

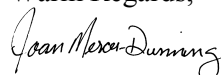
JAI MEDICAL SYSTEMS



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A Message from the Director of Customer Service

The new year has brought many changes to the health insurance industry here in Maryland. This includes many changes related to the implementation of the Affordable Care Act. Please know that we are here to help. If you have any questions regarding your benefits as a Jai Medical Systems member or would like to learn more about how friends or a member of your family can apply for coverage, please contact our Customer Service Department today at **1-888-JAI-1999**.

Warm Regards,

 Joan Mercer-Dunning
 Director of Customer Service



Healthy Rewards

On behalf of Jai Medical Systems, we would like to congratulate the more than 1,000 members who reached **Gold Level** status in our Healthy Rewards Program in 2013!

Beginning this year, **all Jai Medical Systems members are automatically eligible and enrolled** in our Healthy Rewards Program. To receive your reward this year, you need to receive the following preventive healthcare service:

- Visit your PCP for your annual physical.

After you have received your physical, please check your mail. You will receive a Healthy Rewards Redemption Certificate. **You will need to complete this certificate in order to redeem your reward.**

Act Now!

Please do not wait to see your PCP. Healthy Reward quantities are limited, so schedule your PCP visit today before gift cards run out!*

More information about this new program will be sent to all members shortly. If you have already received your annual physical in 2014, check your mail! Soon, you should receive a request to confirm your address so we can send you your reward!

* Jai Medical Systems Managed Care Organization, Inc. reserves the right to eliminate or reduce incentives and/or modify or cancel the Healthy Rewards Program at any time without notice. Gift cards are not convertible to cash. Limitations and exclusions apply. Offer valid while supplies last. Eligibility to receive gift card is contingent on Jai Medical System Systems Managed Care Organization, Inc.'s receipt of confirmation from your PCP that you had your annual visit in 2014.

Jai Medical Systems Managed Care Organization, Inc. (Jai Medical Systems) is a licensed health insurance company regulated by the Maryland Department of Health and Mental Hygiene and the Maryland Insurance Administration.

Jai Medical Systems is not the same company or agent of Jai Medical Center, a health care provider.



March: National Nutrition Month



Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories. Build your healthy plate with foods like vegetables, fruits, whole grains, low-fat dairy, and lean protein foods. Try these eating right tips and start with a few minutes of activity, such as walking. Gradually increase the minutes you exercise as you become stronger.

Make half your plate fruits and vegetables. Eat a variety of vegetables, especially dark-green, red and orange vegetables, plus beans and peas. Fresh, frozen and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned vegetables. Add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole. Choose 100% whole-grain breads, cereals, crackers, pasta, and brown rice. Also, look for fiber-rich cereals to help stay regular.

Switch to fat-free or low-fat milk, yogurt, and cheese. Include three servings of fat-free or low-fat milk, yogurt, or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices. Eat a variety of foods from the protein food group each week, such as seafood, nuts, and beans and peas, as well as lean meat, poultry, and eggs.

Cut back on sodium and empty calories from solid fats and added sugars. Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt. Make major sources of saturated fats such as desserts, pizza, cheese, sausages, and hot dogs occasional choices, not every day foods. Switch from solid fats to oils when preparing food. Drink water instead of sugary drinks. Select fruit for dessert. Eat sugary desserts less often.

Enjoy your food but eat less. Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using a smaller plate, bowl, and glass. Cook more often at home, where you are in control of what's in your food. When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits, and whole grains. When portions are large, share a meal or take half home for later. Write down what you eat to keep track of how much you eat.

Be physically active your way. Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active. If you are currently inactive, start with a few minutes of activity such as walking. Gradually increase the minutes as you become stronger.

This tip sheet is provided by: Authored by Academy of Nutrition and Dietetics staff registered dietitians. Sources: U.S. Department of Health and Human Services, ADA Complete Food & Nutrition Guide.

Case Management and Disease Management Programs Available!

Complex Case Management and Case Management programs are available for Jai Medical Systems' members, who have serious medical conditions or have complex and/or special needs. These services provide support and guidance to those members that need or would like extra assistance with their health care. Our Case Managers can also assist with care coordination.

In addition, there are Disease Management Programs for Hypertension and Asthma. These Disease Management programs provide our members with additional information and support while helping them control their high blood pressure and asthma.

For more information about Case Management services, Complex Case Management services, and/or Disease Management programs offered by Jai Medical Systems, please contact our Director of Customer Service at 1-888-JAI-1999.

Visit the Member Portal

As a member of Jai Medical Systems, you are able to sign up for our Member Portal to gain access to exclusive content only available for our members!

Look on our website for additional information about our:	Member Portal	General Website
Member Rights and Responsibilities		★
Notice of Privacy Practices		★
Member Handbook	★	
Quality Assurance Programs	★	
Disease Management Programs		★
Utilization Management Decision Process		★
Pharmacy Benefits and how to use		★
Co-Payment Information		★
Web-Based Physician Directory	★	★
Web-Based Hospital Directory	★	★

In addition to the information listed above, our web-based provider and hospital directories are available in print and by telephone if you would prefer! Please call 1-888-JAI-1999 for more information.