

# Be Well

Fall 2025



## From Our CEO

It's hard to believe that 2026 is only a few months away. I can't wait to see what the New Year brings, but am especially excited about new benefits ATRIO Health Plans is offering its members.

In 2025, an estimated 7.2 million Americans, aged 65 and older, are living with Alzheimer's disease\*.

To help our members manage their brain health, ATRIO has partnered with Isaac Health to offer our members a convenient, at-home check-up with memory and brain health doctors, working with Alzheimer's and other dementia issues.

Read all about how Isaac Health can help our members stay on top of their brain health by reading the article on page 3.

### Jen Callahan

President & CEO  
ATRIO Health Plans

*\*Alzheimer's Association*

## How to Talk to New People



Whether you want to start a friendship, join a group or re-enter the dating world, starting a conversation with someone new can be intimidating. Try these conversation starters below to make a connection right from the start.

**Talk about the venue** – A simple yet effective conversation starter is to talk about your meeting venue. Whether it's a café, a park, or a social event, a mention about the location can be a natural start for the chat.

**Share a compliment** – Compliments are a wonderful way to make someone feel good and to open the door to more dialogue. When giving compliments, sincerity is key. Focus on small, genuine observations that show you're attentive.

**Ask about interests and hobbies** – Showing interest in someone's hobbies or passions is an excellent way to get them talking. Everyone loves to discuss their interests, and doing so can reveal shared passions.

**Discuss current events or popular culture** – Current events or popular culture are broad topics that many people have opinions about, and discussing them can reveal shared perspectives or stimulate friendly debates – but avoid sensitive subjects, like politics and religion.

**Share a personal anecdote** – Sharing a light-hearted personal story can make you seem more relatable and approachable and encourages others to share their stories.

To read more about specific conversation starter questions, read "Ice Breakers" on page 3 of this newsletter.

## Questions? Contact us!

***We're here for you.***

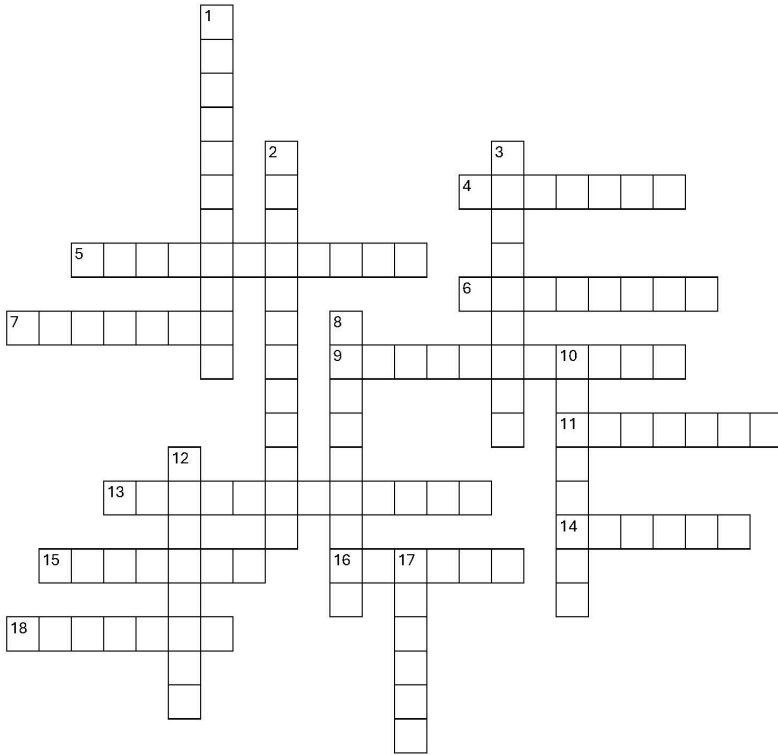
Call Member Services:

Toll Free: **1-877-672-8620** (TTY 711),  
daily from 8 a.m. - 8 p.m. local time  
or contact us at **[atriohp.com](https://atriohp.com)**.



# All About Fall

All answers are specific to the fall season.



## Down:

1. Baseball's championship games (2 words)
  2. Spooky ghostly residence (2 words)
  3. Trick or treating night
  8. Scarecrow's maize location
  10. Gridiron sport
  12. September's birthstone
  17. Red or green orchard fruit
6. Month we elect our president
  7. Fun wagon trip around the farm
  9. German food, beer and music event
  11. Month of NBA and NHL's seasons' start
  13. Turkey time dinner holiday
  14. Another name for fall season
  15. Zodiac sign (October 23 to November 21)
  16. Dried foliage that falls from trees
  18. Jack-o-lantern's fruit

## Across:

4. Process or period of gathering the crops
5. November 11 U.S. holiday (2 words)

(Crossword solution on page 3)

# Preparing for Winter

As cold weather nears, take some extra precautions to "winterize" yourself and your home, such as



- ❖ Wear layers, including insulated jackets, gloves, hats, and scarves to protect against the cold. Footwear with good traction and rubber soles can help from slipping on icy surfaces.
- ❖ Ask for assistance or hire someone to help remove snow and ice from driveways, sidewalks, and steps.
- ❖ Keep space heaters and heating devices away from flammable materials and never leave them unattended. Do not use a kitchen stove or oven to warm your home and always ensure that there is proper ventilation.
- ❖ Be sure to check fire, smoke, and carbon monoxide detectors are working and their batteries are replaced regularly.
- ❖ Have an emergency plan in place (e.g., power outages, storms) to have a supply of medications, water, non-perishable foods, a way to communicate, as well as supplies if you have a pet or service animal.

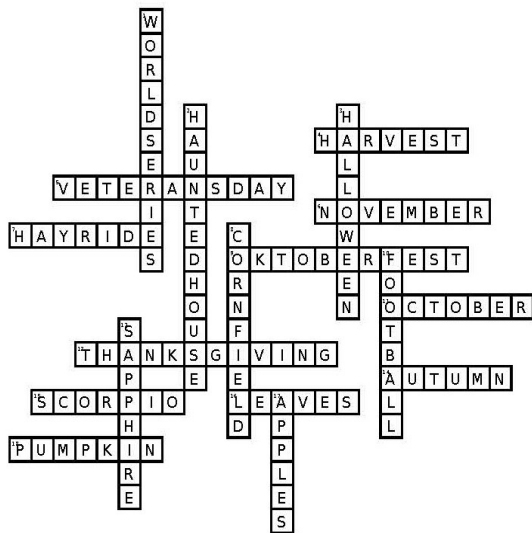
## CHECK YOUR MAIL



Important information about changes to your 2026 ATRIO plan will be mailed to you in September. Your **Annual Notice of Change (ANOC)** will note changes in your plan costs, benefits and coverage for next year. ANOCs will also be available on [atriohp.com](https://atriohp.com) by October 1.



## Crossword Solution





# November is Diabetic Eye Disease Awareness Month

The American Academy of Ophthalmology has designated November as Diabetic Eye Disease Awareness Month to raise awareness of the impact of diabetes on eye health and the importance of preventive measures. Diabetes is a leading cause of preventable blindness in the U.S. Key recommendations for diabetic individuals include:



- Get a comprehensive eye exam with dilation at least once a year.
- Maintain blood sugar levels within the recommended target range.
- Keep blood pressure and cholesterol levels within target ranges.
- Reduce or eliminate smoking, which can significantly increase the risk of diabetic eye disease.

ATRIO will provide you with a free blood glucose meter. Your provider can send the request for a new meter and test strips to the in-network pharmacy of your choice. ATRIO also covers Dexcom and Freestyle Libre continuous glucose monitors, available at most pharmacies, for members with diabetes.

For a full list of preferred blood glucose meters and information on each style, as well as glucose monitors and their coverage, visit [atriohp.com](https://atriohp.com).



## Fluffy Key Lime Pie



### INGREDIENTS:

#### For the Crust

- 1-½ cups graham cracker crumbs
- ⅓ cup granulated sugar
- 6 tbsp unsalted butter, melted

#### For the Filling

- 1 can (14 oz) sweetened condensed milk
- ½ cup key lime juice
- 1 tsp key lime zest
- 2 tsp vanilla extract
- 2 cups heavy whipping cream
- ¼ cup powdered sugar

#### For the Topping

- 1 cup heavy whipping cream
- 2 tbsp powdered sugar
- Lime zest (for garnish)

### INSTRUCTIONS:

- 1) Preheat your oven to 350°F. In a medium bowl, combine the graham cracker crumbs, granulated sugar, and melted butter. Mix until the crumbs are evenly coated. Press the mixture firmly into the bottom and up the sides of a 9-inch pie pan. Bake for 10 minutes, then set aside to cool.
- 2) In a large bowl, whisk together the sweetened condensed milk, key lime juice, key lime zest, and vanilla extract until smooth. In a separate bowl, beat the heavy whipping cream and powdered sugar with an electric mixer until stiff peaks form. Gently fold the whipped cream into the key lime mixture until fully combined. Pour the filling into the prepared crust, spreading it evenly. Refrigerate the pie for at least 4 hours, or until the filling is set.
- 3) Just before serving, beat the heavy whipping cream and powdered sugar together until soft peaks form. Spread or pipe the whipped cream over the pie and garnish with lime zest. Slice and serve chilled.