

# GUIDANCE FROM PINE ISLAND AREA HOME SERVICES: PREVENTATIVE CARE



Information provided by the Pine Island Area Home Services thanks to a HealthPartners Grant from the Living At Home Network (2023)

## *“Why do I need preventative care?”*

Preventative services and chronic care are important for everyone, especially for older adults. **This is because your risk for health problems increases as you age.** Preventative care delays disease progression or avoids it altogether, allowing seniors to live longer, healthier, and more satisfying lives.

The CDC points to significant benefits for people 65+ who maintain a regular schedule of doctor visits and wellness screenings

Direct questions to Pine Island Area Home Services at (507) 356-2999

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## *Services to Schedule include:*

- Annual wellness exam
- Influenza vaccine
- Pneumococcal vaccines
- Breast cancer screening
- Colorectal cancer screening
- Cholesterol screening
- Diabetes screening
- High blood pressure screening
- Osteoporosis screening

Ask your doctor questions like “How often do I need to have each screening,” “Can I get all these tests done during my annual doctor appointment,” and “Are there things that make me more likely to have a certain disease or condition?”

More than half of adults 65 years of age and older are not up to date with the preventative services doctors recommend. Skipping these services can be dangerous. That’s because some diseases and conditions may not be found in time for effective treatment.

Many seniors don’t get these services because they’re concerned about cost. However, most insurance and Medicare plans cover all costs of preventative services.

Questions? Call (507) 356-2999 or swing by and say hello: The Pine Island Area Home Services office is open Mondays thru Thursdays from 9am to 1pm. To learn more visit our website at [pineislandareahomeservices.lahnetwork.org](http://pineislandareahomeservices.lahnetwork.org)

# GUIDANCE FROM PINE ISLAND AREA HOME SERVICES: HEALTH INSURANCE



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## *“How do I re-enroll for coverage?”*

When the Department of Health and Human Services ends the Public Health Emergency in May 2023, those on state Medicaid programs **will be required to submit paperwork to re-determine their eligibility.** Preparing for this ensures folks do not lose coverage inadvertently and exacerbate gaps in care.

Before your health insurance coverage is reviewed to renew, it's important to update your address, phone number & email online at [mn.gov/dhs/mycontactinfo](https://mn.gov/dhs/mycontactinfo)

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## *Renewals to begin for health insurance coverage in 2023:*

To keep your insurance during the COVID-19 emergency, most MA & MinnesotaCare renewals were stopped. Renewals will start again after the federal Public Health Emergency ends.

Avoid losing your Medical Assistance or MinnesotaCare coverage by being prepared: you'll need to provide some documentation such as proof of income when it's time for your eligibility renewal.

**Questions?** For Medical Assistance, contact your county. For MinnesotaCare, contact Health Care Consumer Support at 651-297-3862 or 800-657-3672.

Recipients will receive renewal forms in the mail. For more information, please visit the state's website at:  
**[mn.gov/dhs/renewmycoverage](https://mn.gov/dhs/renewmycoverage)**

For Medical Assistance, enrollees can expect to get renewal forms about two months before the anniversary of their coverage application, and renewals for MinnesotaCare coverage will restart beginning in October 2023 for coverage effective January 1<sup>st</sup>, 2024.