

Medicare Enrollment

Most people can enroll in Medicare Parts A and B at age 65. If you missed an opportunity to enroll, there is also a general enrollment period from January 1 - March 31 each year. Medicare has different parts to cover specific services. Medicare Part A (hospital insurance) covers inpatient hospital stays, care in a skilled nursing facility, hospice care, and some home-health care. Medicare Part B (medical insurance) covers certain doctors' services, outpatient care, outpatient dialysis, medical supplies, and preventive services. You can download the Medicare "What's Covered" app on your mobile device to see which services are covered. If you miss your eligibility timeframe, you may have to pay a late enrollment penalty for Part B and you might experience a gap in coverage. If you decide you want Part A and Part B, there are two plans for Medicare coverage: Original Medicare or a Medicare Advantage Plan, which is similar to a health maintenance organization (HMO) or preferred provider organization (PPO).

Medicare Part D Open
Enrollment is October 15–
December 7, 2019!

Medicare Part D

Medicare Part D is coverage that pays for prescription medications. Medicare Part D is available in addition to Medicare Parts A and B. Most people with End Stage Renal Disease (ESRD) can get prescription drug coverage through Medicare when they first enroll in Medicare or during the open enrollment period.

THE FACTS

- Medicare Part D is available at an additional cost. To enroll in Medicare prescription drug coverage, you must choose an approved Medicare plan that offers Medicare prescription coverage.
- Medicare prescription drug plans have a list of covered drugs (called a formulary) placed under different tiers. Prescriptions in each tier have a different cost: the lower the tier the less your medicine will cost.
- If you have other drug coverage, learn how Part D works with your current coverage before making a decision. The drug coverage you already have may change if you enroll in Medicare drug coverage. To learn more, call 1-800-MEDICARE .

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Fistula vs. Graft vs. Catheter

Fistula Pros:

- Beneath the skin
- Made of the patient's vessels
- Lower infection rates and fewer risks of developing clots
- Lasts many years

Fistula Cons:

- A fistula may not work for all patients
- Takes at least 6 - 8 weeks to develop and may not develop at all

Graft Pros:

- Also beneath the skin
- Will produce a good blood flow
- Can usually be used after two weeks

Graft Cons:

- Doesn't last as long as a fistula
- More problems with clots and infections than a fistula

Catheters:

- Catheters should be temporary
- They are not the best choice for an access but it may be the only choice for some patients
- Greater likelihood of becoming infected, which can be serious or fatal
- Mistakenly known as a long-term solution
- Increased hospitalizations
- May require longer treatment time

Help Improve Your Facility's Ratings

How are facilities rated?

The Quality Incentive Program (QIP) promotes high-quality services in outpatient dialysis facilities that treat patients with ESRD. Facilities are rated and given a QIP score. This program changes the way CMS pays for the treatment of patients with ESRD by linking a portion of payment directly to facilities' performance on quality of care measures. Payment reductions occur when facilities do not meet certain established standards.

Where can I find my facility's score?

CMS publicly reports facility ESRD QIP scores, and these scores are available online on the Dialysis Facility Compare website (<https://www.medicare.gov/dialysisfacilitycompare/>).

Additionally, each facility is required to display a Performance Score Certificate, in English and Spanish, that shows its Total Performance Score.

What can I do to help improve my facility's QIP score?

1. Wash your hands and access before and after each treatment.
2. Work with your care team to keep your labs in goal.
3. Come to all your treatments and stay the whole time.
4. Get a fistula or graft, if possible.
5. Take medicines as prescribed.
6. Be involved with your care.

Answers for Page 6

1. Influenza and Flu
2. Hepatitis
3. Tdap
4. Pneumonia

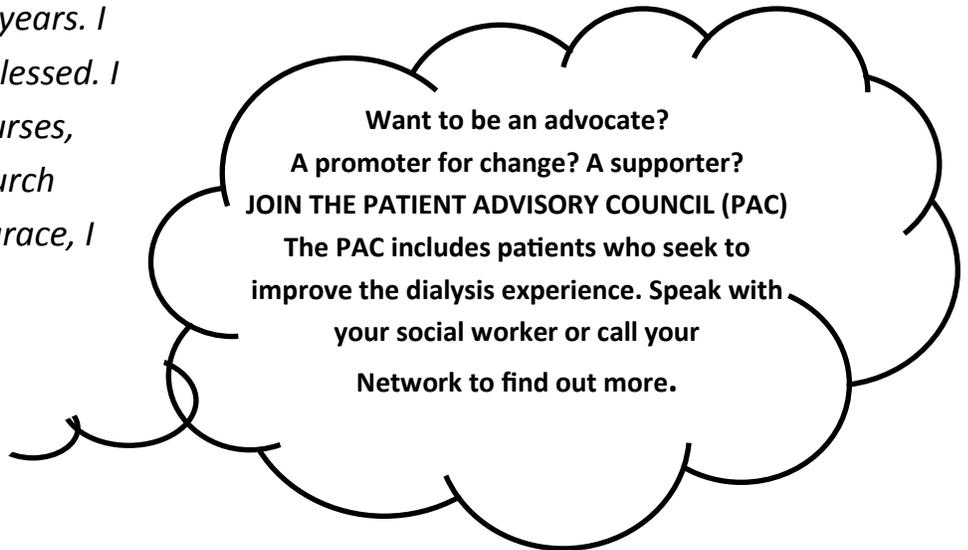
30 Years of Excellence



Mr. Charles Berry was born and raised in Memphis, Tennessee. Mr. Berry began in-center hemodialysis in 1990 and has continued this modality for 30 years. He chose in-center dialysis because that was the modality he started with and it was the best option for him. He has a lot of support from his family and facility staff, who encourage him to stay strong. Mr. Berry recommends to patients doing hemodialysis, “Don’t miss or shorten treatments, be observant, be cooperative with staff, and take [your] medications.”

Congratulations, Mr. Berry. You are truly an inspiration!

“I have been on dialysis for 30 years. I can say, in spite of it all, I am blessed. I give thanks to God, doctors, nurses, technicians, my family, and church family. By my faith and God’s grace, I am blessed.” - Charles Berry



How to Compare Dialysis Facilities

Dialysis Facility Compare (DFC) is a website you can use to find and compare dialysis facilities. You can find out the types of dialysis available, phone number, address, and what time each facility opens and closes. Up to 10 dialysis facilities can be compared at one time. You can see a facility’s star rating, from 1 star to 5 stars , with 1 star being the lowest rating and 5 stars being the highest rating. Please visit <http://www.medicare.gov/dialysisfacilitycompare> for more information or to see how your facility is rated.

Bed Bugs



Bed bugs are pests that can invade the cleanest houses, apartments, hotel rooms and other places, such as public buses or movie theatres. Regular inspection and cleaning can help prevent a bed bug infestation. It is often much easier to prevent a bed bug infestation than it is to get rid of bed bugs once they have settled in.

What to look for?

- Live bugs - Bed bugs are small, oval, wingless insects with six legs. They are reddish brown. Their eggs are tiny and very difficult to see.
- Crushed bugs - Bed bug droppings, eggshells, or shedded skin may be seen in areas where bed bugs hide.
- Bug bites - Bed bugs typically feed at night. Bites are often found on exposed body parts, such as the arms, shoulders, neck, and legs. A reaction to the bites may be seen immediately or it could be delayed for hours.
- Bed bugs can be found in mattress seams and folds, bed frames, drapery, baseboards, furniture, etc.
- You may see bloodstains on your sheets or pillowcases, dark or rusty spots of bed bug droppings on sheets, mattresses, clothing, and walls.
- Bed bugs have scent glands and can put off a musty odor.

What to do if you have bed bugs?

Remove infested Items - If possible, replace them with new items to help reduce the immediate infestation. **NOTE:** *Removal or disposal of mattresses and furniture items that are torn may be necessary because it is difficult to completely get rid of bed bugs in these items.*

Bed bug extermination - Treat your home with products that can be used safely in the home and on all furniture. Consult with an experienced pest control professional for bed bug extermination. An uncontrolled bed bug infestation can quickly spread from one area to another if it's not managed.

**To file a grievance, please contact Network 8 by phone at 877-936-9260, email at info@nw8.esrd.net, in person at 775 Woodlands Pkwy, Suite 310, Ridgeland, Mississippi 39157, and online at www.esrdnetwork8.org. This material was prepared under CMS Contract Number HHSM-500-2016-NW00008C, and the contents may not reflect CMS policy.

Bed Bugs (continued)

What to do if you have bed bugs?

- Let the staff at your clinic know. Try speaking with your social worker or another trusted staff member to get resources.
- The staff can help you find resources to help with bed bug control. If available, staff can provide contact information for community resources and pest control services in your area.
- Facilities have procedures to follow if bed bugs are found on a person or in the facility.
- You will need to wash all clothing and bedding in hot water and dry them at the hottest temperature possible. Deep clean all surfaces and baseboards. Sanitize all areas with an approved bed bug treatment, and separate all personal belongings from the infested area.
- Place bedding and clothing in a sealed container or bag.
- Contact a reputable pest control service. Bed bugs are hard to get rid of because they hide in hard-to-reach places. It is recommended that a licensed pest management professional with experience in treating bed bugs is contacted.

Vacuuming - Vacuuming is an effective first step in removing bed bugs from surfaces, such as couches and mattresses, but vacuuming cannot reach bugs hiding in cracks and crevasses.

Cleaning - Thoroughly clean areas that are infested with bed bugs. This includes mattresses, furniture, walls, baseboards, behind wall hangings, and in drawers. Use a firm brush to remove bed bugs and eggs. Items need to be cleaned completely. Decrease or remove any clutter. **NOTE:** *Sanitation alone cannot get rid of bed bug infestation.*

Resources to assist with bed bug concerns:

Getting rid of bed bugs is a challenging process. The following resources may be available to help properly manage bed bug concerns:

- Texas Department of Health and Human Services - Phone: 512-776-7111
- Texas Adult Protective Services (APS) - Phone: 512-438-4800
- Mississippi Department of Health and Human Services - Phone: 601-364-1100
- Alabama Department of Health and Human Services - Phone: 1-800-252-1818
- Tennessee Department of Health and Human Services - Phone: 615-741-2584

What Am I?

Directions: Fill in the blanks with the correct infection or vaccine, then find the matching words in the puzzle below! The answers are on the bottom of page 2.

1. I can cause headaches, body aches, high fever, sore throat, and a runny nose. People on dialysis have a greater chance of catching me. I am the . The **F** vaccine helps reduce your risk of catching me.
2. I can cause loss of appetite, vomiting, fever, extreme tiredness, and stomach or joint pain. People on dialysis have a low chance of being infected because I provide strict infection control measures. I have 3 different types of viruses. The **S** vaccine helps prevent my attack to the liver.
3. Most people are vaccinated with me as a child. I help protect against infections from three different kinds of germs. Two of the germs are spread from person-to-person contact. The other is spread through cuts, scrapes, and other wounds. I am **D** .
4. I am very similar to the flu, but I can infect the lungs and attack the nervous system. If I enter the bloodstream, I can lead to poor blood flow and organ damage. I am more harmful to people over the age of 65. People on dialysis have a higher chance of catching me. The pneumococcal vaccine helps prevent me. I am known as **N** .

A W W Z G H G K L V M M N S A
 V V D I S U H E P A T I T I S
 Z M X Y V W S T I M N O P R K
 F L D L E Q E N S E G O L P W
 E K C N S U O L T D Q K F T R
 O N A K B M O U X I G I B H J
 S T D P U B H Z B C N J X H F
 I D O E I N F L U E N Z A N L
 Y A N Q I D V U C R J A E I U
 T P U J R C M Y H E W D K Y Z



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