

The SMP SCOOP



PROTECT DETECT REPORT

JUNE 2022

The Senior Medicare Patrol (SMP) Scoop is prepared by the GWAAR SMP Team to help Medicare beneficiaries and their advocates prevent, detect, and report health care fraud, abuse, and errors.

Please feel free to share this publication with others who may benefit from its contents.

TO CONTACT WI SMP

Call: (888) 818-2611

E-mail: smp-wi@gwaar.org

Website: www.smpwi.org

Facebook:

@WisconsinSeniorMedicarePatrol

To subscribe, please send us an e-mail.

Senior Medicare Patrol Launches New Branding in Celebration of 25th Anniversary

By the SMP National Resource Center



The Senior Medicare Patrol (SMP) is a national program that educates Medicare beneficiaries, their families, and caregivers on Medicare fraud prevention. For 25 years, SMP staff and volunteers across the country have stayed up to date on the latest fraud trends and provided resources and presentations to their local communities. This important work will continue with updated national branding.

SMP team members have worked tirelessly to help older Americans prevent, detect, and report Medicare fraud, errors, and abuse. One of the main things a person can do to detect Medicare fraud, errors, or abuse is to review or “check” their Medicare statements. This makes the new logo a perfect fit for the program.

With the 25th anniversary of the program and the inaugural Medicare Fraud Prevention Week which began on 6/5, we hope the new logo will be a reminder for everyone to “check” their Medicare statements and contact the SMP for assistance.

The SMP program relies on volunteers to work with their peers in the fight against Medicare fraud, errors, and abuse. Please go to our website, www.smpwi.org to learn how to volunteer, to schedule a presentation for your group, or understand the many services that the SMP can provide.



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What's the "Scoop"?

By Ingrid Kundinger, SMP Project Manager



Let's talk about postcards that you may have already received or could receive at any time mentioning new Medicare plans and additional benefits. Several people have called our Helpline with concerns about this mailing, so maybe you have questions too.

The postcard indicates that it contains important information for Medicare recipients of a certain county in Wisconsin and includes a "please respond by" date. The other side of the postcard states that there are new Medicare plans available in your area with additional benefits that many fail to claim.

In addition to plans with more benefits, they offer to also check your eligibility for:

- Adding a certain dollar amount back into your Social Security check
- Cost reduction savings from the Social Security Administration's Extra Help program
- Possible eligibility for Medicare plans with additional benefits for routine dental work

You are then invited to call a toll-free number to check your eligibility.

I get it, extra money in your pocket sounds great! And additional expenses covered by a Medicare plan also sounds enticing. But here's the scoop ... if it sounds too good to be true, it probably is!

In the case of these postcards, please be careful. These postcards are coming from an insurance company or broker, not directly from Medicare. The fine print at the bottom of the postcards indicates that the company sending the postcard is not connected or endorsed by any government entity. If you decide to call the toll-free number, just know that you will be talking to an insurance agent who may pressure you into making a decision about a new Medicare plan before you have all of the information needed to make that decision.

The good news here is that you MAY be eligible for programs that can help you save money on medical and drug costs. Our recommendation is for you to contact your local Aging and Disability Resource Center (ADRC) and ask to talk to someone about your Medicare questions. There are Elder Benefit Specialists in all 72 counties and the 11 federally recognized Tribes who can provide you with unbiased information about your options for Medicare plans. To find the ADRC in your county, <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>

There are so many mailings and phone calls and television commercials about Medicare benefits that can be very confusing and misleading. Remember, you should never feel pressured to decide immediately, so if that is happening, hang up the phone. It is very important to also remember to keep your personal information, including Medicare number, Social Security number, bank account information, etc. private.

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Wisconsin SMP Partnership With Great Lakes Inter-Tribal Council

Working to enhance the quality of life for all Native people

By Grace Livingston

GLNAEA Meeting

On March 9 and 10, 2022, Great Lake Native American Elders Association (GLNAEA) held their meeting at Sokaogon Chippewa tribe in Mole Lake, Wisconsin. This was our first big event since the pandemic shut everything down and we were finally able to get out into the community and meet with our elders from all the tribes in Wisconsin and Michigan.

On the first day of the event, we learned all sorts of helpful information about dementia and Alzheimer’s disease from the presenters. The following day, there was a memorial/ remembrance for the family and friends who were lost since the last time we met in 2019. Throughout the two-day meeting, Senior Medicare Patrol (SMP) set up an informational table among several other informational booths hosted by other area organizations.

It was so great to be able to talk to our elders in person again after almost two years (when we last got together for meetings). It was a great time had by all!

We have a busy schedule filled with upcoming community engagement events, setting up at elder sites around Wisconsin. Look for us at Mole Lake in May and June. You’ll also find us in the Menominee community in June and in Bad River in August.

As always, we are available by phone. Grace Livingston can be reached at 715-661-4067 and Kassy Heard at 715-588-1016.



GLNAEA March 2022



GLNAEA March 2022





Social Security Honors Our Military Heroes

By Elida Elizondo, Social Security Public Affairs Specialist

On Memorial Day, our nation honors military service members who have given their lives to preserve our freedoms. Families, friends, and communities come together to remember the great sacrifices of military members and ensure their legacies live on.

The benefits we provide can help the families of deceased military service members. For example, widows, widowers, and dependent children may be eligible for Social Security survivors' benefits. You can learn more about those benefits at www.ssa.gov/survivors.

We also offer support to wounded warriors. Social Security benefits protect veterans when injuries prevent them from returning to active duty or performing other work. Both the Department of Veteran Affairs and Social Security have disability programs. You may qualify for disability benefits through one or both programs. Read our new fact sheet, "Social Security Disability and Veterans Affairs Disability — How Do They Compare?" at www.ssa.gov/pubs/EN-64-125.pdf. Depending on your situation, some members of your family, including your dependent children or spouse, may be eligible to receive Social Security benefits.

Wounded military service members can receive quicker processing of their Social Security disability claims. If you are a veteran with a 100% Permanent & Total compensation rating from the Department of Veterans Affairs, we'll expedite your disability claim.



Want more information about how we can help? Visit www.ssa.gov/woundedwarriors for answers to frequently asked questions or to find information about the application process.

Thinking about retirement or know a veteran who is? Military service members can receive Social Security benefits in addition to their military retirement benefits. For details, visit our webpage for veterans, available at www.ssa.gov/people/veterans.

Please share this information with the military families you know. We honor and thank the veterans who bravely served and died for our country and the military service members who serve today.

What's the Scoop continued from page 2

It is a best practice to never share that information over the phone with someone who calls you out of the blue. Similarly, we would not recommend sharing this information in response to a text or email message that you received. Delete those messages, without clicking on any links, to keep your information protected.

If you have questions or would like to talk more about this with someone, please call our toll-free Helpline, (888) 818-2611.

Here's the Scoop on how you can reach us:

Call: (888) 818-2611

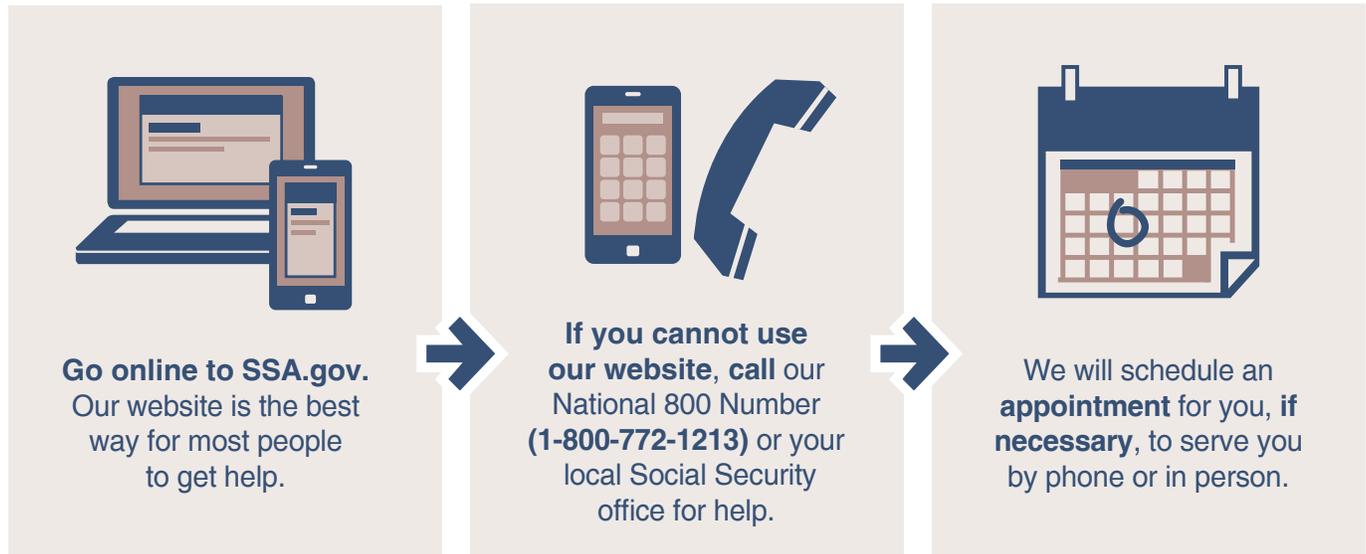
E-mail: smp-wi@gwaar.org

Website: www.smpwi.org

Facebook: [@WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)

How to Get Help from Social Security

Social Security is here to help. We want you to know how to get the service you need and to be prepared so we can help you as quickly and safely as possible.



In-office appointments are no longer required but strongly recommended.*

What to Know if You Must Visit an Office:

Masks are required for all office visitors and employees. We will provide a mask if you do not have one.

Visitor capacity is limited. This means **you may need to wait outside**, so plan for the weather.

We ask that you **come alone unless you require help with your visit.** If you require help, we can only permit one adult to join you. Children are allowed.

We appreciate your patience and understanding.

*A small number of offices temporarily may be closed or only able to provide service by appointment due to construction, inability to permit people to wait outside the office, or other reasons. Visit www.ssa.gov/emergency.



Securing today
and tomorrow

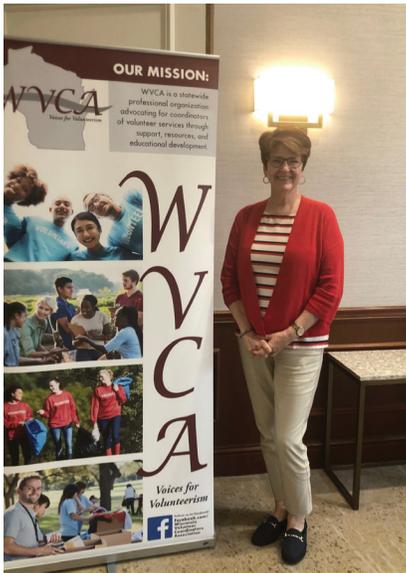
SSA.gov |

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How to Get Help from Social Security
Produced and published at U.S. taxpayer expense



Connecting With Others at the Volunteer Conference

By Molly Kelly, SMP Volunteer Coordinator



Senior Medicare Patrol is certainly enjoying its gradual return to in-person events after a long stint of virtual activity! We're appreciating the opportunity to give live presentations and attend expos and health fairs once again. In addition to our return to community events, I recently

had the pleasure to represent SMP at the Wisconsin Volunteer Coordinators Association (WVCA) conference in Pewaukee. WVCA is a statewide professional organization advocating for leaders of volunteer services through support, resources, and educational development. As the volunteer coordinator for SMP, and a member of WVCA, I was excited to attend the conference after a two-year absence. This year's conference theme was

Room to Grow: Skills for Volunteer Program Success. The two-day event included dynamic keynote speakers and informative workshops.

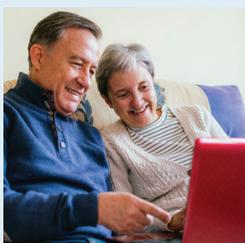
For me, the key takeaways centered on improving how we all communicate with each other. Are we consciously trying to be inclusive? How can we encourage innovation and productivity? Do we focus on listening when someone else is speaking, so that we learn their views and don't just confirm our own views? Are we recognizing and understanding that how we ask questions can directly affect interaction, how questions can make a situation stagnant or promote action?

This conference was a wonderful opportunity to be with other volunteer coordinators and professional trainers in a setting dedicated to learning, understanding, and identifying ways to grow our skills. We learned about interpersonal interaction, the science involved in our communications, and improving resilience and self-awareness, all for the goal of providing the best environment for our volunteer teams and the people we all serve!

Volunteers are an asset to our program and play a major role in the organization's success.

Please consider joining our team!

Contact Molly Kelly at 888-818-2611 or at www.smpwi.org for more information.



In March, Senior Medicare Patrol, in partnership with HVS Advertising & Marketing, hosted a Facebook Live Panel Discussion. The virtual one-hour event focused on learning how to prevent, detect, and report Medicare fraud, abuse, and errors. **You can view this video on our website, Protect Yourself from Medicare Fraud - Wisconsin Senior Medicare Patrol (smpwi.org)**



Credit Card Scams

By Tiffany Schultz, BBB SW WI Regional Director



Credit card scams are a common con where scammers impersonate a bank or credit card issuer. By verifying account information or offering a better interest rate, con artists fool people into sharing credit card and/or banking information. Once they have it, scammers can make unauthorized transactions and/or commit identity theft in a victim's name.

How the scam works:

Scammers reach out by phone, email, or text, claiming to be from the issuing bank or credit card company. Many begin as a "robocall" and offer a better interest rate, want to update account information to send a new card with more perks, or need to verify a purchase. The promise of a ridiculously low rate may come with an upfront charge, or the scammer may ask to confirm personal information such as the credit card number, security code, and/or address (which can be used for fraudulent charges and identity theft).

In a different variation, a scam email or text message instructs the target to click on a link to update banking information. The link can be malicious and include malware and spyware, allowing the scammer access to the victim's device, the opportunity to steal personal information, send spam, and commit fraud.

Tips to spot this scam:

Don't trust caller ID or unfamiliar, unsolicited text messages. Banking and government institutions are commonly spoofed by scammers. The number may look like it's coming from a legitimate source, but it's not. Don't answer the call or respond to the text message.

Consider how the company normally makes contact. If it's by phone, contact the bank directly about the sudden increase of emails or texts. Banks and credit card issuers have secure communications channels that require the user to use a multi-step process to log into accounts before reading messages. Be especially cautious of generic emails that include little or no specific information.

Check with the bank or credit card issuer before sharing information. Use the customer service number on the back of the card, on a previous statement, or on the company's website. Scammers love to provide fake call-back numbers to trick victims to think they are reaching a legitimate company.

Report it. If you've been a victim of a scam, regardless if you lost money, report it to <https://www.bbb.org/scamtracker>. Your report helps to warn others of the scams taking place in the marketplace.

Free COVID-19 Tests

Americans can once again order **free COVID-19 tests** from the federal government by visiting **COVIDtests.gov**. In this round, the U.S. Postal Service will deliver eight free rapid antigen tests to any household in the U.S. that wants them.



Medicare Fraud Prevention Week

By the SMP National Resource Center



JUNE 5-11, 2022
MEDICARE FRAUD PREVENTION WEEK



Celebrating 25 Years of the Senior Medicare Patrol (SMP)

Why is This Week Important?

Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse. Every day, issues related to these concerning matters affect people across the country, often costing them money, time, and well-being. Medicare-related errors contribute to this annual loss even though errors can be honest health care billing mistakes. However, a pattern of errors committed by a physician or provider could be considered a red flag of potential fraud or abuse if not corrected.

When people steal from Medicare, it hurts us all and is big business for criminals.

Learn how you can protect yourself and your loved ones from Medicare fraud by going to our website at www.smpwi.org.

June 2022 marks the 25th anniversary of the Senior Medicare Patrol (SMP) Program, and to commemorate this event the SMP created a national week dedicated to Medicare fraud prevention.

Medicare Fraud Prevention Week focuses on the actions **everyone** can take to prevent Medicare fraud, errors, and abuse.

Federal Website Provides Nursing Home Staffing Comparisons

From Medicare.gov



The Medicare “Care Compare” website now offers an opportunity for consumers to search by zip code and compare staffing levels and staff turnover rates at area nursing homes. Initial research suggests that a nursing home’s overall quality rating improves as the level of staff turnover decreases. The new search feature allows families to review turnover rates for individual nursing homes in order to make better-informed choices about care facilities for loved ones.

Turnover rates are based on the percentage of staff who stopped working at a facility over a 12-month period. The website shows total numbers of nursing staff and administrator turnover and breaks down

nursing staff turnover between registered nurses, licensed practical nurses, and nurse aides. It also provides the average number of residents per day and the average number of staff hours available per resident per day for RN, LPN, nurse aid, and physical therapy providers. Staff availability is rated on Medicare’s familiar five-star system with information about how staff availability and turnover rates compare to state and national averages.

Families considering skilled nursing facility options for loved ones can access the search tool and rating information at www.medicare.gov/care-compare/.



To Navigate the Medicare Maze, Know Your Resources!

By the Wisconsin SMP Team



The world of Medicare presents us with a bewildering array of terms such as Medicare Advantage, Medigap, Part D, and Open Enrollment Period. Whether you are new to Medicare, or you have been on it for years, the terminology can be confusing. And the numerous options, along with seemingly endless special offers, are complicated. So, it is important to know where to turn for reliable resources to help you sort through the information and make decisions.

Below is a list of resources that can provide you with assistance on Medicare questions or that offer unbiased information about health insurance plans/benefits and counseling. Connect with these resources to ensure that you get your questions answered, get clarification on your options, and to obtain the coverage that is right for your circumstances.

- The **Aging and Disability Resource Center (ADRC)** has trained Benefit Specialists at local ADRC offices and aging units in every county and for every tribe in the state. The Benefit Specialists offer unbiased in-person, or over-the-phone counseling, along with assistance in signing up for health care coverage. These specialists can also help with complex issues such as coverage appeals.

- For general information and services provided, visit <https://www.dhs.wisconsin.gov/adrc>

- To locate an ADRC Benefit Specialist near you, visit <https://www.dhs.wisconsin.gov/adrc%20consumer/index.htm>

- For Tribal ADRC services, visit <https://www.dhs.wisconsin.gov/adrc/consumer/tribes.htm>

- The **State Health Insurance Assistance Program (SHIP)** (1-800-242-1060) provides education, counseling, and enrollment assistance to Medicare beneficiaries. <https://www.dhs.wisconsin.gov/benefit-specialists/medicare-counseling.htm>
- The **Medigap Helpline** (1-800-242-1060) is a toll-free helpline operated by the Wisconsin Board on Aging and Long-Term Care that provides counseling to all Wisconsin Medicare beneficiaries on Medicare, Medicare supplement insurance, employer-based health insurance, Medicare Advantage plans, long-term care insurance, and related topics. The helpline handled almost 10,000 calls in 2020 and works closely with the Office of the Commissioner of Insurance.
- The **Medigap Part D and Prescription Drug Helpline** (1-855-677-2783) is a toll-free helpline operated by the Wisconsin Board on Aging and Long-Term Care that answers questions from Wisconsin residents aged 60 and over about Medicare Part D and other prescription drug coverage options.
- The **Disability Drug Benefits Helpline** (1-800-926-4862) is a toll-free helpline, operated by Disability Rights Wisconsin that helps people who have Medicare due to a disability, with questions about prescription drug coverage.
- **Office for the Deaf and Hard of Hearing** (video phone: 1-262-347-3045) provides outreach and individual counseling in American Sign Language.

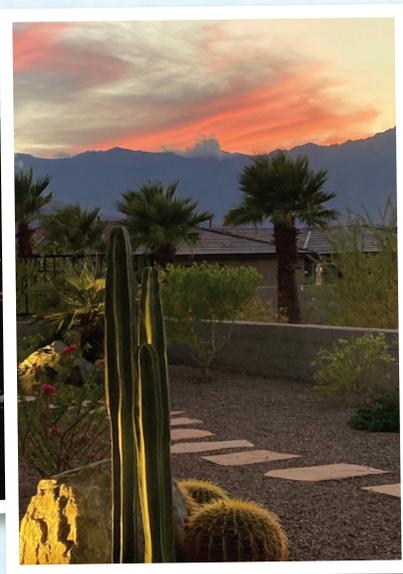
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Views & Activities



Water is a popular subject for these photographers!



Beautiful Tranquil Sunset – Always Captivating!

Driver's License Invisible Disability

By the GWAAR Legal Services Team

When a police officer pulls over a vehicle, it is routine for the officer to run the driver's license or plate to see information about the person's vehicle, driving history, and criminal record. Sometimes, however, the driver may be completely capable of driving but may have certain conditions or behaviors that could be misinterpreted by police. These conditions, in turn, could put the driver in danger. For example, conditions could make the driver more anxious, agitated, or cause difficulty communicating.

Effective January 1, 2019, an applicant for a Wisconsin driver's license, identification (ID) card, and/or vehicle registration can choose to disclose on these documents that they have a disability that may not be immediately apparent to another person.

These conditions include the following:

- Appears deaf or unable to understand;
- Has difficulty speaking or communicating;
- Engages in repetitive or self-stimulating behaviors such as rocking or hand flapping;
- Appears anxious, nervous, or upset;
- Becomes agitated due to physical contact or stressful situations;
- Acts indifferent or unresponsive; and
- Other

A person can complete the Invisible Disability Disclosure form MV2167 to make such a disclosure



and send it to the address on the form or present it to their local DMV Service Center. The disclosure will be available so that when officers run driver's license and plate information they will also be alerted to the invisible disability.

An invisible disability disclosure is completely voluntary, and a person can remove information about their invisible disability at any time by using the same form MV2167.

For more information and to access the form, visit <https://wisconsindot.gov/Pages/dmv/license-drvs/mdcl-cncrns/inv-dis.aspx#:~:text=Effective%20January%201%2C%202019%2C%20an,immediately%20apparent%20to%20another%20person.>

Medicare Maze continued from page 9

• **Wisconsin Judicare, Inc.** (1-800-472-1638) provides outreach and benefits counseling to Native American Medicare beneficiaries.

• **Wisconsin Senior Medicare Patrol** (1-888-818-2611) is a toll-free hotline that Medicare beneficiaries and their families can call to report suspected Medicare fraud, errors, and abuse.



Medicare Fraud: It Doesn't Pay

By Kate Schilling, Attorney, Elder Law & Advocacy Center

Portable Radiology Services Fraud

On April 27, 2022, a 57-year-old business owner was convicted of defrauding Medicare and Medicaid out of approximately \$2 million in billing for portable X-ray services that were not provided. After a five-day trial, a federal jury in Ohio found him guilty on multiple counts of defrauding Medicare and Medicaid, making false statements to cover up the fraud, and aggravated identity theft.

The defendant owned a business called Portable Radiology Services where he provided X-rays to patients in nursing homes, skilled nursing facilities, and long-term care facilities. An audit determined that he had billed Medicare, Medicaid, and a Medicaid Managed Care Organization (MCO) for 151 X-rays allegedly performed after the patients had passed away or while patients were in a hospital or otherwise away from the facility. When confronted about these claims, the defendant made false statements in an attempt to cover up the fraud, created false documents and medical records, and even forged the signature of a medical doctor.

The fraudulent claims occurred between 2013-2017. The case was subsequently investigated by the United States Department of Justice (DOJ), the Federal Bureau of Investigation (FBI), and the Ohio Attorney General's Office.

The defendant is scheduled to be sentenced on August 2, 2022. Each count of defrauding the government carries a maximum of 10 years in prison; making false statements carries a maximum of five years in prison; and aggravated identity theft carries a maximum of two years in prison.

<https://www.justice.gov/usao-ndoh/pr/north-canton-radiology-business-owner-convicted-trial-2-million-health-care-fraud>



Neurosurgery Fraud

Sadly, like many other Medicare fraud cases, this case involves patient harm and safety issues.

Providence Health & Services operates 51 hospitals within seven states in the western part of the country. The relevant hospital in this case was Providence St. Mary's Health Center located in Walla Walla, Washington. Between 2013 – 2018, the hospital employed two specific neurosurgeons who were paid based on a productivity metric which created a financial incentive to perform more surgeries, and also more complex surgeries. One of the surgeons was paid approximately \$2.5 million per year for several of those years.

A whistleblower notified the government of the fact that these two neurosurgeons were performing surgeries that were not always medically necessary, and/or performing more complex surgeries than were necessary in order to increase revenues. The doctors also performed surgeries on patients who were not appropriate for surgery, and failed to properly document surgical outcomes. Finally, the doctors also falsified and exaggerated medical diagnoses in order to obtain reimbursement from insurance for these procedures.

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Permanent Medication Drop Boxes

By the GWAAR Legal Services Team

Gone are the days in which you need to wait for specific times/places for medication take-back events. Instead, most Wisconsin counties have multiple permanent medication drop boxes where you can safely dispose of unused and unwanted medications year-round. Proper disposal is important so medications don't get misused by others or contaminate the water supply.

Before visiting a permanent drug drop box, you should do the following:

- Review the medication packaging to see if it offers specific disposal instructions.
- Remove all personal information from the medication packaging. If this is not possible, use a dark marker to cover up your personal information.

The following prescription and over-the-counter medications ARE accepted:

- Capsules
- Creams
- Inhalers
- Non-aerosol sprays
- Ointments
- Pills
- Patches
- Vials
- Liquids *in their original container*
- Pet medications
- Vape pens and other e-cigarette devices *with the batteries removed*

The following items are NOT accepted:

- Aerosol cans
- Anything containing blood or a bodily fluid
- Household hazardous waste (paint, pesticides, oil, gas)
- Illegal drugs
- Iodine containing medications
- Mercury thermometers
- Personal care products (shampoo, soaps, lotions, sunscreens, etc.)
- Sharps/syringes



For more information, and to find your county's drop box locations, visit:
<https://www.dhs.wisconsin.gov/opioids/permanent-drug-drop-boxes.htm>

Fraud *continued from page 12*

Also troubling is the fact that once the hospital discovered that the doctors were performing unnecessary and medically inappropriate surgeries, the hospital put the doctors on leave and then allowed them to quietly resign. The hospital never reported the doctors to the licensing board, the department of health, or a medical oversight agency.

On April 12, 2022, it was announced that the hospital had reached a settlement agreement with the federal government to pay \$22,690,458

to resolve these allegations. This is the largest healthcare settlement in the history of the Eastern District of Washington.

Under the False Claims Act, the whistleblower will receive a portion of the settlement – a notable **\$4,197,737** in this case.

<https://www.justice.gov/usao-edwa/pr/providence-health-services-agrees-pay-227-million-resolve-liability-medically>



Eating Right for a Healthy Weight

Food, Nutrition, and Health Tips From the Academy of Nutrition and Dietetics

Article reprinted with permission from The Academy of Nutrition & Dietetics.

Reaching or maintaining a healthy weight can contribute to your overall health and well-being. Losing even a few pounds, if you are carrying extra weight, or preventing further weight gain, has health benefits.

Are you ready to make changes in your lifestyle and move toward a healthier weight? Here are some tips to get you started.

Start with a plan for lifelong health. Focus on the big picture of achieving overall good health – not just short-term weight loss.

Set healthy, realistic goals. You are more likely to succeed in reaching realistic goals when you make changes step-by-step. Start with one or two specific, small changes at a time. Track your progress by keeping a food and activity log.

Get a personalized eating plan. Go to www.MyPlate.gov for a plan that will give you the amounts of each food group you need daily. If you have special nutrition needs, consult a registered dietitian nutritionist for personalized nutrition advice.

Plan your meals ahead of time. Whether you're eating at home, packing a lunch or eating out, an overall eating plan for the day will help keep you on track.

Balance your plate with a variety of foods. Half your plate should be filled with fruits and vegetables, one fourth with protein foods like lean meat, poultry, fish or beans, and one fourth with grains. To round out your meal, add fat-free or low-fat milk, yogurt or cheese.



Start your meal with lower calorie foods like fruits, vegetables and salads. These foods are packed with nutrients your body needs.

Focus on your food. Pick one place to sit down and eat at home. Eating while doing other things may lead you to eat more than you're hungry for. Switching from a large plate to a smaller one may also help you become more mindful of portion sizes.

Know when you've had enough to eat. Quit before you feel full or stuffed. It takes about 20 minutes for your brain to get the message that your body is getting food. When your brain gets this message, you stop feeling hungry. So, fast eaters—slow down and give your brain a chance to get the word.

Get plenty of dietary fiber from fruits, vegetables, beans and whole grains. Dietary fiber can help you feel full longer and may lower your risk for heart disease and type 2 diabetes.

Watch portion sizes to manage your calorie intake. This is the key to an effective weight management plan. To make sure your portion sizes

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Eating right continued from page 14

are “just right,” visit www.MyPlate.gov for healthy eating guidelines in household measures and refer to the Nutrition Facts Label for serving size information.

Snack smart. Snacks can fit into a healthy eating plan, if they’re planned right. To prevent hunger between meals, choose nutritious foods from the MyPlate food groups. Keep portable, healthy snacks in your desk, backpack or car.

Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness – plus, it may also help reduce the risk of chronic disease, promote a feeling of well-being and help manage body weight.

Find ways to be active throughout the day. Aim for 2 hours and 30 minutes, or more, each week of moderate-intensity aerobic activity, such as brisk walking. Muscle-strengthening activities at least two days per week are also recommended. If you are currently inactive, check with your doctor about increasing physical activity first.

Is it right for you?

Make sure your weight management plan is right for you. Does it include:

- Foods from all five food groups?
- The right number of servings from each group?
- Food you will enjoy eating for the rest of your life?
- Foods you easily have access to?
- Some of your favorite foods?
- Foods that fit your budget and lifestyle?
- Regular physical activity or exercise?

You’re more likely to have success and stick with your weight management plan with every question you answer “yes” to above.

A registered dietitian nutritionist can work with you to develop a personalized weight management plan that meets your individual needs.

For more information about healthy eating, visit www.eatright.org and www.MyPlate.gov.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.



The Academy of Nutrition and Dietetics is the world’s largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.
 Sources: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion and Complete Food and Nutrition Guide, 5th edition
 Academy of Nutrition and Dietetics. Reproduction of this tip sheet is permitted for educational purposes. Reproduction for sales purposes is not authorized.



Preventing Medicare Fraud

1414 MacArthur Road, Suite A
Madison, WI 53714

PERMIT STD
US POSTAGE
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PERMIT #2783

**TELEHEALTH
FRAUD**

**REPORT POTENTIAL
TELEHEALTH FRAUD,
ERRORS, OR ABUSE IF:**

- X** You receive an unsolicited phone call from someone wanting to verify your pain symptoms
- X** You receive an unsolicited phone call from someone wanting to verify your family history of cancer

Medicare will cover telehealth services that are performed via an interactive, two-way telecommunication system.

A hand holds a white smartphone displaying a video call with a female doctor in a white lab coat and blue stethoscope. The background of the graphic is a blurred office setting with a calculator and a pen.

SMP RESOURCE.ORG

888.818.2611
SUPPORTED BY GRANT # POMPRC0002 FROM ACL