



2020 PONCE DE LEON BOULEVARD, PH 1  
CORAL GABLES, FLORIDA 33134

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JANUARY 2025

# Member Connect:

New Year's Resolutions & Gym Memberships,  
Vaccination Guide, Drug Payment Stages,  
CAHPS® Survey and More

## Make Yourself a Priority in 2025

As we get older, it's really important to stay active to keep our bodies healthy and strong. Silver&Fit® is a special program made just for older adults. It helps you exercise in a way that is fun, safe, and good for your body.

Here's what Silver&Fit® offers:

- **Gym Memberships:** Silver&Fit® works with gyms where you can go and exercise.
- **Fitness Classes:** There are special exercise classes like yoga, strength training, and balance exercises. You can do them in person or online.
- **Home Fitness Kits:** If you prefer to exercise at home, Silver&Fit® gives you fitness kits with tools like stretchy bands and weights.
- **Health Education:** You can also learn more about staying healthy, eating right, and preventing falls.

*Silver&Fit® is a great way for older adults to stay healthy and active and it is included in your plan!* Whether you like going to the gym, working out at home, or joining a group class, Silver&Fit® has something for everyone. Staying active can help you get stronger, improve your balance, feel happier, and enjoy a better life.



## Starting 2025 Strong: Keeping Up with Your New Year's Health Resolutions

### WHY FIRST QUARTER PROVIDER VISITS ARE IMPORTANT

Visiting your healthcare provider in the first quarter of the year is a smart way to stay healthy. These visits help you and your doctor make a plan for your care.

Seeing your doctor early in the year lets you catch up on any needed check-ups, tests, or vaccines. It's also a chance to talk about your health goals for the year.

### MANAGE HEALTH PROBLEMS

If you have ongoing health issues, a first quarter visit helps keep them under control. Your doctor can adjust your treatment if needed and make sure you're on the right track.

### STAY ON TOP OF PREVENTIVE CARE

Preventive care, like screenings and blood tests, can find problems early. Early treatment can make a big difference. Your doctor will let you know what tests you need.

### BUILD A STRONGER RELATIONSHIP

Regular visits help you and your doctor work better as a team. Your doctor gets to know you and can give you better advice for staying healthy.

### DON'T WAIT — SCHEDULE NOW

The beginning of the year is a great time to focus on your health. Call your doctor today to set up an appointment. Taking care of your health now can make the rest of the year even better.

## Protecting Yourself with Vaccines: A Quick Guide for Adults



Vaccines are not just for kids. Adults need vaccines too! They help keep you healthy and protect you from getting sick.

### WHY ARE VACCINES IMPORTANT?

Vaccines protect you from diseases. They help your body fight germs that can make you very sick. Some diseases, like the flu, can spread from person to person. If more people get vaccinated, fewer people get sick. Vaccines can also keep diseases from coming back. For example, diseases like polio and measles used to make many people sick, but vaccines have made them very rare.

Here are some vaccines that adults should think about getting:

1. **Flu Shot** - Get this every year. The flu can make you feel very sick, and it spreads easily.
2. **COVID-19 Vaccine** - Protects against the coronavirus. You may need booster shots to stay protected.
3. **Tdap Vaccine** - Protects against tetanus, diphtheria, and whooping cough. Adults need this shot every 10 years.
4. **Shingles Vaccine** - For adults over 50. It helps prevent shingles, a painful skin rash.
5. **Pneumonia Vaccine** - It protects against lung infections.

Your doctor can tell you which vaccines you need. This depends on your age, health, and lifestyle. Some vaccines are also needed if you plan to travel to other countries.

### ARE VACCINES SAFE?

Yes! Vaccines are tested to make sure they are safe. You might feel a little sore or tired after getting a shot, but this goes away quickly. Serious side effects are very rare.

### STAY HEALTHY WITH VACCINES

Vaccines are a simple way to protect your health. They help you stay strong and avoid serious illnesses. Talk to your doctor today to make sure you are up to date on your shots!

VACCINES IN THE ADULT IMMUNIZATION SCHEDULE\* | VACCINES & IMMUNIZATIONS | CDC:

<https://www.cdc.gov/vaccines/hcp/imz-schedules/adult-schedule-vaccines.html>

VACCINES AND IMMUNIZATION: VACCINE SAFETY:

<https://www.who.int/news-room/questions-and-answers/item/vaccines-and-immunization-vaccine-safety?>

## 2025 Drug Payment Stages

Beginning in 2025, there are **three drug payment stages**:

- **Yearly Deductible Stage**  
(our Plans do NOT have a Deductible)
- **Initial Coverage Stage**
- **Catastrophic Coverage Stage**

The Coverage Gap Stage and the Coverage Gap Discount Program will no longer exist in the Part D benefit.

**The annual out-of-pocket (OOP) limit for Part D drugs in 2025 is \$2,000.** After reaching this limit, members will not have any additional out-of-pocket costs for the remainder of the plan year.

In addition, beginning in 2025, members will have the option to pay their out-of-pocket (OOP) prescription drug costs in monthly installments over the course of the plan year (January-December), instead of paying out-of-pocket (OOP) costs at the pharmacy. This is called the **Medicare Prescription Payment Plan**.



- If you opt into the Medicare Prescription Payment Plan, you will pay \$0 at the pharmacy for a covered Part D drug, instead of the OOP cost sharing you would normally pay when filling a prescription.
- This payment option might help you manage your monthly expenses, but it doesn't save you money or lower your drug costs.
- Each month you'll continue to pay your health or drug plan premium (if you have one), and you'll get a bill from your plan to pay for your prescription drugs (instead of paying the pharmacy).
- Participating in this payment option is voluntary, and it doesn't cost anything to participate.

You can elect to join in the following ways:

- **By phone:** By calling (786) 460-3427 toll-free: 1-833-342-7463, TTY: 711. Hours of operation: 7 days a week, 8:00 a.m. – 8:00 p.m.
- **By mail:** By completing and signing the Medicare Prescription Payment Plan Election Form
- **Online:** By completing the online form

For more information, visit our website at <https://www.doctorshcp.com/2025druglist/>.

## Member Portal – MyDHCP

Our new member portal, MyDHCP, is designed to make managing your health plan easier than ever. Here are some key features:

- **Digital Member ID Card:** Forgot your Member ID card at home? Access your digital Member ID card directly on your mobile device
- **Provider Search:** Easily find in-network doctors and specialists
- **Plan Benefit Information:** View your coverage details anytime
- **Claim Information:** View and track your claims

MyDHCP is available for all Doctors HealthCare Plans members. To create your account, please visit <https://mydhcp.doctorshcp.com/> or scan the QR code here.



## Attention Members!

We are interested in learning more about your Digital Health Literacy - DHL.

**WHAT IS DHL?** Also known as eHealth Literacy, DHL is the ability to find, understand, and use health information online to make good decisions about your health. It means knowing how to use computers, phones, or apps to get reliable health advice and services.

At DHCP, we're here to help you navigate through your digital health. If you have any questions about – how to access our website, navigate our member portal, have a Telehealth visit with your physician or receive information from us via text, email or other electronic resources, please call us at (833) 342-7463 (TTY: 711), 7 days a week, 8AM - 8PM.



## Speak Up! Your Voice is Important so Ensure it is Heard

### WHAT IS THE CAHPS® SURVEY?

The CAHPS® survey is a way for health plan members to share their thoughts. It helps health plans understand what they are doing well and what they can do better.

### WHY IS THE CAHPS® SURVEY IMPORTANT?

The survey gives you a chance to speak up. Your answers help improve the care and services you get. It also helps other people choose the best health plan for their needs.

### WHAT QUESTIONS ARE ON THE SURVEY?

The survey asks about your experiences with your health plan. Some examples are:

- How easy it was to get the care you needed
- How well doctors and staff treated you
- If you were able to get help when you needed it

Starting in February, if you get a CAHPS® survey, take a few minutes to fill it out. You can do it by mail or online. It's quick and your answers stay private.





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(833) 342-7463 (TTY:711)  
7 days a week, 8AM - 8PM

TRANSPORTATION  
(786) 789-3427 (TTY:711)  
Monday - Friday, 7AM - 6PM

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PARTICIPATING HOSPITALS

Miami-Dade County

- Aventura Hospital and Medical Center
- Baptist Hospital of Miami
- Baptist Health Hospital Doral
- Doctors Hospital
- Homestead Hospital
- Jackson Memorial Hospital
- Jackson North Medical Center
- Jackson South Community Hospital
- Jackson West Medical Center
- Kendall Regional Medical Center
- Keralty Hospital
- Larkin Community Hospital
- Larkin Community Hospital Palm Springs Campus
- Mercy Hospital
- Mount Sinai Medical Center
- Steward Coral Gables Hospital
- Steward Hialeah Hospital
- Steward North Shore Medical Center
- Steward Palmetto General Hospital
- South Miami Hospital
- West Kendall Baptist Hospital

Broward County

- Broward Health Coral Springs
- Broward Health Imperial Point
- Broward Health Medical Center
- Broward Health North
- Cleveland Clinic
- HCA Florida Woodmont Hospital
- HCA Florida University Hospital
- Memorial Hospital Miramar
- Memorial Hospital Pembroke
- Memorial Hospital West
- Memorial Regional Hospital
- Memorial Regional Hospital South Campus
- Northwest Medical Center
- Plantation General Hospital
- Steward Florida Medical Center
- Westside Regional Medical Center

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