

The exclusive magazine for Sharp Direct Advantage® Medicare members

SPRING/SUMMER 2025

INSPIRE

**Fun ways
to stay fit
and be well**

**5 Tips for
hospital
discharge
planning**

**6 WAYS TO TAKE
MEDICATIONS
SAFELY AS YOU AGE**

**Depression
and aging:
Safeguard your
mental health**

**Top places
to watch a
San Diego sunset**

SHARP Health Plan



New beginnings

I'm extremely honored to be writing my first INSPIRE forward as the new CEO of Sharp Health Plan.

I've been part of the Sharp Health Plan family for 15 years and oversaw the team that built our Medicare Advantage plan offerings, so writing this is extra special. I mean it when I say that it is because of your continued support that we are the highest member-rated Medicare Advantage plan in California with the highest member rating for health care quality¹.

As I step into this new role, I want to reiterate our commitment to delivering high-quality and affordable coverage you can count on. Thank you, sincerely, for choosing us to support you on your health journey.

We have another great issue of INSPIRE for you, including helpful tips for seniors to safeguard their mental health (page 3), a planning guide for

coming home from the hospital (page 5) and ways to manage high blood pressure (page 10). There's a piece on improving and maintaining your physical health (page 11), a delicious turkey burger recipe that isn't dry (page 13), a guide to the top places around San Diego County to watch a beautiful sunset (page 17) and lots of other informative and engaging content for you to enjoy.

Happy reading! We're wishing you a wonderful spring and summer.

In good health,

Michael Byrd
President and CEO
Sharp Health Plan

¹ Based on a 91% base group in the area of members' overall rating of their health plan, and 89% base group in the area of members' rating of health care quality from the 2024 Consumer Assessment of Healthcare Providers and Systems® score survey results achieved by Sharp Health Plan. This is based out of 39 California Health Plans designated as same Organization Type (Local CCP) and Plan Type (HMO/HMOPOS) as Sharp Health Plan (with no "partial" or "EGHP" designations) for 2025.

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Depression and aging



Safeguard your mental health

It may come as a surprise, but depression is not a natural part of aging. It's normal to feel sad once in a while, but if you find that you've stopped enjoying things you used to or you have trouble getting up in the morning, it might be more serious. If this sounds familiar, you're not alone. Up to 5% of older adults have major depression, and up to 15% have significant symptoms that affect their daily lives.

Depression can change how you think and feel if it lasts a long time. It's important to remember that depression isn't your fault. It could be caused by a medication you take, prolonged social withdrawal or big life changes such as retirement or the loss of a loved one. If you've been feeling down for several weeks or think you might be depressed, it's a good idea to see a health care professional.

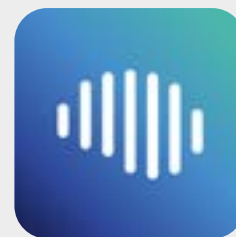
To ease depression symptoms, try adding healthy habits to your daily life. Eating nutrient-dense foods, sleeping well, exercising regularly and staying connected with friends and family can uplift your mood and reduce feelings of isolation.

We believe your mental health is just as important as your physical health. That's why we're proud to partner with Magellan Healthcare, Inc.², a trusted leader in the mental health and substance use disorder industry, to provide behavioral health benefits to our members. Together, we make it easy for you to access the care you need, with thousands of behavioral health providers for you to choose from. We make it convenient, too, with video visits and no referral needed for outpatient therapy with a provider in your network.



Visit sharpmedicareadvantage.com/bh or scan the QR code to learn more.

² In California, Magellan is doing business as Human Affairs International of California, Inc.



NeuroFlow app

Sharp Health Plan offers access to the NeuroFlow app for no cost to all Sharp Direct Advantage[®] members.

NeuroFlow is a fun and engaging tool that helps you improve your mental and physical health with:

- A tracker for your mood, sleep, stress, pain and more, so you can monitor patterns over time
- A full library of wellness-related audio guides, videos and exercises with a variety of unique topics such as coping with loss, positive psychology and mindful living
- The ability to choose content based on themes relevant to you, such as pain management, sleep, anxiety and more
- Relaxation techniques like guided breathing and journaling



To download and use the NeuroFlow app, scan the QR code or visit

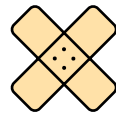
sharpmedicareadvantage.com/neuroflow

5 Tips for hospital discharge planning:

A guide for families and caregivers

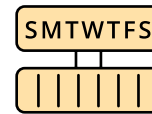
While you can't always avoid a hospital stay, having a solid plan strongly reduces your chances of readmission to the hospital after you're sent home, also called being discharged.

Here are five key things you and your caregiver should pay attention to when you're being discharged after a hospital stay. Following these steps can help you avoid complications and potential readmission to the hospital, so you can recover and heal in the comfort of your own home.



1. Medical condition

Make sure you fully understand your injury, illness or condition. Try to have a helper there with you to take notes or use your phone to record your doctor or nurse explaining it. Don't be afraid to ask questions or request further clarification. If English is not your first language, you can ask for language help.



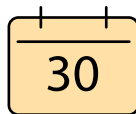
2. Medications

Before leaving the hospital, you'll probably receive information about new medications. It's a good idea to have a list of all the medications you already take, including over-the-counter drugs, herbs and supplements. Go over this list with your doctor when discussing any new prescriptions. Ask about how to use them and their side effects. This helps make sure you get the right dosage and avoid harmful interactions between medications.



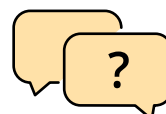
3. Planning

Once you get home, you may need special medical equipment such as a hospital bed or a walker. To check what equipment is included in your coverage, you can review your plan's Evidence of Coverage at [sharpmedicareadvantage.com/forms](https://www.sharpmedicareadvantage.com/forms). Be sure to schedule for any equipment to be delivered to your residence, and plan any other necessary logistics before you're discharged to help with a smooth transition from the hospital to home.



4. Follow-up care

You'll probably need to schedule a follow-up appointment with your primary care physician (PCP) within the first 30 days after discharge. This visit is important for monitoring your recovery and updating your treatment plan. Make sure to ask when and how the hospital will communicate with your doctor. Also, things like physical therapy or occupational therapy might be necessary. Be sure you know who to contact to set up your first appointment(s).

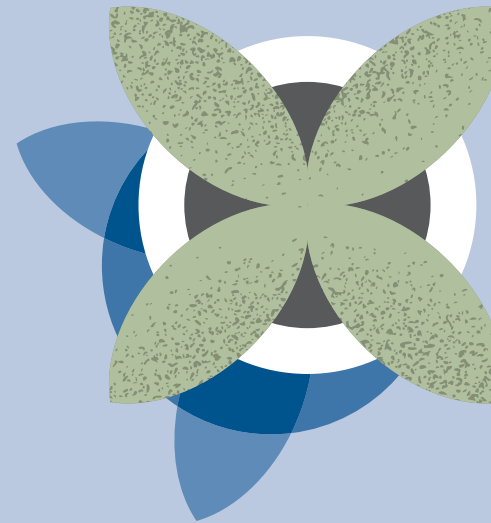
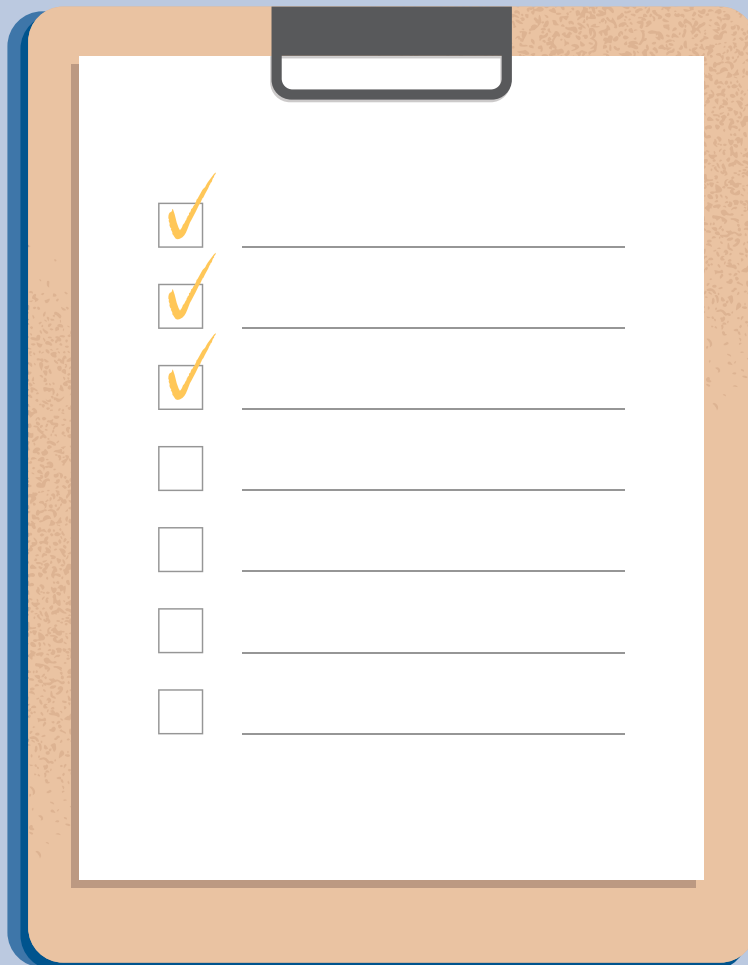


5. Lifestyle instructions

Are there any changes you need to make to your diet or activities you should avoid? Also, ask your care team if you're ready to perform daily tasks like bathing, dressing, using the bathroom alone, cooking and cleaning, as well as driving to the market, pharmacy and doctor's appointments.

Checklist for your first 30 days at home

After a hospital stay, the first 30 days at home are crucial for your recovery. When you leave the hospital, your care team will give you postdischarge instructions for your continued care. Along with these instructions, use this checklist to help heal safely at home.



My medication list

Filled out on: _____

Use the space below to list all prescription drugs, over-the-counter drugs, vitamins and herbal supplements you take.

Be sure to bring this list to your follow-up appointment with your doctor. Make sure your doctor or pharmacist reviews the medications you took during your hospital stay so they can compare them against your current medication list.

Drug name	What it does	Dose	How to take it	When to take it
				<input type="checkbox"/> A.M. <input type="checkbox"/> P.M.
				<input type="checkbox"/> A.M. <input type="checkbox"/> P.M.
				<input type="checkbox"/> A.M. <input type="checkbox"/> P.M.
				<input type="checkbox"/> A.M. <input type="checkbox"/> P.M.
				<input type="checkbox"/> A.M. <input type="checkbox"/> P.M.
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				<input type="checkbox"/> A.M. <input type="checkbox"/> P.M.
				<input type="checkbox"/> A.M. <input type="checkbox"/> P.M.

My appointments

Use this space to write down the dates and times of your upcoming appointments.

Appointment	Date	Time

My care team contact list

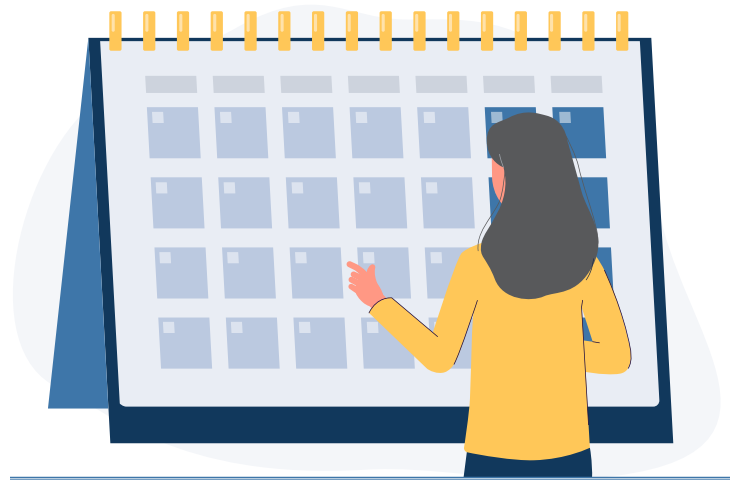
Use this space to write down the names and phone numbers of your care team, including your pharmacy. For more information on understanding your care team, visit sharpmedicareadvantage.com/careteam or scan the QR code.



Healthcare provider name	Phone number	Special instructions / hours of operation



6 WAYS TO TAKE MEDICATIONS SAFELY



As you get older, you may find that you take several prescriptions each day. When the number of medications you take increases, so does your risk of being harmed from taking too much of a drug, missing a dose or mixing medicines that shouldn't go together.

Here are six reminders to help you play it safe with your prescriptions:

1. Keep medications visible.

Store prescriptions in a place where you can easily see them. Don't keep them in a crowded drawer or cabinet. Make sure you can recognize your medication by its shape, color, size and name.

2. Use a pillbox.

Use a daily pill organizer that separates pills based on when you take them. This will ensure you always take the correct medications at the right time.

3. Use a calendar or phone reminder.

Write down your medication schedule in a calendar or journal, and then check off each dose as you take it. You can also set a reminder on your phone. Create a routine that works for you. For example, take your meds when you eat breakfast or get ready for bed.

4. Refill prescriptions before they run out.

Consider signing up to receive your medications by mail to ensure you always have the prescriptions you need. You may also be eligible to change from a 90-day to a 100-day supply, which means only 3 refills a year.



Scan the QR code or visit sharpmedicareadvantage.com/100day for more info.

5. Review medications with your doctor.

At every doctor's appointment, review all the medications, supplements and over-the-counter medicines you take. Be honest and never leave anything out.

6. Only take medication prescribed to you.

Never take someone else's medication even if they use it for a similar condition.

As a Sharp Direct Advantage® member, you may qualify for our Medication Therapy Management (MTM) Program that helps you get the most out of your medications by reducing drug-related risks, supporting good lifestyle habits and more.

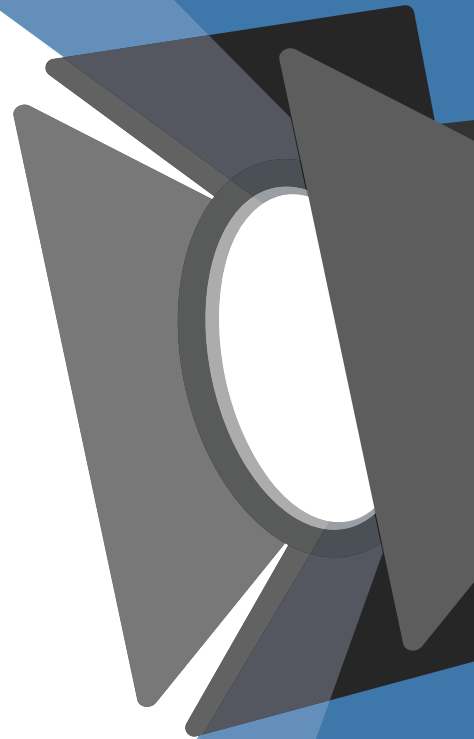


Scan the QR code or visit sharpmedicareadvantage.com/mtm to learn more.

SPOTLIGHT: Tips for managing high blood pressure

High blood pressure, also called hypertension, makes it so your heart needs to work harder to pump blood through your body. Being organized with your medication plan and openly communicating with your care team are critical for effectively controlling your blood pressure. These tips can help:

- ✓ **Know your numbers and get checked regularly**
 - Check your blood pressure often and keep track of your readings.
 - A healthy blood pressure is usually below 120/80 mmHg. If your numbers are higher, talk to your doctor about how to lower them.
- ✓ **Follow your treatment plan**
 - Go to all your medical appointments, even if you feel fine.
 - Ask your doctor about lifestyle changes that can help you manage your blood pressure.
 - Always take your medications exactly as prescribed, even if your blood pressure is okay.
- ✓ **Keep your care team informed**
 - Tell your doctors about any medicines you take, including prescriptions from other providers and over-the-counter drugs. Some drugs and supplements can interact with your blood pressure medications.
 - Let your doctor know if a medicine makes you feel strange or sick. They may change the dosage or prescribe another type of medication.



FUN WAYS TO STAY FIT AND BE WELL



A lack of physical activity is a growing public health concern. Older adults need about 2½ hours of aerobic activity (walking, jogging, swimming, etc.) each week, combined with muscle-strengthening activities at least two days per week.

Staying active has extensive benefits, even for people who have joint pain or are recovering from an injury or a surgery. Consistent, medium-intensity exercise lowers blood pressure, builds stronger bones, improves balance and most importantly, helps people live longer, more vibrant lives.

HERE ARE SOME EASY WAYS TO ADD MORE EXERCISE INTO YOUR DAY³:

Aerobics:

- Play your favorite sports: Make time for leisure activities, like bowling or pickleball, that get you out and moving around.
- Enjoy the outdoors: When the weather allows, get outside to go for a neighborhood walk or a hike nearby. Fresh air is always a good idea!
- Swim: Swimming is a fantastic way to get exercise without straining your joints, so it's a great option if you have osteoporosis.

Balance and strengthening:

- Stretch daily: A simple 10-minute stretch each morning keeps joints flexible and increases overall mobility.
- Light weights and resistance bands: Daily repetitions of light weights or the use of resistance bands can help to tone your muscles.
- Mind-body exercises: Practices such as yoga and Tai Chi improve balance, manage stress and enhance muscle tone.

Everyday activities:

- Work out while you work: Regular household chores like cleaning, gardening and sweeping can help you get extra steps in.
- Work out while you play: Having trouble finding motivation? Try exercising while watching your favorite series or listening to music or an audiobook.

Getting older shouldn't mean slowing down. Staying active is crucial for staying young at heart, mind, body and spirit.



If you need a little extra support, Sharp Health Plan's Best Health® wellness program is a great place to start. Best Health can help you achieve and maintain your health goals with interactive webinars, no-cost classes and events and other free tools to help you plan, track and celebrate your journey toward better health.

Scan the QR code or visit sharpmedicareadvantage.com/besthealth for more information.




³ Always talk with your health care provider before starting any exercise or physical activity program.



With the Silver&Fit® program, you can enjoy access to fitness centers and a home fitness kit at no cost.

Select one of the following options or both:

Fitness center	Home fitness kits
<p>Access to 23K+ fitness center locations throughout San Diego and nationwide. No-cost coverage includes mixed-gender and gender-specific fitness centers, fitness studios that may include pools, yoga or Pilates studios and more.</p> <p>The Silver&Fit Premium fitness network offers access to full-service fitness centers and unique fitness experiences, such as rock climbing and martial arts, for an additional cost. Pricing varies depending on the location.</p>	<p>At-home kits are mailed directly to your home. Options include Fitbit® or Garmin® Wearable Fitness Tracker kits, kits for trekking, Pilates, yoga, swimming and more.</p> <p>You can choose one Home Fitness Kit per year. Kits cannot be exchanged after you've placed an order. Shipping times may vary. Kits are subject to change.</p>
<p>Scan this QR code for more information on the Silver&Fit program, including an FAQ and links to join.</p> 	

Ready to join now?

Go to silverandfit.com or call 1-877-427-4788 (TTY/TDD: 711) to join the Silver&Fit program over the phone.

The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Silver&Fit and the Silver&Fit logo are trademarks of ASH and used with permission herein. Other names and logos may be trademarks of their respective owners. Kits are subject to change. Fitness center participation may vary by location and is subject to change.



TURKEY BURGERS

with roasted eggplant

If you're big on burgers but are trying to skip the beef, try turkey. Lean ground turkey meat has less fat than ground beef — and stands strong as a good source of protein.

While turkey burgers tend to be dry, this recipe has three moisture-keeping ingredients: onions, ketchup and Worcestershire sauce. Plus, the Mediterranean toppings are so tasty you won't miss the mayo and cheese. If you like extra crunch, add cucumber slices.

Ingredients:

- 3 tablespoons olive oil, divided
- 1 medium eggplant, sliced
- 1 pound lean ground turkey
- 1/2 white onion, finely grated (about 2 tablespoons)
- 1 tablespoon Worcestershire sauce
- 2 tablespoons ketchup
- 3/4 teaspoon salt (plus more to taste)
- 1/4 teaspoon ground black pepper (plus more to taste)
- 1 red onion, sliced
- 1 tomato, sliced
- 1 cup hummus
- 4 whole wheat hamburger buns

Directions:

Step 1

Heat oven to 450° F. Grease baking sheet with 1 tablespoon olive oil. Place eggplant slices on baking sheet in a single layer, and brush slices with 1 tablespoon olive oil. Season with salt and pepper and bake for 20 to 25 minutes until soft and golden brown. Remove from oven and allow to cool.

Step 2

In a large bowl, mix together ground turkey, grated white onion, Worcestershire sauce, ketchup, 3/4 teaspoon salt and 1/4 teaspoon pepper. Shape mixture into 4 patties, each about 1/2 inch thick.

Step 3

In a large, nonstick frying pan over medium-high, heat 1 tablespoon olive oil. Add the patties and cook about 5 minutes on each side or until they reach an internal temperature of at least 165° F.

Step 4

Place each patty on a bun and top with eggplant, red onion, tomato and hummus. Serve and enjoy.

YOUR ONLINE ACCOUNTS

Sharp Health Plan app

The Sharp Health Plan app makes it easy to manage your health insurance quickly and securely. See your plan coverage, track health care spending, review claims, find in-network providers and facilities near you and more.



Download the Sharp Health Plan app or visit sharpmedicareadvantage.com/login to create an online account today.

Sharp app

For Sharp patients, the Sharp app is a new and improved way to manage your care that has replaced FollowMyHealth. Message your doctor, schedule appointments, pay bills, view test results, get same-day care and more.



Download the Sharp app or visit sharp.com/app to get started.

Do I need a Sharp account if I already have a Sharp Health Plan online account?

Yes, if you're a Sharp patient. The Sharp app is a patient portal, while the Sharp Health Plan app allows you to access your health insurance information online. For the best experience, we recommend both apps.





Sharp's free classes for seniors

As people age, they may find that their circle of friends, family and neighbors becomes smaller. Because of this, seniors often face unique challenges like isolation and loneliness, which can negatively affect their well-being.

On the flip side, creating a sense of community and belonging can lead to a more fulfilling and joyful life. Sharp provides various classes, workshops and support groups designed for seniors, including in-person and online seminars on topics such as meal resources in San Diego and heart health, as well as regular memory screenings, monthly group walks and much more.

By joining local senior centers and regularly participating in community activities, older adults can connect with others and form friendships with like-minded individuals, leading to many physical, mental and emotional benefits.



To learn more about Sharp's free offerings for seniors, visit sharpmedicareadvantage.com/seniors or scan the QR code.

Top 10 places

to watch a San Diego sunset



The days are longer, and sunset season is upon us. San Diego County offers a variety of stunning locations to watch the sun go down, from coastal cliffs to inland mountains. Here are some top spots to take in a breathtaking sunset in all its glory.

1. Sunset Cliffs Natural Park

- ▶ Minimal walking required for gorgeous coastal views

2. La Jolla Cove

- ▶ Easy access to watch the seals and sea lions

3. Mount Soledad

- ▶ Accessible by car with handicap parking available
- ▶ Panoramic coastal and mountain views of San Diego

4. Torrey Pines State Natural Reserve

- ▶ Offers plentiful parking, restrooms and benches
- ▶ High cliffs overlooking the ocean provide a perfect vantage point

5. Coronado Beach

- ▶ Flat terrain that's easy to navigate
- ▶ Wide sandy beach with views over the Pacific

6. Imperial Beach Pier

- ▶ A long pier that's handicap accessible
- ▶ Next to a beachside park with shaded picnic areas and restrooms

7. Lake Murray Reservoir

- ▶ Paved walking paths ideal for leisurely sunset strolls

8. Del Mar Beach

- ▶ Grassy park with seating areas and easy access to the sand

9. Carlsbad State Beach

- ▶ Close to the Carlsbad Seawall, a paved walkway along the coast
- ▶ Great for a family outing with restaurants and cafes nearby

10. Palomar Mountain

- ▶ Main entrance accessible by car
- ▶ Ideal for a day trip with spectacular sunset views

SHARP Health Plan

PRESORTED
STANDARD
U.S. POSTAGE
PAID
SAN DIEGO, CA
PERMIT #1

8520 Tech Way, Suite 201
San Diego, CA 92123

Important Sharp Health Plan information

H5386_2025 Inspire Spring 2025

We believe you deserve the best

Thanks to you, we're the highest member-rated
Medicare Advantage plan in the state.¹



¹ Based on a 91% base group in the area of members' overall rating of their health plan, and 89% base group in the area of members' rating of health care quality from the 2024 Consumer Assessment of Healthcare Providers and Systems[®] score survey results achieved by Sharp Health Plan. This is based out of 39 California Health Plans designated as same Organization Type (Local CCP) and Plan Type (HMO/HMOPOS) as Sharp Health Plan (with no "partial" or "EGHP" designations) for 2025.