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**Summer To Do: Get the COVID-19 Vaccine**

Dear Friend,

As it gets warmer, we find ourselves going outside to enjoy the weather. This time of year has its own set of health risks associated with heat in addition to the risks associated with the lingering pandemic. In order to keep you and your family safe this summer, please be sure to use sunscreen, drink plenty of water, avoid direct sun exposure when possible and **get the COVID-19 vaccine** to protect yourself, your family and your friends from COVID-19.

**Why should I receive the COVID-19 vaccine?**

There are many important reasons to receive the COVID-19 vaccine. One of the most important reasons to receive the COVID-19 vaccine is to protect yourself, your family, and your friends from COVID-19. Receiving the COVID-19 vaccine is one of the most important things that we can all do to help end the COVID-19 pandemic.

**Where can I be vaccinated?**

To schedule a vaccine appointment, Marylanders can immediately book an appointment by visiting [covidvax.maryland.gov](https://covidvax.maryland.gov) or by calling the state's COVID-19 Vaccination Support Center at 1-855-MD-GOVAX (1-855-634-6829). The support center is available seven days a week, from 7 a.m. to 10 p.m.

Sincerely,

*TeNeisha Thornton*

Director, Customer Service

**Updates and Reminder**

**Have a question?**

We are here to help.  
Call us today at  
1.888.JAI.1999.

**24 Hour Nurse Advice Line**

1-844-259-8613

**Office Hours:**

Monday through Friday  
9am to 6pm

**Address:**

301 International Circle  
Hunt Valley, MD 21030

**Website:**

[www.jaimedicalsystems.com](http://www.jaimedicalsystems.com)

**Earn your Healthy Reward!** 

**We are happy to announce that Healthy Rewards 2021 is here!**

To earn your Healthy Reward this year, spring into action and visit your Primary Care Provider (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.

Please see your PCP as soon as possible. Healthy Rewards quantities are limited, so schedule your PCP visit today before rewards run out!

If you have questions about the **Healthy Rewards** program or need to schedule an appointment with your PCP, please call our Customer Service Department today at 1-888-JAI-1999 for assistance.

\*Jai Medical Systems Managed Care Organization, Inc. reserves the right to eliminate or reduce incentives/rewards and/or modify or cancel the Healthy Rewards Program at any time without notice. Rewards are not convertible to cash. Limitations and exclusions apply. Offer valid while supplies last. Eligibility to receive a reward is contingent on Jai Medical Systems Managed Care Organization, Inc.'s receipt of confirmation from your PCP that you had your annual visit in 2021.

## Safe Summer Activities for Kids

- ☆ Fully vaccinated teens can safely hang out together without a mask. For kids under age 12, who aren't yet eligible for vaccination, social distancing, and mask-wearing guidelines still apply.
- ☆ Unvaccinated kids can visit and stay with fully vaccinated friends or relatives from one other household as long as none of the unvaccinated kids are at increased risk for severe illness from COVID-19.
- ☆ Booking a camp for your child? Pick one where kids spend the day in small groups, mostly outdoors and physically distanced, and wear masks when they're indoors.
- ☆ Experts say that road trips are safer than air travel for families.

## IT IS AGAINST THE LAW TO COMMIT FRAUD AND/OR ABUSE!

### Examples of Fraud and Abuse:

#### Prescription Fraud

- Anyone who forges a doctor's signature on a prescription medication or uses a doctor's name to call a false prescription in to the pharmacy.
- Anyone who lies about having lost prescription medication.
- Anyone who gets prescription medication when they are not ill.



#### Medicaid Card Fraud and/or Abuse

- Someone who used or is currently using a medical ID card that does not belong to them.
- Allowing a non-enrolled family member to use your medical ID card.
- Allowing a family member to use your medical ID card.
- Repeatedly visiting the emergency room for care that can be received from a primary care physician (PCP).

#### Physician Fraud

- Any doctor who bills for a visit that did not happen.

*Individuals suspected of committing fraud and/or abuse by Jai Medical Systems Managed Care Organization, Inc. will be reported to the Maryland Department of Health – Office of the Inspector General (MDH-OIG) for further investigation.*

### How Do I Stop Fraud and Abuse?

We welcome and encourage you to report anything suspicious you may have seen. *Reporting suspected fraud or abuse will **not** affect your services with us.*

### To Report Fraud and Abuse



You can call the Fraud and Abuse Compliance Officer: **1-888-JAI-1999**

Or write to:

Fraud and Abuse Compliance Officer  
Jai Medical Systems  
301 International Circle  
Hunt Valley, MD 21030

## ***Renew your Health Insurance benefits today!***

***Please do not lose your health insurance benefits.***

To ensure that you maintain your health insurance benefits with Jai Medical Systems, please renew your benefits before your eligibility end date. For assistance maintaining your eligibility, please contact our Customer Service Department at 1-888-JAI-1999.

To renew your benefits today, please visit the Maryland Health Connection website at [www.marylandhealthconnection.gov](http://www.marylandhealthconnection.gov). You may also apply by walking in today to meet with a Certified Application Counselor at one of these independent participating medical centers, Monday through Friday, 9am to 6pm:

### **Jai Medical Center**

5010 York Road

Baltimore, MD 21212

Phone: 410-433-2200

### **Jai Medical Center**

4340 Park Heights Avenue

Baltimore, MD 21215

Phone: 410-542-8130

### **Jai Medical Center**

1235 East Monument St.

Baltimore, MD 21202

Phone: 410-327-5100

If you have any questions regarding this important issue, please contact our Customer Service Department at 1-888-524-1999.

### ***Well Child Visits: What to Expect***

It is important that your child receive regular “Well Child” check-ups with your Pediatric Primary Care Provider (PCP). The American Academy of Pediatrics recommends that all parents take their children to at least 12 check-ups during the first three years of life.

During a well child visit, your child’s PCP will review your child’s health, aspects of their development, and provide any necessary vaccines. Your PCP may also screen your child for health problems; either through blood work or by asking health-related questions.

These visits are also a good opportunity for you to ask any questions that you may have related to your child’s health and development.

Your child’s PCP will develop and recommend a schedule for your child’s healthcare.

Well Child visits are recommended at the following ages:

- 3 to 5 days old.
- By 1 month.
- 2 months.
- 4 months.
- 6 months.
- 9 months.
- 1 year.
- 15 months.
- 18 months.

- 2 years.
- 30 months.
- 3 years.

After age 3, Well Child visits are usually scheduled once a year.

**If you are in need of an appointment for your child or transportation assistance for your child’s appointment, please contact our Customer Service Department today at 1-888-JAI-1999.**



### **Need to find a Provider? Try our Online Provider Directory!**

Jai Medical Systems has created an online searchable Provider Directory for our members. Our online searchable Provider Directory is easy to use and includes information regarding the following:

- Primary Care Providers
- Specialists
- Ancillary Providers (such as X-Ray or Lab)
- Hospitals
- Urgent care centers
- Pharmacies

that participate with the Jai Medical Systems’ provider network.

To use our Online Provider Directory to find a participating provider today, please visit our website at [www.jaimedicalsystems.com/find-provider/](http://www.jaimedicalsystems.com/find-provider/).

## *Preventive Care Guidelines for Adults*

*It is important that adults receive routine preventative healthcare each year. The table below outlines services that are recommended for adults by age as well as how often you should have them done. Please note that if PCP is noted below, it stands for Primary Care Provider.*

<b>Service:</b>	<b>For Who:</b>	<b>How Often:</b>
Routine Check-Up	Everyone age 19 and older	Every year
Blood Pressure Test	Everyone age 19 and older	During your annual check-up
Pap Smear Test	Women age 21 and older	Every 3 years *evaluate risk every year with your PCP
Cholesterol Blood Test	Everyone age 35 and older	Evaluate risk every year with your PCP
Breast Cancer Screen	Women age 50 and older	Mammogram every 2 years *evaluate risk every year with your PCP
Colon Cancer Screen	Everyone age 50 or older	Evaluate risk every year with your PCP
Prostate Cancer Screen	Men age 40 and older	Evaluate risk every year with your PCP
Lung Cancer Screening	Adults age 55 and older with a history of smoking	Yearly *evaluate risk every year with your PCP
Adult Immunizations: Flu Tdap  Tetanus  Shingles  Pneumococcal (PPSV23)  HPV	Adults 18 and older Adults 18 and older  Adults 18 and older  Adults 60 and older  Anyone Ages 2- 64  Women Ages 11-26 Men Ages 11-21	Yearly Once (if didn't receive at age 11-12), during every pregnancy Every 10 years, more frequently depending on risk Two Shot Series  Evaluate risk with your PCP  Three Shot Series
Eye Exam for Diabetics (Dilated Funduscopic) Foot Exam for Diabetes	Everyone with Diabetes  Everyone with Diabetes	Every 2 years or more frequently depending on risk Every year
STD Screening	Everyone who is sexually active	Evaluate risk every year with your PCP
HIV Blood Test	Adults 18 and older	Once or more frequently depending on risk
Hepatitis C	Adults 18 and older	Once for adults born between 1945 and 1965. For others, more frequently depending on risk
Substance Use Screen	Adults 18 and older	Yearly or more frequently depending on risk
Depression Screening	Adults 18 and older	Yearly or more frequently depending on risk