

Meridian Health News

ISSUE 1 | 2022



mimeridian.com



COVID-19 Vaccines and Boosters

Staying up to date on your COVID-19 vaccines and boosters is your best defense against severe illness and ending up in the hospital from COVID-19 infection.



A second booster shot is available for **all adults 50 years of age and older, and some immunocompromised people ages 12 and up.**



The second booster is recommended **at least four months after the first booster.**



Haven't had your COVID-19 vaccine yet? Talk to your provider to find a vaccine location near you or check out the **[vaccines.gov](https://www.vaccines.gov)** website and type in your zip code!



Preventive Health Screenings

Many people put off important health screenings when COVID-19 case numbers were high. It's time to get your health back on track! Offices that offer health screenings like mammograms, eye exams, and lab tests have safety precautions in place to protect you from becoming infected with COVID-19. It is safe to resume regular health screenings and best to schedule yours as soon as you can!

Not sure what visits are due?

Call Meridian Member Services at **1-888-437-0606** and a representative can help you find out, as well as provide support with appointment scheduling and transportation.



Your Prescription Needs

Meridian's pharmacy department works to fill our member's prescriptions. In addition to the list of drugs covered from the state of Michigan, we use clinical help from providers, pharmacists and other healthcare experts to come up with a safe drug list called a formulary.

The Meridian formulary is a generic plan. This means that generic drugs are given instead of brand-name drugs when they can. Meridian covers many drugs without restrictions. Some drugs have limits or restrictions.

Here are some types of limits you will see on the formulary:

- Prior Authorization (PA): Gives facts about your health and why you need the drug. The drug must be reviewed and approved by Meridian before it can be filled
- Step Therapy (ST): A first-line drug must be tried before you can get a different drug for the same reason
- Quantity Limits (QL): A limit of how much of a drug you can safely take each month



Your provider needs to fill out a PA form and send it to covermymeds.com if you need a drug that has a PA limit. An exception form is required if you need a drug that is not on the formulary. Your provider can find these forms on the website at **www.covermymeds.com**.

Meridian does not cover drugs for:

- Cosmetic purposes
- Sexual dysfunction
- Experimental purposes
- Drugs that are not licensed in the U.S.



You can see the Meridian formulary at **www.mimeridian.com** under Pharmacy, or call Member Services at 1-888-437-0606 for a printed copy. Call **1-866-984-6462** if you have any questions about drug coverage.



Safe Grilling for the Summer

Cooking on a grill either at your home or at a park is a great way to be outside enjoying the weather while making something good to eat. Cooking food to the correct temperature is important. Here are a few tips when grilling or cooking meats:

- 1 Wash your hands before and after handling raw meat**
- 2 Have a meat thermometer on hand and cook these meats to the following temps:**
 - 145°F—whole cuts of beef, pork, lamb, and veal (then allow the meat to rest for 3 minutes before carving or eating)
 - 145°F—fish
 - 160°F—hamburgers and other ground beef
 - 165°F—all poultry and pre-cooked meats, like hot dogs
 - After grilled: 140°F or warmer—until it's served
- 3 Refrigerate food after 2 hours**
- 4 Throw out marinades after the meat has been removed from them; do not use them again since raw meat has touched the marinade**

Visit www.cdc.gov/foodsafety for more tips on food safety.

Source: www.cdc.gov



Protect Your Skin From the Sun

Warm weather brings fun in the sun. Getting outside is great way to spend time with your kids and get a little extra vitamin D. Don't forget to put on sunscreen before heading outdoors to protect skin from the sun's ultraviolet (UV) light.

Putting on a sunscreen that has an SPF of 15 or higher, and blocks both UVA and UVB rays is best for your skin. This will help prevent skin damage and skin cancer.

For more information and other ways to protect your skin, visit www.cdc.gov.

Did you know?

The UV Index can tell you how strong the sun's rays will be each day. You can check how high the UV Index will be in the area you live by visiting

<https://www.epa.gov/enviro/uv-index-search>.

Source: www.cdc.gov





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We Have You Covered!

Meridian cares about your health and safety. We want to make sure you get the care you need and protect your health information. General information on how we keep you protected and make sure you get the best care possible includes making sure you know what services are covered and not covered through Meridian.



You can refer to your Member Handbook for more info on benefits and access to medical services. You can find your Member Handbook online at **www.mimeridian.com**. You can also call **1-888-437-0606** to ask for a printed copy.



Meridian complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Meridian does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Meridian:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Meridian's Grievance Coordinator.

If you believe that Meridian has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with Meridian's Grievance Coordinator. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Meridian's Grievance Coordinator is available to help you.

Mail: Meridian
Attn: Grievance Coordinator
P.O. Box 44287
Detroit, MI 48244

Telephone: 888-437-0606 (TTY users should call 711)

Fax: 833-669-1734

Email: medicaidgrievances@mhplan.com

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201

800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at **<http://www.hhs.gov/ocr/office/file/index.html>**.

Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-437-0606 (TTY: 711).

العربية (Arabic): ملحوظة: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية تتوافر لك مجانًا. اتصل بالرقم 888-437-0606 (رقم هاتف الصم والبكم: 711).

中文 (Chinese): 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電 888-437-0606 (TTY: 711)。

Tagalog (Filipino): PAUNAWA: Kung nagsasalita kayo ng Tagalog, maaari kayong gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 888-437-0606 (TTY: 711).

Tiếng Việt (Vietnamese): CHÚ Ý: Nếu quý vị nói Tiếng Việt, chúng tôi có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho quý vị. Xin gọi số 888-437-0606 (TTY: 711).

Deutsch (German): ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 888-437-0606 (TTY: 711).

한국어 (Korean): 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 888-437-0606 (TTY: 711)으로 전화해 주십시오.

Русский (Russian): ВНИМАНИЕ. Если вы говорите на русском языке, вам доступны бесплатные услуги языковой поддержки. Звоните по номеру 888-437-0606 (TTY: 711).

Italiano (Italian): ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 888-437-0606 (TTY: 711).

Polski (Polish): UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 888-437-0606 (TTY: 711).

Shqip (Albanian): KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 888-437-0606 (TTY: 711).

বাংলা (Bengali): দ্রষ্টব্য: আপনি বাংলায় কথা বললে আপনার কাছে বিনামূল্যে ভাষা সহায়তা পরিষেবাটি নেওয়ার সুযোগ রয়েছে। 888-437-0606 (TTY: 711) নম্বরে ফোন করুন।

日本語 (Japanese): 注意事項：日本語を話される場合、無料の言語支援サービスをご利用いただけます。
888-437-0606 (TTY: 711) まで、お電話にてご連絡ください。

Srpski i hrvatski (Serbian and Croatian): OBAVJEŠTENJE: Ako govorite srpski ili hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite 888-437-0606 (TTY- Telefon za osobe sa oštećenim govorom ili sluhom: 711)

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