

Have questions about your 2024 benefits or need a document written in English translated into your native language?

Come visit one of the following Astiva activity centers to get assistance:

EAST SAN DIEGO

4551 El Cajon Blvd
San Diego, CA 92115

ORANGE COUNTY

9551 Bolsa Ave, Suite E
Westminster, CA 92683

DOWNTOWN LOS ANGELES

3250 W. Olympic Blvd Ste. 400
Los Angeles, CA 90006

SAN GABRIEL VALLEY

113 East Garvey Ave
Monterey Park, CA 91755

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

MEMBER SERVICES HOURS OF OPERATIONS

January 1 - March 31 | Monday - Sunday | 8:00 am - 8:00 pm

April 1 - September 30 | Monday - Friday | 8:00 am - 8:00 pm

Phone: 1-866-688-9021, TTY 711

Email: memberservices@astivahealth.com

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The information listed is not a complete description of benefits. Please refer to your Evidence of Coverage for details. Some of the benefits mentioned are part of a special supplemental program for the chronically ill and not all members qualify. Out-of-network/non-contracted providers are under no obligation to treat Plan members, except in emergency situations. 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. Documents available in alternative formats such as large print and braille. Call 1-866-688-9021 (TTY: 711). The hours of operations are 8:00 am to 8:00 pm seven days a week between October 1 - March 31. 8:00 am to 8:00 pm, Monday - Friday between April 1 - September 30.



SPRING 2024

Membership Newsletter

A MESSAGE FROM OUR CEO

Our goal is to keep you as healthy as possible so you can continue to Love Life. We encourage you to complete your Annual Wellness Visit with your Primary Care Provider this month.

This gives you and your doctor the opportunity to review all your medications, discuss your medical conditions, and complete appropriate health maintenance screenings.

In addition, please make sure you are up-to-date on all your vaccines. Let us know if you need help with transportation.

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

TRI NGUYEN, M.D.
Chief Executive Officer

LEARN MORE TODAY

astivahealth.com / 1-866-688-9021, TTY 711



Is Inflation Affecting Your Monthly Grocery Budget?

Astiva provides **\$100 each month** for groceries to the members with one or more chronic conditions enrolled in either the C-SNP Deluxe Plan (HMO-007) or the C-SNP WOW Plan (HMO-008).

Please utilize this benefit every month to ensure that you have fresh food for a healthy diet. Contact Member Services today if you have any questions about which supermarket is a part of Astiva's grocery network.



Need a Lift to Your Doctor's Office?

All Astiva members are eligible to have **no-cost transportation** if you need to see your physician for medically related reasons.

Please call Member Services at least two days prior to the appointment with your doctor to schedule the pickup and drop off time.

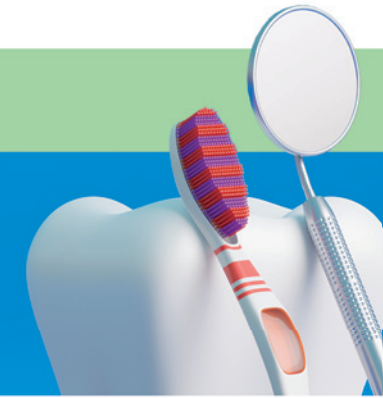


Need Help With Your Gym Membership Fee?

All Astiva members are eligible for **up to \$50 a month** in gym membership allowance. The money is pre-loaded into your Wex credit card which can be used at participating fitness centers like 24 Hour Fitness, and LA Fitness.

You may be asked by the fitness center to pay an activation fee.

If you have not had the chance to use this benefit yet, contact Member Services today to learn more about your monthly gym membership allowance.



When Did You Last Visit the Dentist?

All Astiva members are offered a **dental benefit program** in 2024 because our health plan knows that clean teeth and healthy gum decreases your risk of developing cardiovascular problems.

Your dental allowance is given at the beginning of **each quarter in the calendar year**. The unused allowance is rolled over to the next quarter of the same year.

Contact Member Services today if you need help searching for a dentist that is a part of the Astiva dental network

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

1-866-688-9021, TTY 711.

astiva HEALTH