



BLUE MEDICARE
ADVANTAGE

Kansas City

ENGAGE

QUARTERLY MAGAZINE 2022 ISSUE 1

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On behalf of Blue Cross and Blue Shield of Kansas City (Blue KC), I'd like to extend a warm welcome to our newest members, and say welcome back to our loyal members. In 2022, our Blue Medicare Advantage family continues to grow. We are beyond grateful for the trust that you place in us.

In this first issue of the year, we're sharing a big first – an exciting new benefit called Blue Benefit Bucks (BBB). BBB gives you control over your flexible spending benefits. You can read more about it and get helpful tips on pages 4 and 5.

What's more, we'll delve into the importance of having a primary care provider and the benefits of preventive care. Plus, there's a hometown member story to get you movin' and a healthy recipe to get you cookin'....

Welcome to a new *ENGAGE*,

Lori Rund
Vice President of Government Programs, Blue KC

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YOUR LIFE DESERVES BENEFIT EXTRAS

Your plan has so much to offer. Like higher quality, more affordable care. Hometown customer service. A trusted network of doctors and hospitals. And in case you hadn't heard ... Benefit Extras! These benefits are a key part of your coverage. Here's a quick look at your Benefit Extras below. For more information, reference your Evidence of Coverage or Member Handbook at [MyBlueKCMA.com](https://www.MyBlueKCMA.com). Or call our Customer Service team at **1-866-508-7140** (TTY:711) where you will **ALWAYS** be treated with courtesy and respect

- Flexible Benefit Allowance
- Over-the-Counter Allowance
- Member Rewards Program
- Dental Benefits
- Hearing Services
- Vision and Eyewear Services
- Companion and Caregiver Support
- Balance and Cognitive Training
- Physical Fitness Program
- Diabetes Care Management
- Foot Care
- Personal Emergency Response System
- Virtual Care
- And More

BENEFITS VARY BY PLAN.



NATIONAL COVERAGE DETERMINATION

Lung Cancer Screening – Centers for Medicare & Medicaid Services (CMS) Policy Change

If you are or were a cigarette smoker, your doctor may recommend a special type of CT scan for early detection. Effective immediately, CMS has lowered the age to 50 and the cigarette packs per year to 20. Please talk to your doctor if you think this test may be needed. For additional information, please go to [MedicareBlueKC.com](https://www.MedicareBlueKC.com).

(National Coverage Determination Lung Cancer Screening with Low-Dose Computed Tomography (LDCT) (210.14) Version 2)

YOUR AT-HOME COVID-19 TESTS ARE AVAILABLE — HERE'S HOW

You think you have been exposed to COVID-19, and you want to do the right thing – get tested. Blue Medicare Advantage knows those tests are sometimes hard to come by. That's why we're making sure you get the free at-home tests you need. These rapid antigen at-home tests can be taken anywhere and give results within 30 minutes.

While every home in the U.S. is eligible to order free at-home COVID-19 tests at COVIDtests.gov, Blue Medicare Advantage has you covered, too. Your health is our priority, so we're providing additional tests to our members at no charge. Here's how to get yours.

Two Ways to Get Your At-Home COVID-19 Tests

1. Shop In-Store at a Network Pharmacy

- You may obtain tests by shopping in-store at a network pharmacy. To locate a network pharmacy, go to MedicareBlueKC.com/find-a-doctor.
- Members are eligible for eight (8) FDA-approved or FDA-authorized tests per calendar month. If multiple tests are packaged together, each test counts as one.
- Show your member ID card at the pharmacy checkout. You **MUST** check out at the pharmacy (and not the regular store checkout) for the benefit to be applied, with no out-of-pocket cost.

- You can pay out-of-pocket at the regular store checkout counter and submit your documentation for reimbursement. Blue Medicare Advantage will provide reimbursement for up to \$12 per test.

2. Submit for Reimbursement

- Submit your request to Blue Medicare Advantage, **ATTN:** Government Programs Claims, 2301 Main St., Kansas City, MO 64108.
- Provide your name, member ID number, and phone number. Also, include the receipt which indicates merchant's name and address, and date of purchase.
- You will be reimbursed up to \$12 for each eligible test, up to eight (8) tests per member per calendar month.



BE AWARE

Beware of This Phone Scam

It seems that the pandemic is making Medicare members vulnerable to some unfortunate scams. It's been reported that scammers are trying to steal personal information. If you get a phone call requesting information so that free at-home tests can be mailed to you, please hang up – it's a scam.

WAYS TO CONNECT WITH YOUR HEALTHCARE

Blue KC makes it easy to engage with your healthcare. So easy, in fact, you might just feel an instant connection.

TAP IN TO YOUR MEMBER PORTAL

MyBlueKCMA.com is your healthcare command central

Manage every aspect of your health plan right here. On your member portal, you can do everything from check on a claim, grab a digital copy of your ID card, and learn more about the Benefit Extras in your plan. All this – and more – is at your fingertips 24/7.

SIGN UP FOR EMAILS

The convenience of paperless communications

We can deliver your Explanation of Benefits (EOB) and even the ENGAGE issue you're reading now right to your email inbox. Simply log in to MyBlueKCMA.com, click on your name or profile icon in the upper-righthand corner, and select your Communication Preferences.

CONTACT CUSTOMER SERVICE

We're here for you, and we're your neighbors

You can reach our live, local Customer Service Team at **866-508-7140** (TTY: 711), 7 days a week from 8 AM - 8 PM.* We do our best to limit wait times, but if you'd like to hold your place in line, text **#BKC4HELP** to **543210**, and we'll call you back.

**You may receive a messaging service on holidays and weekends from April 1 - September 30.*



DID YOU KNOW

Benefit Extras Via Text

We'll text you helpful info about the Benefit Extras in your plan. Simply text **#BMA22** to **543210**.

WELCOME TO A CUTTING-EDGE BENEFIT FOR 2022:

NEW BLUE BENEFIT BUCKS



There are things you do every day to push yourself to be healthier. There are things that we do every day to push ourselves, too. We strive to be your 10 out of 10.

At Blue KC we're constantly innovating to keep up with our members' health insurance needs. We're always searching for new and better ways for our members to maximize their benefits. We listen to what's working for you – and what's not – with one goal in mind: **To serve you better.**

You've told us that you don't have time to register for gift cards when you earn member rewards. You've challenged us to bundle your health plan's flexible spending allowances into one convenient place. We've heard you. And we've delivered – with Blue Benefits Bucks (BBB).

Blue Benefits Bucks stores your flexible benefit healthcare dollars on one BBB Mastercard. Carry your card in your wallet, so you can carry your benefits with you wherever you go. You decide where and how you want to use your benefits. The amount you spend will be deducted automatically from your balance. Track your balance anytime by logging in to your account at Members.NationsBenefits.com/BlueKC.

Blue Benefit Bucks has 3 components

1. Flexible Benefit Allowance

You can use this allowance for health-related services such as dental, eyewear, hearing, and transportation. Most plans have a yearly allowance of \$500 or \$1,000, but see your Evidence of Coverage for your plan details.

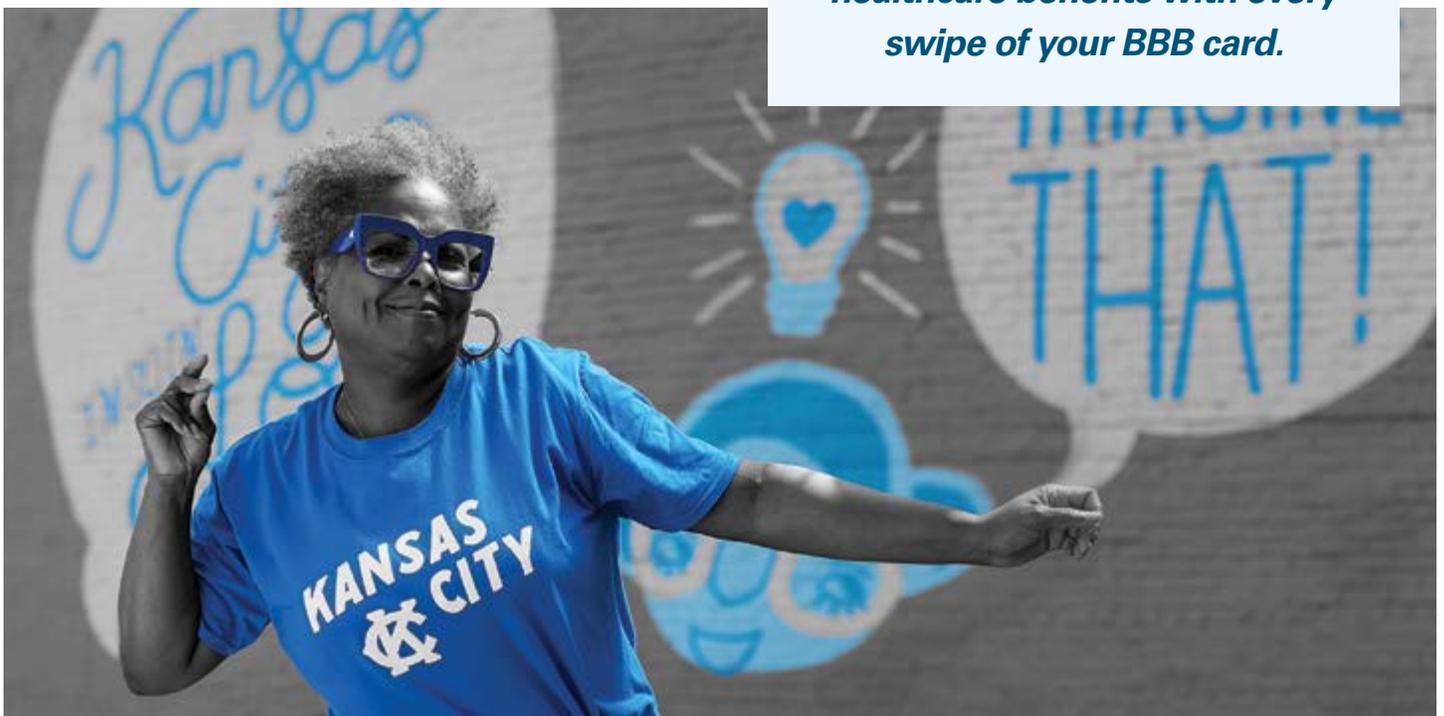
2. Over-The-Counter (OTC) Allowance

Your OTC allowance can be used to buy non-prescription drugs, and everyday health-related items like pain relievers, antacids, cough drops, first aid supplies, and more.

3. Member Rewards Program

Take advantage of your preventive health benefits, and you can earn up to \$50 a year by completing any two of the following: Flu vaccine, annual wellness visit, breast cancer screening, or diabetic eye exam. ■

You have control of how you spend your flexible spending healthcare benefits with every swipe of your BBB card.



Frequently Asked Questions

NATURALLY, ANY NEW BENEFIT COMES WITH QUESTIONS.

How can I manage my Blue Benefit Bucks card allowance?

We've partnered with NationsBenefits to administer this benefit. To track and manage the dollars on your BBB card, log in to Members.NationsBenefits.com/BlueKC or call NationsBenefits by phone, 24/7, at **1-877-208-2596** (TTY:711).

How do I keep track of the types of benefits on my card?

Your BBB card is loaded with up to 3 separate wallets: 1) Flexible Benefit Allowance, 2) OTC Allowance, and 3) Member Rewards, depending on your plan. The card technology screens your purchases first for OTC eligibility, second for flexible benefits, and finally for any available member rewards.

Can I use my Blue Benefit Bucks card for copays?

No. Medicare prohibits flexible benefits, such as those on your BBB card, from being used for any Medicare-covered cost shares. Card charges will be audited for any copayment type of services to ensure integrity with Medicare provisions.

Do my benefits rollover to the next period if I do not use them?

It depends on the type of benefit on your Blue Benefit Bucks card.

FLEXIBLE BENEFIT ALLOWANCE.

The flexible benefit allowance expires on 12/31/22.

OVER-THE-COUNTER (OTC) ALLOWANCE.

For plans with a quarterly benefit, unused OTC dollars will roll over to the next quarter. For plans with a monthly or yearly benefit, unused OTC dollars will not roll over and must be used within the benefit period. All unused OTC benefits will expire on 12/31/22.

MEMBER REWARDS.

You must complete the eligible healthy activities during the plan year, however, you have until 3/31/23 to spend your reward dollars.

How can I purchase OTC items?

There are many ways to shop for OTC items. You may shop in-store at any Walmart, Walgreens, or CVS stores. You may shop online at NationsOTC.com/BlueKC. You may also order by mail or phone using the 2022 OTC Product Catalog that was mailed to you upon enrollment. The catalog is also available online at NationsOTC.com/BlueKC.

PLEASE NOTE: You cannot use the benefit online at Walmart.com, Walgreens.com, or CVS.com.

How do I know which OTC items are eligible?

Medicare defines eligible items for OTC benefits. See the following information to determine product eligibility.

ONLINE ORDERS

Reference the 2022 OTC Product Catalog to check for item eligibility. Products within this catalog can be purchased online through NationsOTC.com/BlueKC.

RETAIL, IN-STORE PURCHASES

Here are two options to help determine eligibility for in-store purchases.

1. Use the NationsOTC smartphone app to scan the item UPC code while in the store to determine product eligibility. Use the scanner button at the top of the app.
2. Before your trip to Walgreens, Walmart, or CVS, go to NationsOTC.com/BlueKC to determine eligibility:

- Click **Check Product Eligibility**
- Enter a product name or type in the Product Name field. (Example: Benadryl or toothpaste.)
- Enter OTC as the wallet. Leave product category and subcategory blank and click on search.
- Eligible products will appear in the search results.

Can I load my BBB card information into a phone app and use the app to pay at the store?

No. You must use the physical card.

What if my BBB card is not working at a particular merchant?

If the card does not work, please contact NationsBenefits at **1-877-208-2596** (TTY:711). NationsBenefits can help you seek reimbursement for eligible items, if necessary.

Still more questions?

We have you covered! Go to MyBlueKCMA.com and click on the links in the **Blue Benefit Bucks** section (below the Member Login). Or, you may call our Customer Service team at **1-866-508-7140** (TTY:711).

WHAT'S HER SECRET? A HEALTHY MINDSET AND A BENEFIT EXTRA CALLED SILVERSNEAKERS®

People aged 65 and older spend over four hours a day, on average, watching TV according to the U.S. Bureau of Labor and Statistics. Ginnie Hall is not one of them.

The 67-year-old doesn't sit much. She'd rather use the TV in her "girl cave" to stream fitness classes like Yoga Pilates Fusion, Cardio Mix, and Total Body Strength.

This former marathon runner is in it for the long haul. "Since I was 19, I've always had the target of living to be 107," Ginnie shares via Zoom. "So I have 40 more good years!"

Now that she's retired, Ginnie has even more time to do what she loves – and that's staying fit. Her exercise regimen includes a steady diet of walking, running 5Ks, and taking live online classes through SilverSneakers®. SilverSneakers is a Benefit Extra that's available to all Blue Advantage Medicare members.

"I can't emphasize enough the quality of the SilverSneakers instructors. They are professional and know how to teach to all different levels of ability and fitness. You can do low impact or high impact. You can use a 20-pound or a 10-pound weight.



Ginnie Hall retired a year-and-a-half ago from Blue Cross and Blue Shield of Kansas City, where she spent five years in analytics and process improvement. She has been married for 45 years to her husband Cliff, 75. She hikes daily, and shares her passion for fitness.

If you can't do a plank, you can use the wall or chair. The instructor always gives you options," Ginnie explains.

When she's not working out on the home turf of her "girl cave," Ginnie is a regular at Genesis Health Club in Ward Parkway Center, a participating SilverSneakers location. "They have great equipment and a pool. And it doesn't cost anything. So, I mean, who wouldn't take advantage of that?" Ginnie says.

Ginnie recognizes that mental fitness is important, too. "I try and learn something new every day," she says. Ginnie majored in Spanish in college

and is now taking Spanish classes to regain her fluency. She hopes to one day volunteer as a translator at a school or in a medical setting.

When the world looks at Ginnie, it doesn't see a 67-year-old. It sees a bubbly, optimistic, energetic fountain of youth.

"I feel healthier now than when I was in my 40s. I wanted to run my first marathon before I turned 50 (she has completed seven marathons), which I did. And then I got hooked," Ginnie says. ■

SilverSneakers® Physical Fitness

SilverSneakers® is a health and fitness program created for adults 65 and up. Get your fit on at any SilverSneakers location – which include gyms, community and senior centers, YMCAs, and more. To find a location near you, call **888-423-4623** (TTY:711) or visit SilverSneakers.com.

If you'd rather work out from the comfort of your home, tap into SilverSneakers® Steps, a self-directed physical activity and walking program. To register for Steps, go to SilverSneakers.com and you'll receive a fitness kit with tools to get fit.

There's another way to use your fitness benefit. (P.S. It's the one that's Ginnie-Hall approved.) You can livestream hundreds of classes led by top instructors. Fire up the computer or tablet and connect at SilverSneakers.com/ondemand.

Dr. Sweat's No Sweat Workout



Meet Dr. Sweat, Blue KC's Senior Vice President and Chief Medical Officer. He believes we can all benefit from balance and cognitive training, especially as we age.

You won't break a sweat, but you will improve your balance and cognitive thinking. It's free, so why not give it a try? The first 10-minute session is brought to you by NymbL. To get started, download the NymbL Training app at your favorite app store, or visit kc.fallsfree.com.

The second 10-minute session, brought to you by our partner NationsHearing®, is a word search game that improves the clarity of your hearing. To begin, download the Hearing Hunt Application® on your smartphone or tablet.



NOW THAT'S A PUZZLE

1				8				9
	5	9	6		1		2	
	2		5		3	7	8	
	9	6	1		4	8	3	
3				6				5
	1	5	9		8	4	6	
	6		7		5	2		
	8		3		9		7	
5		2		1			4	3

Sudoku is a logic-based puzzle in which missing numbers are to be filled into a 9 by 9 grid of squares which are subdivided into 3 by 3 boxes so that every row, every column, and every box contains the numbers 1 through 9.

3	4	6	9	1	8	2	7	5
9	7	5	6	2	3	1	8	4
8	1	2	5	4	7	3	9	6
2	6	4	8	3	9	5	1	7
5	9	1	7	6	2	8	4	3
7	3	8	4	5	1	9	6	2
1	8	7	3	9	5	4	2	6
4	2	3	1	7	6	9	5	8
9	5	6	2	8	4	7	3	1

ADD YEARS TO YOUR LIFE, AND MORE LIFE TO YOUR YEARS — WITH A PCP

You have a primary care provider, right? Congratulations, you're on the road to better health.

Recent studies show that people who see their primary care provider (PCP) live longer. Your PCP is your partner in health, and is there to help you manage your day-to-day health. This healthcare professional will get to know you – and your medical history – inside and out. A PCP is trained to look after your overall wellness, manage chronic illnesses, and help keep you on track with necessary screenings.

Your PCP can be a physician, nurse practitioner, or a physician assistant. You should be able to tell your PCP anything – so choose one you trust and feel a connection with.

As your PCP monitors your health through the years, they'll be in tune with your overall wellbeing. If anything changes, they'll be the first to know. A PCP can identify issues like cardiovascular disease, cancer, infectious disease, respiratory disease, substance use, or violence. This can go a long way towards lengthening – and even saving – your life.

5 Benefits of Having a PCP

1. They'll look after your health

A PCP provides proactive preventive care and helps to manage and control chronic conditions like diabetes, high blood pressure, depression, and arthritis.

2. You can lower healthcare costs

Maintaining your good health is the best way to avoid bigger, more costly healthcare issues. Regular PCP visits cost far less than visits to the ER.

3. You'll save time

Your PCP can address multiple issues in one appointment. They can often provide a checkup, screening, and any immunizations in just one visit.

4. They'll guide you through the healthcare system

If you ever need specialized care, your PCP can refer you to the right specialist. What's more, they'll coordinate with specialists throughout your care journey.

5. You'll have a trusted health advocate

Your care is in the hands of someone who knows your whole story. The more your PCP knows you, the better they can care for you and positively impact your health for years to come.



One PCP, Two Important Yearly Visits

1. Annual Physical Exam – For checking overall health and uncovering any problems.

Your PCP will physically examine you in order to gauge how your body is performing. Based on what's learned, your provider may order tests to discover or rule out possible health issues.

2. Annual Wellness Visit – For preventing disease or disability.

At this yearly preventive visit, you'll fill out a health risk assessment. Your answers allow your PCP to identify risk factors, suggest appropriate preventive services, and create a personalized prevention plan.

You may also earn \$25 through the Members Rewards program for getting an Annual Wellness Visit. ■

It's Healthy to Have a PCP

HERE'S HOW TO FIND ONE



We can connect you with a PCP. Call Customer Service at **1-866-508-7140** (TTY 711). We can also help you if you're looking to change PCPs.



Go to [medicarebluekc.com/find-a-doctor](https://www.medicarebluekc.com/find-a-doctor), then search for Providers by Name or Specialty.

LET'S FILL IN THE BLANK

When we know who your PCP is, we can help you make the most of your health plan benefits. If your PCP is not yet listed on your Member ID card, please contact Customer Service at **1-866-508-7140** (TTY 711) and we'll make sure to add them.

*Sources: jamanetwork.com,
National Institute on Aging*



SILENT, SNEAKY DIABETES

Diabetes claims 4.2 million lives around the world every year – almost three times as many deaths as COVID-19. Experts predict that one in 10 of us will be affected by 2045.

Diabetes is commonly referred to as a “silent killer” in medical circles because it causes a host of additional problems. Long-term complications happen gradually. The longer you or your loved ones have diabetes, and blood sugar is not controlled, the higher the risk of complications. Over time, developments may include cardiovascular disease, nerve damage, kidney disease, eye damage, foot damage, skin conditions, and hearing loss.

To avoid these disabling and life-threatening complications, it’s critical to understand and control this chronic disease.

Blue KC is here to help you live a healthier life. Use our tools and resources to be informed, mind your A1C levels, and manage your diabetes.

Diabetes Care Management

If you have chronic diabetes, you may qualify for a personalized care management program through Blue Medicare Advantage’s partner, Livongo. This program includes 24/7 access to a care team and a telemonitor-enabled glucometer device. You’ll get test strips and supplies by mail. If you’re eligible for the program, Livongo will contact you directly.

“As a pre-diabetic, I use the meter and supplies provided through Livongo to check my sugars throughout the day. It is great because I can read the tips that they provide for me. They also give me useful information through the meter about changing my eating habits. There are plenty of supplies that last for a while and it is easy to use.”

– Maria S. Vazquez,
Blue Medicare Advantage Member

Diabetes Prevention Program

Blue Medicare Advantage partners with Solera Health to help decrease your risk of developing Type 2 diabetes. The program offers weight and activity trackers, small group support, weekly lessons, and personal health coaches.

The program is open to all eligible Blue Medicare Advantage members. Solera will be sending out information beginning in March via email and mail. ■

Sources: Centers for Disease Control and Prevention, World Economic Forum, Mayo Clinic

REMINDER

Diabetic Eye Exam

Diabetes can lead to diabetic retinopathy, a condition that can cause vision loss and blindness.

The only way to see if you have diabetic retinopathy and to monitor it, is to be examined by an eye doctor. And you may be able to earn \$25 by completing your diabetic eye exam through the Member Rewards Program.

LET'S MARCH RIGHT INTO NATIONAL NUTRITION MONTH

Eat right, feel better, and age well



Feeling sluggish, drowsy, or down can be your body's way of telling you to eat more nutrient-rich foods. Good nutrition is important to healthy aging, and National Nutrition Month® is the perfect time to develop some good habits. Our bodies and nutritional needs change as we age, making it more important to choose healthy options at every meal. During March, celebrate National Nutrition Month by educating yourself on healthy aging, and by adopting lifestyle choices that can make you feel better inside and out.

Benefits of good nutrition

Potassium, calcium, vitamin D, vitamin B12 and fiber are micronutrients that become more important with age, contributing to immune function, brain health and disease prevention. Eating a nutrient-rich diet can also improve your quality of life by helping you feel better overall.¹

Need more reasons?

- Increased energy levels
- More restful and restorative sleep
- Enhanced cognitive function
- Improved muscle mass and bone density

Eating well and staying active can help you stay strong and healthy so you can keep doing the things you love to do.

Steps you can take today to create healthy new habits

Learning healthy ways to manage your nutrition, exercise, and stress can help you feel better and improve your quality of life.

Your SilverSneakers® benefit from Blue KC is a great resource you can access from the comfort of home. From virtual fitness classes and nutrition videos to health-related articles and recipes, SilverSneakers makes it easy to make your health and wellness a priority. Here's how to get started:

1. Access nutrition videos and workouts from home at [SilverSneakers.com/OnDemand](https://www.silversneakers.com/ondemand).
2. Get recipes and read all about nutrition on the SilverSneakers blog, [SilverSneakers.com/blog](https://www.silversneakers.com/blog).

Visit [SilverSneakers.com](https://www.silversneakers.com) to learn more.

Always talk with your doctor before starting an exercise program. ■

Sources: U.S. Department of Agriculture, <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/adults/older-adults>, Accessed 11/25/2020

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HEALTHY CHICKEN AND VEGETABLE STIR FRY

This Asian-inspired stir-fry features fresh veggies, chicken breast, soy sauce, ginger, and sesame seeds. It's healthy, flavorful, colorful, and cooks up in just 15 minutes. So... in the mood to sizzle?

MAKES 4 SERVINGS



INGREDIENTS

- 1 tablespoon sesame seeds
- 1 tablespoon canola oil, divided
- 1 ½ pound boneless skinless chicken breasts, cut into 1/2-inch strips
- 4 cloves garlic, minced
- Small bunch of fresh asparagus, ends trimmed and cut into 2-inch pieces
- ½ red bell pepper, cut into ¼-inch slices
- 1 zucchini, cut in length half-wise, then into 1-inch pieces
- 1 tablespoon grated fresh ginger
- ½ cup low sodium, fat-free chicken broth
- 2 tablespoons reduced sodium soy sauce
- 2 tablespoons water
- ½ teaspoon black pepper
- 2 teaspoons cornstarch
- White or brown rice (steamed)

OPTIONAL GARNISH

- Chopped green onions or chives

DIRECTIONS

1. Toast sesame seeds in a small, dry skillet over medium heat for about 3 minutes, until golden and fragrant. (**TIP:** Don't leave the stove because the seeds can burn quickly.) Remove from heat and set aside.
2. In a large skillet over medium-high heat, heat 2 teaspoons of oil until hot. Cook chicken for 5 to 6 minutes, or until it's no longer pink in center. Add garlic and cook for 1 minute. Remove the chicken and garlic and set aside.
3. Add remaining 1 teaspoon of oil to the skillet and cook the asparagus, zucchini, bell pepper, and ginger for 3 to 4 minutes or until crisp-tender.
4. In a small bowl, combine the chicken broth, low-sodium soy sauce, water, and black pepper. Whisk cornstarch into the mixture until smooth.
5. Stir the mixture into the vegetables and cook for 1 minute or until thickened. Add chicken to the skillet and cook for 2 to 3 minutes or until heated through.
6. Serve immediately over steamed white or brown rice, and top with the toasted sesame seeds.

SHARE YOUR FAVORITE HEALTHY RECIPE

Do you have a favorite, healthy recipe that you'd like to share with fellow Blue Medicare Advantage members? Get your juices flowing and email it to: EngageNewsletter@BlueKC.com. We may feature your recipe next quarter and over time, we'd love to curate enough recipes to publish a member-exclusive recipe book.

CHEF NOTES

Feel free to change the vegetable profile of this stir fry. You can't go wrong with other favorites like broccoli florets, snow peas, or fresh green beans.

From the kitchen of Blue KC.

Bon Appétit!



BLUE MEDICARE
ADVANTAGE

PRSR STD
U.S. Postage
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Blue Shield
of Kansas City

Blue Cross and Blue Shield of Kansas City
2301 Main St., Kansas City, MO 64108

1 (866) 508-7140 (TTY:711)

For accommodations of persons with special needs at meetings call **1 (844) 239-4038**, TTY 711

Medicare Advantage Compliance and Fraud, Waste & Abuse Hotline (anonymous 3rd Party Vendor): **1 (844) 227-1790**

MyBlueKCMA.com

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HEALTH AND WELLNESS OR PREVENTION INFORMATION.
Y0126_22-641_C

PARADE OF HEARTS – KC IS SHARING THE LOVE!

An incredible public art experience is happening now in the Kansas City area. The Parade of Hearts uses art to unite our region, bring in tourists, and support local nonprofits who've been challenged financially by the pandemic.

You'll see some incredible works of "heart art" across our neighborhoods. There are a total of 154 hearts on display, designed by a diverse group of 123 local artists. Maybe there is a heart parked somewhere near your home!

Blue Cross Blue Shield of Kansas City is proud to join JE Dunn and nbkc bank as Presenting Sponsors of this incredible public art experience. It's an amazing opportunity to show our heart for our community. Won't you show the Parade of Hearts some love, too?

To learn more, visit theparadeofhearts.com.

Artist: **Chico Sierra**

Title: **Culture and Time are Non-linear**

Location: **Union Station Kansas City**

