



# SUMMER NEWSLETTER

## — 2022 —

### How does Medicare work when you travel outside the USA?

In most situations, Medicare won't pay for health care or supplies you get outside the U.S.—which can pose problems when traveling, but your Medigap (or Medicare Supplemental) policy may offer additional coverage for emergency health care services or supplies that you get outside the U.S.

Standard Medigap Plans C, D, F, G, M, and N provide foreign travel emergency health coverage when you travel outside the U.S.

Plans E, H, I, and J are no longer for sale, but if you bought one before June 1, 2010 you may keep it. All of these plans also provide foreign travel emergency health coverage when you travel outside the U.S.

For more information on Medicare coverages while abroad see the following articles:

[medicare.gov/coverage/travel](https://www.medicare.gov/coverage/travel)

[medicare.gov/supplements-other-insurance/medigap-travel](https://www.medicare.gov/supplements-other-insurance/medigap-travel)

### What guidelines should I know when traveling with medications and medical equipment?

If you'll be flying with medicine, medical equipment, or medical accessories the TSA has guidelines you'll need to be aware of. You can review the specifics here:

[tsa.gov/travel/special-procedures](https://www.tsa.gov/travel/special-procedures)

- Inform a TSA officer that you have medically necessary equipment or medications.
- Let the TSA know if you have accessories such as ice packs or syringes that are needed to store/administer the medicine.
- Medication should be clearly labeled to expedite the screening process.
- You'll be responsible for handling and repacking medication when screening is required.
- Medications may be x-rayed or tested for traces of explosives.



# SAVE THE DATE

**June 19** Father's Day

**June 21** Summer Begins

**July 4** Independence Day

**Sep 5** Labor Day

**Sep 11** Grandparents' Day

**Sep 11** Patriot Day

**Sep 22** Summer Ends

## BREAKFAST BURRITOS

- 16 oz roll of mild breakfast sausage
- 1 red bell pepper diced
- 1 green bell pepper diced
- 1 yellow onion diced
- 8 large eggs whisked
- 1 cup shredded cheese
- salt and pepper
- garlic powder \* optional

- 8 burrito sized flour tortillas

Cook the sausage, onion, and peppers over medium heat until the meat is browned, then add eggs and scramble.

Season with salt, pepper and garlic powder.

Assemble your burritos and enjoy!

Using  $\frac{3}{4}$  cup of the sausage egg scramble will yield about 8 burritos.



## Enjoy the summer weather while protecting yourself from the sun.

Spending time outside can help reduce stress, keep you physically active, and expose you to the very important vitamin D, but it can also expose you to skin cancer. Here are a few ways to protect yourself while you enjoy those summer rays:

**Sunscreen:** The most important thing to use to protect yourself from harmful UV skin damage is by using sunscreen. Use a broad-spectrum sunscreen, so you block both UVA and UVB rays, and make sure the sunscreen is at least SPF 15.

**Clothes:** Cover up with lightweight clothing. Keep in mind to slather on sunscreen to any exposed areas that your clothes don't protect.

**Shade:** Enjoy the summer weather from under an umbrella or covered patio for extra protection, but even in the shade you should apply sunscreen.



*LICENSED SALES AGENT*