



SPRING NEWSLETTER

— 2022 —

Free Over the Counter COVID-19 Tests

Beginning this Spring, people with Original Medicare or Medicare Advantage will be able to get up to eight free FDA-approved over-the-counter COVID-19 tests per month through eligible pharmacies and other participating entities. Call 1-800-Medicare with questions about where to find a test.

People with Medicare can also:

- Request four free home delivery tests at covidtests.gov.
- Access COVID-19 tests through healthcare providers at over 20,000 free testing sites nationwide.

DID YOU KNOW?

If you have Medicare you won't have to pay anything to get the COVID-19 vaccine and booster—there is no copayment, coinsurance, or deductible!

- Access one lab-performed test without an order and without cost-sharing during the public health emergency.

Medicare Advantage plans may also offer some coverage for over-the-counter COVID-19 tests as a supplemental benefit in addition to covering Medicare Part A and Part B benefits.

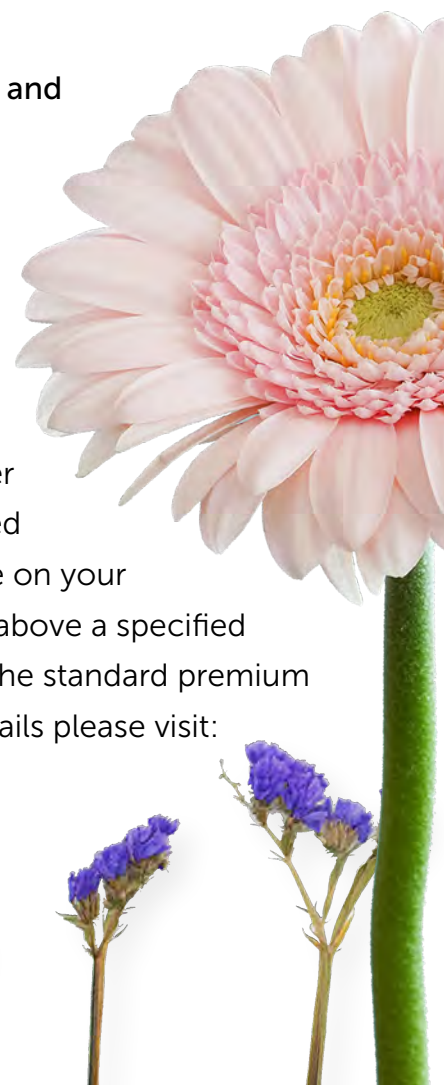
Get more information and
check out frequently
asked questions at:

[CMS.GOV](https://www.cms.gov)

Part B in 2022

The 2022 Part B premium is \$170.10 per month. If your modified adjusted gross income on your 2020 IRS tax return is above a specified amount, you will pay the standard premium and an IRMAA. For details please visit:

[MEDICARE.GOV](https://www.medicare.gov)



SAVE THE DATE

March 13 Daylight Saving Time

March 17 St. Patrick's Day

March 20 Spring Begins

April 01 April Fool's Day

April 17 Easter Sunday

April 18 Tax Deadline

April 29 Arbor Day

May 05 Cinco de Mayo

May 08 Mother's Day

May 30 Memorial Day

CARROT CAKE OVERNIGHT OATS

- ½ cup rolled oats
- ½ cup milk (any kind or non-dairy)
- ¼ cup Greek yogurt (or non-dairy substitute)
- 1 tbsp chia seeds
- 1 tbsp honey
- ¼ cup shredded carrot
- 1 tbsp shredded coconut
- 1 tbsp raisins
- ½ tsp vanilla extract
- ½ tsp cinnamon
- dash of nutmeg

Add all ingredients into a sealable container and stir until combined.

Leave the sealed oats in the fridge for at least 2 hours, but overnight will yield a creamier consistency. Enjoy!

7 FOODS THAT REDUCE THE RISK OF GETTING CANCER

Apples, Berries, Cruciferous Vegetables, Carrots, Fatty Fish, Walnuts, and Legumes.

These powerhouse foods are high in Vitamin A, C, and E. They're rich in omega-3 fatty acids, fiber, and antioxidants that may help lower a person's risk of developing cancer. Yum!

Reminder: Cancer screenings are covered as a preventative service with Medicare. If you missed your scheduled screening due to COVID-19, make sure to talk to your doctor to get scheduled. Learn more at:

MEDICARE.GOV

LICENSED SALES AGENT

