

DSHS  
P.O. Box 45600  
Olympia, WA 98504-5600

Wellness Education is an individualized monthly newsletter provided by the Department of Social and Health Services featuring useful health and wellness information.



## Wellness Education



## Wellness Education

April 2025  
DSHS

### Fire Safety and Prevention

#### *Preventing fires is an important part of fire safety*

In the United States, cooking is the main cause of home fires. Cigarettes are a big risk too—they are the leading cause of fire deaths.

##### Here are some fire prevention tips:

- ✓ Don't leave the stove or oven unattended when they are on.
- ✓ Don't let children use kitchen appliances unsupervised.
- ✓ Don't smoke in bed.
- ✓ Make sure your electrical appliances and cords are in good condition.

It is also important to be prepared in case there is a fire. Smoke alarms or detectors work even when you cannot smell smoke. Make sure that you have working smoke detectors on every floor and in every bedroom. You should also have fire extinguishers on every floor and in your kitchen. Using a fire extinguisher can put out a small fire to keep it from getting out of control. Make and practice an escape plan in case the main exit is blocked.





## Exercising With Chronic Conditions—Pain

Almost anyone, at any age, can do some type of physical activity, even with a chronic condition. In fact, older adults with chronic conditions can benefit from physical activity.

For most, moderate-intensity activities (such as brisk walking, riding a bike, swimming, weightlifting, and gardening) are safe, especially if you build up slowly. Talk with a doctor about your health condition and create a physical activity plan that works for you.

### Chronic pain

Most people living with chronic pain can exercise safely. Physical activity can also help with pain management, whereas being inactive can lead to a cycle of more pain and loss of function.

It's important to remember to listen to your body when exercising and participating in physical activities. Avoid



overexercising on “good days.” If you have pain, swelling, or inflammation in a specific area, you may need to focus on another area or rest for a day or two. Talk with a doctor about what exercises and activities might be right for you.

*National Institute on Aging*  
WAMC0823

## Who is a Dual Eligible?

### *And what is a Dual Eligible Special Needs Plan (DSNP)?*

If you meet the eligibility requirements for both state Medicaid and federal Medicare insurance, you are dually eligible. When you are dually eligible, federal Medicare is your primary health insurance coverage and state Medicaid is secondary coverage.

**DSNPs** are a type of **Medicare Advantage Part C** plan that are designed to better meet the healthcare needs of dually eligible individuals. These plans offer supplemental benefits and services not covered by traditional Medicare. Some examples of supplemental benefits and services:

- monthly cash card allowance
- dental
- transportation services
- hearing
- fitness memberships
- vision

Look at each **DSNP** to see what each plan offers to determine which plan best meets your healthcare needs.



**Important to know:** You will have both a Medicare Advantage DSNP card and a Medicaid Provider One services card. Take both to your appointments to ensure your healthcare providers know you have both Medicare and Medicaid.

**For additional information and help call SHIBA at 1-800-562-6500.**