## Medicare Open Enrollment Ends Soon - Make Sure Your Doctors & Prescriptions are Covered

The annual Medicare open enrollment period ends Saturday, Dec. 7. The open enrollment period is the time each year when current Medicare members can change their medicare plan coverage for the upcoming year. It is important to review your current Medicare or Medicare Advantage plan and make sure it still fits your needs - including covering your doctors and prescriptions. What doctors, hospitals and medical facilities are in-network can change year to year. For example, OSU and Anthem announced at the end of November 2024 that the OSU health systems, including the Wexner medical center and the James Comprehensive Cancer Center, will no longer be in-network providers for people with Anthem Medicare Advantage plans beginning Jan. 1, 2025. If you need help reviewing your Medicare plan options, use the free online tool from <a href="https://www.medicare.gov/">www.medicare.gov/</a>, call the Ohio Senior Health Insurance Information Program at 800-686-1578, call Union County Senior Services at 937-644-1010, or call the Union County Health Department at 937-642-2053.

Medicare Open Enrollment - Top 5 for 2025

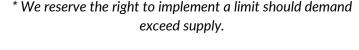
Check out this important Medicare Open Enrollment video!
In it we break down all the key details you need to know to make informed choices during this critical period.

Medicare
OPEN ENROLLMENT
HOT TOPICS!

insurance.ohio.gov/oshiip

## Holiday COVID Test Kit Distribution - Dec. 13

In advance of the holidays, the Union County Health
Department is offering a free COVID test kit distribution on
Friday, Dec. 13. Reserve your kits online at
unioncountycovid.org/testing/ and pick up on Dec. 13 from
8am-4pm at the Health Department. You can reserve as
many kits as you need for your holiday season\*. Test kits
come 2 kits per box. Test kits may have a limited expiration
date, so we encourage you to order based on your holiday
needs. You can pick up kits for multiple households. If you
can't make it on Dec. 13, just let us know and stop by
Monday through Friday from 8am-4pm and pick up test kits
at your convenience.





800-686-1578

Watch on 🕞 YouTube

## Increasing Respiratory Virus Activity

Ohio has seen an increase in reported outbreaks of pneumonia, mostly in school and childcare settings. This increase in pneumonia activity is consistent with national trends over the past six months. Ohio is also seeing cases of pertussis increase to pre-pandemic. Nationally, the number of reported pertussis cases in 2024 is higher than the same time period in 2019 prior to the pandemic. Ohio is currently experiencing low <u>influenza-like illness activity</u> and moderate overall respiratory illness activity. However, based on historical trend data, we anticipate respiratory virus activity to increase in the coming weeks or months.

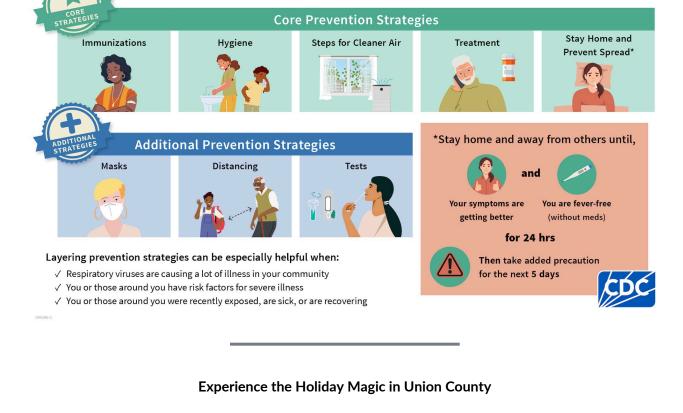
strategies:<u>Vaccinate</u> - stay up-to-date on vaccines, including flu, COVID, RSV and pertussis

As we head into the winter respiratory virus season, please remember the CDC's 5 core prevention

- <u>Hygiene</u> wash hands often and for 20 seconds; cover coughs and sneezes with a sleeve; clean high-
- Clean Air bring fresh air into your home/work; if you have a central heater, air conditioner or
- ventilation system, turn the fan to the "on" position when you have visitors, use pleated filters and change filters every 3 months; use a portable HEPA air purifier; or move your gathering outside
   Stay Home When Sick Stay home (and away from others in your home who aren't sick) until at least 24 hours after your symptoms are getting better AND at least 24 hours since you've had any fever
- (this should be fever-free for 24 hours without fever-reducing medication); Once a day has passed since you've last had a fever and since you started feeling better, use caution around others for the next five days. It is especially important to use precautions (like social distancing, outdoor meeting, and/or masking) if you must be around anyone who is at high risk for severe complications for a respiratory illness.

  Treatment Talk to your doctor right away about treatment options if you are a person at high risk for severe complications from respiratory illnesses.

**Respiratory Virus Guidance Snapshot** 



## So this holiday, venture out and find some holiday magic close to home. Our friends at Union County Tourism have compiled great holiday memory making ideas. From Merry and Bright Bridges to

Staying connected and doing things that bring you joy and fulfillment are important for overall health.

watching National Lampoon's Christmas Vacation at the Avalon, there is much to do. Check out all the holiday events or create a childlike Christmas itinerary at <u>Union County Tourism</u>.

