



★★★ 2014 4-STAR PLAN ★★★
RATED BY MEDICARE

Health, Happiness and You

We know you want to live healthy, be active and stay independent. We also know that your path to a happier and healthier life is unique to you. But there are some common things that can help to increase happiness. These include eating a balanced diet, seeing your doctor regularly and staying active.

Sometimes, though, you may still find yourself feeling blue. This is a normal part of life. But if you find yourself feeling down for longer than a few days, it may be a good idea to see your doctor.

Your plan offers many Preventive Services designed to help improve your health and well-being. You and your doctor can work together to choose the services that are right for you.

By eating nutritious food, exercising, and seeing your doctor regularly, you will take important steps toward improving your overall health and happiness.

If you have any questions, please call Member Services at the phone number listed on the back of your Member ID card.



Would you like more information about this or another wellness topic?

Visit the *Live Healthy* Library on MemberLink at <https://MemberLink.UniversalAmerican.com/>

Medicare evaluates plans based on a 5-Star rating system. Star Ratings are calculated each year and may change from one year to the next.

TexanPlus® HMO-POS is a Health plan with a Medicare contract. Enrollment in TexanPlus® HMO-POS depends on contract renewal.

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