

## Higher Grocery & OTC Allowance!

Meat + Veggies + Medications = **\$125**/MO  
 NEW BENEFIT COMING 2024!

Starting in January 2024, Astiva Health will enhance its combined Grocery & OTC allowance to \$125\* a month.

Members who have chronic conditions and are enrolled in one of these two plan benefits will have access to this generous monthly Grocery & OTC allowance.

- ➔ **Astiva Health C-SNP Savings HMO Plan 007: \$125\* a month.**
- ➔ **Astiva Health C-SNP Premium HMO Plan 008: \$125\* a month.**

The goal is to encourage members to eat more fresh sustenance and consume less processed food.

### MEMBER SERVICES HOURS OF OPERATIONS:

October 1 – December 31 Monday - Sunday | 8:00 am – 8:00 pm

Phone: 1-866-688-9021, TTY 711 Email: [memberservices@astivahealth.com](mailto:memberservices@astivahealth.com)

**EAST SAN DIEGO ACTIVITY CENTER**  
 4551 El Cajon Blvd  
 San Diego, CA 92115

**WESTMINSTER ACTIVITY CENTER**  
 9551 Bolsa Ave, Suite E  
 Westminster, CA 92683

**SANTA ANA ACTIVITY CENTER**  
 123 W. 17th Street, Suite C  
 Santa Ana, CA 92706

**ACTIVITY CENTERS HOURS OF OPERATIONS: MONDAY - FRIDAY | 9:00 AM – 5:30 PM**

Disclaimer: The benefits mentioned are a part of special supplemental program for the chronically ill. Not all members qualify. The information listed is not a complete description of benefits. Please refer to your Evidence of Coverage for details. Astiva Health is an HMO with a Medicare Contract. Enrollment in Astiva Health depends on contract renewal. ATTENTION: If you speak Vietnamese/Spanish or other languages, language assistance services, free of charge, are available to you. Call 1-866-688-9021 (TTY:711). Hours of operation are 8:00 am to 8:00 pm seven days a week between October 1st – March 31st. 8:00 am to 8:00 pm, Monday – Friday between April 1st – September 30th.

★ New Service Counties:

**Los Angeles  
 San Bernardino  
 Riverside**

Current Service Counties:

**Orange  
 San Diego**



**WE'VE EXPANDED  
 OUR SERVICE AREA!**

FALL 2023

## Membership Newsletter

A MESSAGE FROM OUR CEO

I am excited to share with you that Astiva Health recently received the necessary approvals to expand our service area into the counties of Los Angeles, San Bernardino, and Riverside.

If you have relatives or friends living in these counties, please share the good news with them.

While this may be a big milestone for Astiva, the decision to operate in all Southern California is another step in furthering the health plan's primary goal – offering culturally sensitive benefits to the underserved communities.

I am equally excited to share with you, our Astiva members, the rich benefits that this health plan is offering for 2024. Please open the inside pages of this newsletter to get the highlights.

Thank you for choosing Astiva Health as your Medicare Advantage health plan.

**TRI NGUYEN, M.D.**  
 Chief Executive Officer

LEARN MORE TODAY:

[www.astivahealth.com](http://www.astivahealth.com) / 1-866-688-9021, TTY 711

## Have You Completed Your Annual Wellness Visit?

Your health is a precious gift, and taking care of it is essential at every stage of life. If you haven't been visiting your doctor regularly, it's time to consider an annual wellness visit. This simple appointment can be a key to maintaining your well-being as you age.

During your annual wellness visit, your doctor will assess your overall health, recommend screenings based on your age and medical history, and discuss any concerns you may have. They can help you identify potential health risks early on and create a personalized plan to keep you feeling your best.

Remember, prevention is often the best medicine. By attending your annual wellness visit, you're taking a proactive step towards a healthier, happier future. Don't wait for symptoms to appear; prioritize your health now—for yourself and your loved ones.

Your well-being matters, and your doctor is here to support you on your health journey. Schedule your annual wellness check up today and invest in a healthier tomorrow.



## Are you Eligible to Receive Extra Help with Medicare Prescription Drug Plan Costs?

If you have a limited income, you may be able to get extra help to pay for the monthly premiums, annual deductibles, and co-payments related to the Medicare Prescription Drug program. However, you must be enrolled in a Medicare Prescription Drug plan to get this extra help.

For online enrollment into this program, visit <https://secure.ssa.gov/i1020/start> to start the process.

You should complete this application for Extra Help on the Internet if:

- ➔ Your combined savings, investments, and real estate are not worth more than \$33,240, if you are married, or \$16,660 if you are not currently married. (Do NOT count your home, vehicles, personal possessions, life insurance, burial plots, irrevocable burial contracts or back payments from Social Security or SSI.)

It is unnecessary to complete this application if you currently receiving Supplemental Security Income (SSI) or if you have both Medicare and Medicaid because you automatically will get the extra help for prescription drugs.



**IF YOU NEED HELP COMPLETING THIS APPLICATION, CALL SOCIAL SECURITY TOLL-FREE AT: 1-800-772-1213 | MONDAY-FRIDAY 7AM-7PM**

## Cannot Afford to Pay the Part B Premium?

Next year Astiva Health will cover nearly all your Part B premium payments!

The premium that you are obligated to pay every month to have Medicare's Part B is \$164.90\*. Astiva is currently covering up to \$132 of your monthly premium amount if you are enrolled in the Astiva Health Savings Plan (001).

In 2024, our health plan will have a rebate program that cover up to \$164.90\* of your Part B premium. Give us a call today if you need more details.



## Need Help Paying for Dental Services?

Next year Astiva Health has a plan benefit that offers you \$875 per quarter for dental services. That is up to \$3,500\* a year for you to get some of the following popular procedures done like implants, crown, and deep clean.

This plan benefit has no co-pay for dental services as long as you stay within the allowance. Please call us today for more information on this new and exciting supplemental benefit!



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**FOR MORE INFORMATION  
CALL A MEMBER SPECIALIST:**

**1-866-688-9021, TTY 711.**

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