



Welcome to the Sentara Quality Care Network (or SQCN, pronounced "sequin")

Happy 2024! A recent [Forbes Health/OnePoll survey](#) shows the most popular New Year's resolutions are improved physical and mental health. Our *Healthy Tips* newsletter is a great place to start.

You are receiving this because your doctor or provider is in the SQCN network. They have chosen to come together to offer you seamless healthcare.

This month we are covering these important topics:

- Annual wellness visit
- Cervical cancer and HPV
- Child well-care visits
- Diabetes and finding support

We are also focusing on two special awareness days: Maternal Health Awareness Day on January 23 and National Wear Red Day® on February 2.

You have access to customizable, no-cost services. Find them [here](#). You can contact us at SQCN@sentara.com to get started. Here's to your best health in 2024!

An Important Opportunity: The Annual Wellness Visit (AWV)

Are you 65 or over with Medicare or Medicare Advantage? If so, you are entitled to the AWW every year. This visit is an important conversation with your primary care team that will help with your ongoing preventive care plan. Download [this tip sheet](#) to learn more.

You can also email our care management services team at SQCN@sentara.com with any questions.

Your Annual Wellness Visit

A Message on Behalf of Your Primary Care Team

The Annual Wellness Visit (AWV) is a detailed review of your current health. As a Medicare patient, you are entitled to this benefit every year. An AWW is a focused conversation which allows time to go over how you are feeling and getting along at home. This visit will help us work with you to develop your ongoing preventive care plan.

What are the costs?

When you first receive Medicare, you are entitled to a no-cost "Welcome to Medicare Visit."

If you have had Medicare Part B for 12 or more months, you are entitled to a no-cost Annual Wellness Visit once a year.

You may have a co-pay if you receive extra tests or services that aren't covered as preventive during the same visit.

Why is it important?

Like financial planning for your retirement, an AWW is an opportunity to create a plan of care for your health now and in the future. It's important that we understand your health today so we can identify and prevent potential health problems.

We will create a personal care plan to navigate your health now and in years to come.

Is it the same as a yearly physical?

No. An AWW is more of a conversation, not a traditional physical exam. These visits are a dedicated opportunity to review and discuss your current health status and map out a plan of care. We can discuss the need for a traditional physical exam.

Why is it important to my provider?

Understanding all aspects of your health, and your personal health goals, helps us see a more complete picture. This is very helpful when you do need to see us for a problem or if you are admitted to a hospital.

Contact SQCN@sentara.com to request care management services. Call Medicare prior to your visit for benefit-related questions: 1-800-633-4227.

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It's National Wear Red Day® on Friday, February 2

Did you know that heart disease is the number one cause of death for women?

Wear red to show your support of prevention and early intervention. Learn more about how to spot signs of heart attack and stroke at the [American Heart Association Go Red for Women website](#).

Cervical Cancer and Human Papillomavirus (HPV)

Cervical cancer is hard to find early. This is because the symptoms usually do not start until after the cancer has spread. **Almost all cases of cervical cancer are caused by HPV.**

There are two screening tests:

1. The **Pap test** can locate cancer cells before they may become cervical cancer. Testing usually starts in women at age 21.
2. The **HPV test** can screen for cervical cancer in women after age 30 and is done every 5 years. In some patients, a Pap test is done with the HPV test.

Talk with your primary care team about the options. If you need financial help, click [here](#) for screening program resources.

HPV vaccines are [safe](#), effective, and help protect your kids from future diseases, like cervical cancer. Find the immunization schedules for [Virginia](#)

and [North Carolina](#) here.

Sources: [Cervical Cancer Symptoms - NCI](#)

[What Can I Do to Reduce My Risk of Cervical Cancer? | CDC](#)

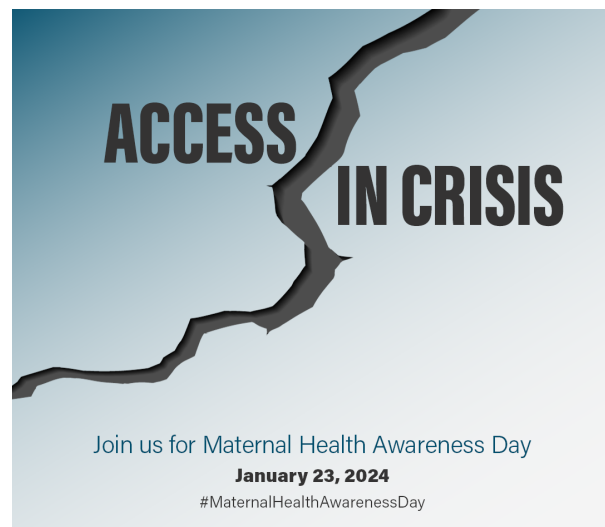
[Cancers Caused by HPV | Human Papillomavirus \(HPV\) | CDC](#)

Maternal Health Awareness

What is maternal health? This is women's care during pregnancy, childbirth, and after birth. Depending on access to healthcare and other resources, it can vary widely per person.

A [recent report](#) shows deaths in mothers increasing each year. **Black women are also affected 2.6 times more than white women.** The American College of Obstetricians and Gynecologists (ACOG) has [more information](#).

The good news is that most maternal-related deaths are preventable.



Talk with your doctor about:

- Any symptoms you may be experiencing that do not feel right. You know your body best.
- Your pregnancy experience with each healthcare visit.
- Any healthcare resources or other social support needs.

Click [here](#) to learn more about maternal health.

Child Well-Care Visits

You don't have to wait until the new school year to schedule your child's well-care visit. This annual exam covers:

- Suggested vaccines

- Flu shots during the season
- Growth tracking and milestones
- Talking about any concerns

If you need help finding a primary care team for your child, contact SQC�@sentara.com. You may also access our online [SQC� Provider](#) portal.

Survey Results: Medication Adherence

We ran a poll in our last edition of the *Healthy Tips* newsletter. This is what we learned from you.

Of those taking medication in the last six months...

How often did you and your personal doctor talk about all the prescribed medications you are taking?

- Never: 12%
- Sometimes: 20%
- Usually: 21%
- **Always: 47%**

How often was it easy to get the medicines your doctor prescribed?

- Never: 2%
- Sometimes: 8%
- Usually: 22%
- **Always: 65%**
- My doctor did not prescribe any medicines for me in the last 6 months: 3%

Did you delay or not fill a prescription because of the cost?

- Yes: 12%
- **No: 85%**

- My doctor did not prescribe any medicines for me in the last 6 months: 3%

Look for more survey questions in upcoming editions.

If you would like to connect with our pharmacy support team, please email SQC�@sentara.com.

*If you are experiencing difficulties with your medications or have questions about your medications, please reach out to your prescribing doctor or provider.

Ask Your Pharmacist: Medication Management

Taking your medication as prescribed is the best way to maintain your health. Here are a few tips to make it easier:

- **Consider generic options** to save on cost.
- **Use the same pharmacy.** This makes it easier to check for interactions or possible duplicate medications.
- **Try a mail order pharmacy.** It is a more convenient way to get your continuous prescriptions.

And finally, let your healthcare team know if you have any questions or concerns. This includes cost or transportation issues.

Care Corner: Diabetes and Support

Do you have diabetes and need extra support? Our no-cost self-management program can help you with:

- How to work diabetes care into your lifestyle.
- Informed decision making and problem solving.
- Ways to work better with your healthcare team.
- Tips to improve your health now and overall quality of life.

If you or a loved one would benefit from no-cost diabetes self-management services, contact our care management team at SQC�@sentara.com.

Interested in a group setting? Sentara offers free in-person and online options. Here are a few:

- **Sentara RMH Diabetes Support Group** meets every 4th Monday from 6-7 p.m. at the Hahn Building Conference Room A/B. Park in parking lot B. For more information call 540-689-1001.
- **Sentara Leigh Hospital Diabetes Support Group** meets several times a year. Call 757-261-8950 for dates and times.
- The **Sentara Diabetes Support Group** is held virtually online on the second Wednesday of every month at 10 a.m. Click [here](#) to join (Meeting ID: 979 2233 8659 and Passcode: 005283).

Questions? Contact the SQCN Team:

757-455-7330 | SQCN@sentara.com

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