

Inside Florida Health Care Plans Magazine



FINDING AFFORDABLE CARE WITH THE ACA AND FHCP

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SIGN-UP SUCCESS
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HEALTHY TIPS FOR
RELIEVING HOLIDAY STRESS
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Florida
Health Care
Plans®



An Independent Licensee of the Blue Cross and Blue Shield Association

Introduction

Best Health Plan Provider. Trusted by You.

For more than 50 years, Florida Health Care Plans has been committed to taking care of people. Headquartered in Daytona Beach, we are unique within our industry, providing health plans and health care services, many of which are delivered at our community-based, all-in-one care centers, which include onsite pharmacies. Locally managed, we take great pride in providing the highest quality health care services to our members. In fact, we were recently recognized again by Volusia and Brevard County residents as the best health plan provider and best pharmacy in the region. Thank you for your trust in us and our ability to deliver care when and where it's needed.

We look forward to serving you and our community for years to come.



**Dr.
Christopher
Smith**

Chief Medical
Officer

Bringing Health Home

Welcome to the first issue of **Inside Florida Health Care Plans**, a magazine highlighting our people, what makes us unique, and our history of success in meeting the health care needs of our community. Founded in 1974, we are a pioneering provider of health insurance plans and comprehensive health care services, available to individuals, families, employer groups, and Medicare eligible individuals. We serve more than 100,000 members throughout Brevard, Flagler, St. Johns, Seminole, and Volusia Counties. We are excited to introduce this magazine and to bring you practical tips for navigating health care, invaluable insights from our care teams, and simple steps for healthy living that fit seamlessly into your everyday life.



**Cyndi
Martinez**

Administrator
of Membership
Growth & Retention



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Inside *Florida Health Care Plans*

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FHCP Fast Facts

FHCP offers integrated care services at its community-based facilities, including primary and multispecialty care, radiology, ultrasound, laboratory, in-house pharmacies, as well as extended hour and Ambulatory Surgery Center services.

Florida Health Care Plans, Inc. was the first federally qualified Health Maintenance Organization (HMO) in the State of Florida and the second federally qualified HMO in the Nation.

An affiliate of Florida Blue, and part of the GuideWell family of health solutions companies, FHCP offers access to a provider network of more than 9,500 doctors, specialists, and hospitals.

FHCP's Extended Hours Care Centers offer walk-in urgent care, primary care, specialty care, lab services, EKG, and diagnostic imaging including radiology and ultrasound.

Finding Affordable Care *with the* ACA and FHCP

Did you know that FHCP offers affordable health care plans under the Affordable Care Act (ACA)? ACA plans provide essential health services that include prescription drugs, emergency health services, hospitalization, lab services, and mental health, in addition to PCP and Specialist office visits.

Preventive services are provided at no cost, as well. You may also qualify for premium assistance and reduced out-of-pocket costs based on your household income. If any of the following apply to you or your family members, consider contacting us at sales@fhcp.com or (386) 676-7110. To enroll or learn more, please visit www.fhcp.com/shop-plans-magazine/ or scan the QR code.



- You recently lost your employer health benefits.
- You have had a financial change in income.
- You have moved.
- You or your spouse have had a baby or adopted a child.
- You got married.
- You got divorced and lost health insurance for you or your family.
- Your spouse retired and you lost employer-based health care.



Let FHCP help answer all your questions to see if you qualify for coverage and financial assistance under the ACA.

Accessible *and* Affordable

The ACA aims to make healthcare more accessible and affordable, so it benefits anyone who needs insurance and doesn't have another source of coverage.



Tips for Sign-Up Success: Open Enrollment Ends Soon!

When you are ready, use these tips to make the process a little easier and get the right coverage for you and your family.

Open Enrollment:

To sign up for an ACA health care plan, you have to register during open enrollment. That means signing up between now and January 15, 2025. If you miss this window, you will not be able to enroll until November 2025 without a qualifying life event.

Come Prepared:

When you sign up, be sure to have information like birthdays, social security numbers, and addresses for anyone covered by the policy. You'll also need employment and income information and details about your current coverage.

Look for Savings:

Healthcare.gov has an easy savings tool that helps low-income individuals and families find new ways to save through programs like Medicaid or the Children's Health Insurance Program. Just input your household and income data to see if you qualify.

Talk to an FHCP Representative:

Buying marketplace coverage does not have to be complicated or impersonal. If you don't want to apply online or over the phone, you can work with FHCP directly or with one of our partner agencies to find the perfect policy to fit your needs.

Florida Health Care Plans has a plan for everyone! We offer a variety of high-quality insurance plans at affordable prices to meet your unique needs. When you choose FHCP, you will have access to a robust network of health care providers conveniently located near you. To learn more about these plan options, visit www.fhcp.com/shop-plans/ as open enrollment has begun. You will have until January 15, 2025. Call us at 855-462-3427 to speak with a local, experienced representative to help you find the right solution for you and your family.

Talking Health *with* Dr. Brinkerhoff

A compassionate physician, Dr. Krista Brinkerhoff joined FHCP in 2020, bringing a deep commitment to patient-centered care. Transitioning from a resident clinic to a long-established patient panel, Dr. Brinkerhoff quickly realized the importance of personal connections in healing. Inspired by mentor Dr. Van Durme's wisdom, **"The patient does not care how much you know until they know how much you care,"** Dr. Brinkerhoff prioritizes building rapport with patients, finding it as crucial as understanding their diagnoses.



Dr. Brinkerhoff provides vital addiction medicine treatment, advocating for compassionate care and educating medical students on substance use disorders. In 2023, the Florida Academy of Family Physicians honored her with its Young Leader Award. More recently, she received The Guardian of the Mission Award from the Florida State University College of Medicine (Daytona Beach Regional Campus), recognizing her work in advocacy and research. Dr. Brinkerhoff finds fulfillment in contributing to medicine and cherishes personal interests like gardening, cooking, and exploring national parks, finding solace and connection in nature.

FREE MEDICATION *to* Help Keep You Healthy!

Our local pharmacies offer you a hassle-free experience. Your pharmacist is your partner, striving to understand the unique needs of each individual. We pride ourselves on offering what few can brag about—hometown service.

Staying healthy starts with good preventive care, which goes beyond your annual checkup. Properly managing chronic conditions like high cholesterol, diabetes, heart disease, and high blood pressure is vital to protecting your long-term health and can even save your life.

We are proud to offer medications for these conditions at no cost when you fill your prescriptions through our in-person or convenient mail-order pharmacies.

The medication types listed below are free when filled at one of our 17 area pharmacies or via FHCP Pharmacy mail-order:

- Cholesterol
- Diabetes
- Heart & Blood Pressure
- Respiratory

Visit fhcp.com/providers/pharmacy/ to learn more or to find a pharmacy near you.

FHCP Care Center Locations in Central and Northeast Florida

BREVARD

Titusville
Rockledge
Melbourne
Palm Bay

FLAGLER

Palm Coast

ST. JOHNS

St. Augustine

SEMINOLE

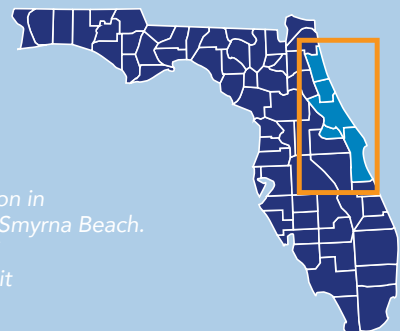
Lake Mary

VOLUSIA

Ormond-by-the-Sea
Ormond Beach
Ormond West
Daytona Beach
Port Orange
Edgewater

DeLand
Orange City
Deltona
DeBary

New locations coming soon in
Daytona Beach and New Smyrna Beach.
To view a complete list of
locations and services, visit
fhcp.com/fhcp-locations/.



“The Florida Health Care Plans Diabetes Education Program Saved My Life”

- **Dr. Alvin Jackson**, City Manager, Bunnell, Fla.

After struggling with a diabetes diagnosis, Dr. Alvin Jackson needed help managing his care and planning for a healthier future. The Florida Health Care Plans Diabetes Education Program connected Dr. Jackson with resources, including physicians, dietitians, educational courses, and the Healthi app (formerly iTrackBites).

Recognized by the American Diabetes Association, the Florida Health Care Plans Diabetes Education Program helped Dr. Jackson learn better nutrition and lifestyle habits. These days, he's making big strides in diabetes management.

Visit fhcp.com/diabetes-health-education to watch his success story.

Healthy Tips for Relieving Stress During the *Holiday Season!*

As the holiday season approaches, we look forward to many celebrations with family. These celebrations can also be a time where we experience periods of heightened stress and anxiety from balancing all the activities, family gatherings, and personal commitments. To help during this busy and often stressful time, here are some helpful tips:

01 Budget Wisely

Establish a budget for gifts, decorations, and celebrations to help prevent overspending and celebrate mindfully.

02 Practice Relaxation

Incorporate mindfulness and self-care practices, such as meditation or deep breathing exercises into your daily routine.

03 Stay Active

Aim for at least 30 minutes of exercise most days of the week. Even a short walk can boost your mood and energy levels.

04 Maintain Health

Balance holiday treats by incorporating plenty of fruits, vegetables, and whole grains into your meals.

05 Set Boundaries

Set clear boundaries regarding your time and energy. Avoid overcommitting to events or tasks that add unnecessary stress.

06 Seek A Professional

If you find that stress is impacting your daily life, consider seeking help from a mental health professional.



Yogurt Pie Recipe

INGREDIENTS:

- 8 oz. whipped topping, lite
- Graham cracker pie crust
- 8 oz fruit flavored yogurt, low-fat

INSTRUCTIONS:

Mix the whipped topping and yogurt together for about two minutes, until well blended and fluffy. Pour into the pie crust and let it chill in the refrigerator for about two hours. Serve.

ENFEP Favorite Recipes, https://efnep.ifas.ufl.edu/media/efnepifasufledu/pdfs/other/EFNEP50th_Cookbook.pdf

The holiday season can be a wonderful time of year. By better managing your stress, you can focus on what truly matters—creating joyful experiences and lasting memories with those you care about.

Care That's Close to Home



At Florida Health Care Plans, we believe quality care should always be in reach. With affordable plans, community-based care centers, pharmacies and more, our members get convenient access to the care they need.

2025 Open Enrollment is now until January 15, 2025. To learn more about our plans and enroll today, visit **FHCP.com**. You can also contact us at (386) 676-7110 or sales@fhcp.com.

