. That's why we want to do everything possible to make sure you get the care you need, when you need it.

With our doctors + Medicare Advantage, you have what you need to take your health to the next level. Your care team is excited to see you in person. Now, it's time to check back in on your health. We look forward to helping you live a healthier life.

In good health,
Your Everett Clinic family

Finish the year strong

Take a moment to think back on 2021.

What's your proudest health "win"?

How did your doctor and care team help you achieve your health goals?

How can we help you make next year even better?

Win a \$50
Amazon® gift card

Facebook contest

Weekly winners.
Ends Dec. 7

Staying healthy is more important than ever. Your doctor and care team are focused on helping you live your healthiest life.

How are you staying healthy? Share your story. Post it on Facebook with #EverettHealthier. You could win a \$50 Amazon® gift card. Find details at optum.com/healthiercontest.

Quiz

Are you making the most of all of our health and wellness resources?

You have access to many resources for living your healthiest life. Which of these did you use this past year?

Which of these did you use?

Visits	✓
Medicare Annual Wellness Visit with your primary care doctor It's part of your Medicare Advantage plan.	
Virtual doctor visit Video or phone visits without leaving home.	
Care to keep you healthy Preventive screenings to catch problems early	
Education	✓
Health and wellness library Hundreds of healthy living videos and care articles. Visit optumcare.com/wellness2	
Living healthier eNewsletter Tips for healthy living and more sent monthly. Sign up at optum.com/tips	
Community events and classes Check with your doctor's office to learn more.	
Resources*	✓
COVID-19 vaccine finder Find a COVID-19 shot near you. Visit covid19vaccinecenterlocator.optum.com	
OptumRX Home delivery for your medicines at optumrx.com	
Optum Emotional Support Help line Free help finding resources 24/7. Call 1-866-342-6892, TTY 711	
Mental health support app Learn how to cope, relax and feel better. Download the free Sanvello app at sanvello.com	
The Optum Store Health and wellness products just for you. Visit store.optum.com	
Your score. Earn 1 point for each one you've used	Score
Scoring: 1-4 You may be missing out. 5-8 Looking good. 9+ Great work, you're on your way to a healthier you.	

*May vary by location

Healthier you checklist

What to complete before Dec. 31, 2021

There's still time to catch up on overdue doctor's visits, health screenings and more. Plus, you may earn extra rewards for completing your screenings now.** Call your clinic for details.

Everyone	Type	When should you have it done? What is it for?	✓
	Bone density	Ask your doctor when to have it. X-ray test for bone strength. Important for women who've broken a bone in the last six months.	
	Colorectal cancer screening	Colonoscopy: every 10 years OR Stool screening test: every year. Have a family member with colon cancer? Ask your doctor if that raises your chances of having the disease.	
	COVID-19 shot (vaccine)	Talk to your doctor about getting the shot. Helps keep you safe from COVID-19.	
	Diabetes screening	Every 3 years. More often if you are overweight or have other risk factors for diabetes.	
	Flu shot (Influenza vaccine)	Every year. Helps keep you from getting the flu.	
	Other vaccines (pneumonia, shingles)	Ask your doctor.	
	Heart health and blood vessel checkup	Ask your doctor what you can do to lower your chances of heart attack or stroke.	
	Wellness visit	Every year. Create or update your personalized care plan. Includes physical exam, BMI, blood pressure, cholesterol, medicines and health advice.	

Women	Type	When should you have it done? What is it for?	✓
	Breast cancer screening	Mammogram: At least every two years.	
	Cervical cancer screening	PAP: Every three years. Ask your doctor about the right screening for you.	
Men	Prostate exam	Talk to your doctor about your prostate health.	



To schedule a screening,
call your doctor's office.

Don't fall this fall

Falls are the leading cause of serious injury for older adults. Fortunately, there's a lot you can do to keep from falling.

Follow these tips to avoid tumbles.

1

Talk to your doctor. Ask if your health problems could cause you to fall.

2

Find out if your medicines can make you dizzy. If yes, ask for different ones.

3

Start a good balance and exercise program.

4

Get your eyes checked once a year.

5

Make your home safer. Remove things that could trip you, like power cords.

Join us online for a strength and balance class with Chloe.

Use your smartphone camera to scan the code or visit optumcare.com/balance



Want to learn more?

See the full article: optumcare.com/falls

Stay safe from COVID-19 and the flu

Use these tips to keep yourself and others safe.

Don't wait. Get both flu and COVID-19 shots.

Getting vaccinated is a simple, safe, and effective way to protect yourself and others. You can get both COVID-19 and the flu shot at the same visit. Call your doctor's office now to get your shots.

Stop germs from spreading

Wash your hands often. Cover your nose and mouth when you sneeze or cough. Wear a mask when you're in crowded areas. Disinfect surfaces like countertops and doorknobs. If you're feeling sick, stay home.

If you get sick, get tested

What if you start feeling achy or feverish? Call your doctor. Ask about getting tested for COVID-19. There's no cost to you. Medicare and Medicare Advantage cover it.*

Learn more.

Use your smartphone camera to scan the code or visit optumcare.com/shot2
Questions? Call your doctor's office.



Look forward to 2022

What do you have planned for the year ahead? Travel, see your family, pick up a new hobby? Whatever the new year brings, we'll be right by your side.

Our difference



Personal care team

Work with your primary care doctor and a team of specialists and support staff. They're dedicated to helping you live your healthiest life.



Annual wellness plan

Set and track your personal health goals. Plus, you'll get regular support and coaching from your personal care team.



Programs for long-term medical problems

Have heart disease, diabetes, or COPD? Discover new levels of support to help you care for these and other health problems.



Help every step of the way

Need to see a specialist? Have questions about your medicines? Need in-home care? Your primary care doctor will make sure you get the care you need, when you need it.

Chen, age 70

"Finding your way through the medical system can be frustrating. I'm lucky that my doctor makes sure I get all the care I need. That gives me peace of mind."

Where to go for care

Find out how to get the care you need, when you need it. Use your smartphone camera to scan the code or visit optumcare.com/wheretogo2
Questions? Call 1-425-399-5223, TTY 711



Setting goals

Be your healthiest in the new year

The first step on a journey? Choose where you're going. If you want to feel healthier next year, set specific goals now. Your doctor can:

- ✓ Help you set goals that make the most sense for you
- ✓ Work closely with you to help you reach your goals

How to choose meaningful goals

People often promise to lose weight or get fit. But promises like these are sometimes hard to keep. Before you set a goal, think about what's most important to you.

Ask yourself:

What are my health priorities right now?

Do you have a long-term medical problem like diabetes or heart disease? What does your doctor say you should focus on? Make that your top goal. Don't try to do too much at once.

Are my goals helping me live the life I want?

Do you have a trip in mind you've always wanted to take? Is there a sport you enjoy? Or do you just want to feel more confident? Set a health goal that makes a real difference in the way you live.

How does my health affect my loved ones?

What kind of promise are you more likely to keep? A goal that's all about you? Or one that says, "I want to play softball with my grandkids"? Or "I'd like my daughter to worry less about me"?

Goals worksheet

Take some time to think about the questions on page 15. Then choose three goals. Use this worksheet to write them down. Ask your doctor about them at your next visit. Check off each goal as you complete it.

Your goal	How you'll measure it	Target date
Examples: Fit into my new outfit for my grandson's wedding.	Examples: I can wear it comfortably while dancing.	Examples: Two weeks before the wedding.
Keep my blood sugar at a good level all year.	Keep my A1c below 7%.	Starting in March.
1.		
2.		
3.		

Get your free pulse oximeter



Track your oxygen level and pulse anytime, anywhere. Just another tool from us to help you stay healthier.

Free gift: pulse oximeter*

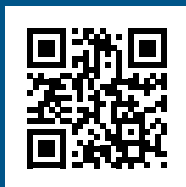
Track your oxygen level and pulse anytime, anywhere.

Just another tool from us to help you stay healthier.

Claim this free gift.

Choose one of the ways below:

- Scan the QR code with your smartphone
- Visit optum.com/thankyou



*While supplies last.

Plus get future care guides emailed to your inbox.



Carol, age 66

"My doctor checks in with me regularly to make sure I take my medicines and eat right. I have Type 2 diabetes. Keeping in touch with my doctor helps keep me healthier."

Thinking about a new Medicare plan? Call us first.

We can put you in touch with a licensed insurance agent.* You'll get help finding a plan that your doctor accepts. They'll listen to your needs and help you choose a plan that makes sense for you.



Call 1-425-217-8561, TTY 711.

Monday through Friday, 7 a.m. to 7 p.m.

The Everett Clinic

Part of Optum®

*A representative from Optum Sales Support Center can connect you with a licensed insurance agent in your area to review your health insurance plan options. Optum Sales Support Center connects Medicare beneficiaries with resources including licensed insurance agents that sell Medicare Advantage and Medicare Prescription Drug Plans.

** Restrictions apply. Screening rewards vary by state. Must complete certain screenings with one of our doctors or providers to receive reward. Limit one reward per patient per year. Contact your clinic for details.

Disclaimer: Patient information is for illustrative purposes only. While based on an actual patient story, the picture, name, age and other identifiable information have been changed to protect their privacy.

Optum® and OptumCare® are trademarks of Optum, Inc. All other trademarks are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.