



Have Joyous Holidays!



Health Insurance for Seniors, LLC
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DECEMBER 1ST, 2024





LOSS OF SPECIAL ENROLLMENT PERIODS








Dear Clients,

2025 brings some changes in how often you can change your Medicare Advantage Plan or Prescription Drug Plan.

New Monthly SEP for Dually Eligible Individuals and Low-Income Subsidy recipients


As of January 1, 2025, the quarterly Special Enrollment Period (SEP) for dually eligible individuals and LIS-only individuals will be eliminated. Instead, there will be a monthly SEP that allows these individuals to disenroll from a Medicare Advantage plan with prescription coverage, return to Original Medicare, and enroll in a standalone prescription drug plan.

Currently, partial-benefit dually eligible individuals and LIS-only individuals have a quarterly SEP to switch Medicare Advantage Plans; as described above, this option is eliminated beginning January 1, 2025.















New Integrated Special Enrollment Period



Starting January 1, 2025, full-benefit dually eligible individuals can choose to enroll into, or switch between, integrated D-SNPs on a monthly basis.^[12] This SEP is limited and can only be used by full-benefit dual eligible individuals to enroll into integrated plans to align enrollment between their Medicare and Medicaid plans. This SEP can be used to enroll into: (1) A Fully Integrated Dually Eligible Special Needs Plan (FIDE SNP); (2) A Highly Integrated Dually Eligible Special Needs Plan (HIDE SNP); or (3) A D-SNP that is an Applicable Integrated Plan (AIP). This SEP is **limited** to full-benefit dually eligible individuals with access to an integrated, aligned plan. **LIS-only individuals, partial-benefit dually eligible individuals, and Medicare-only individuals cannot use this SEP.**

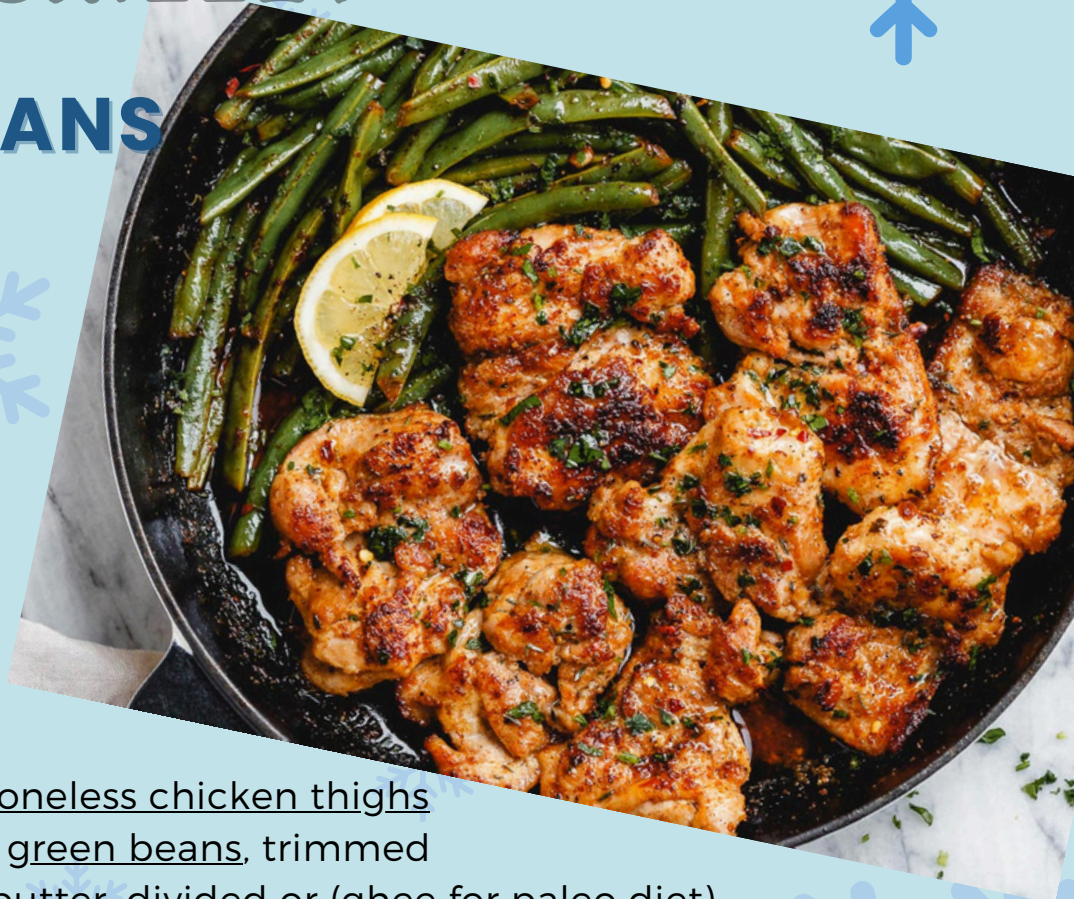
The state of Ohio currently has NONE of this plans that are considered **Integrated, Highly Integrated or Applicable Integrated.**









LEMON GARLIC BUTTER CHICKEN AND GREEN BEANS SKILLET

GREEN BEANS SKILLET



Scale: 2x

- 6 - 6 skinless, boneless chicken thighs
 - 2 pound (450g) green beans, trimmed
 - 6 tablespoons butter, divided or (ghee for paleo diet)
 - 8 garlic cloves, minced
 - 2 teaspoon paprika
 - 2 teaspoon onion powder
 - 2/4 teaspoon salt and fresh cracked black pepper
 - Juice of 1/2 lemon + lemon slices, for garnish
 - 2/2 cup (125ml) chicken stock
 - 2 tablespoon hot sauce (we used Sriracha)
 - 2/4 teaspoon crushed red chili pepper flakes, optional
 - 2/2 cup fresh chopped parsley
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DIRECTIONS

How to Make this Lemon Garlic Butter Chicken Recipe:

- 1. Pat the chicken thighs dry with a paper towel. You want to remove excess moisture so the chicken will brown properly.
- 2. Combine the onion powder, paprika, salt, and pepper in a small bowl.
- 3. Rub the chicken thighs generously with the seasoning mixture. Set aside while you prepare green beans.
- 4. Arrange the green beans in a microwave-safe dish with 1/2 cup (125ml) water and cook in the microwave for 8-10 minutes until almost done but still crisp.



- 5. Heat a large cast iron skillet over medium-low heat and melt 2 tablespoons of butter.
- 6. Place the seasoned chicken thighs top side down in the hot skillet and cook, until golden, about 5-6 minutes, then flip the chicken thighs and cook another 5-6 minutes, until cooked through and a cooking thermometer displays 165°F (75°C). If the chicken browns too quickly, lower the heat. Adjust timing depending on the thickness. Transfer chicken to a plate and set aside.



DIRECTIONS

- 7. In the same skillet, lower the heat and melt the remaining tablespoon of butter. Add chopped parsley, garlic, hot sauce, red crushed chili pepper flakes, and pre-cooked green beans and cook for 4 to 5 minutes, stirring regularly, until cooked to your liking. Add lemon juice and chicken stock and reduce the sauce for a couple of minutes, until slightly thickened.
- 8. Push green beans to the side, place the chicken back in the pan with the sauce, and reheat quickly. Adjust seasoning chicken with pepper.
- 9. Serve the lemon garlic butter chicken thighs warm, garnished with more crushed chili pepper, fresh parsley, and a slice of lemon if you like. Enjoy!

Nutrition Facts

Chicken Thighs with Lemon Garlic Green Beans

Amount Per Serving

Calories 334 **Calories from Fat** 144

% Daily Value*

Fat 16g	25%
Saturated Fat 7g	44%
Cholesterol 185mg	62%
Sodium 367mg	16%
Potassium 752mg	21%
Carbohydrates 11g	4%
Fiber 3g	13%
Sugar 4g	4%
Protein 36g	72%
Vitamin A 1965IU	39%
Vitamin C 27.1mg	33%
Calcium 76mg	8%
Iron 3.2mg	18%

* Percent Daily Values are based on a 2000 calorie diet.

