



MI Health Link

SEPTEMBER 2025 BULLETIN



Monthly Spotlight:

Breast Cancer Awareness Month

Breast Cancer Awareness Month is observed every October to raise awareness about breast cancer, promote education, and encourage fundraising for research. This annual campaign aims to educate the public about the importance of early detection and access to timely care. Various activities, including community events and fundraising initiatives, are organized to support those affected by breast cancer and to promote

research into the disease.

For 40 years, Breast Cancer Awareness Month has helped raise awareness of breast cancer across the nation. It has encouraged millions to take action, resulting in increased early detection and advancements in treatment that have saved more than half a million lives. Since the campaign for awareness began in 1989 breast cancer death rates have dropped by 44%. The National Breast Cancer Foundation attributes this drop to the ongoing education and awareness efforts that Breast Cancer Awareness Month brings.

Access trusted, free resources to learn more about breast health, early detection, and support. Explore the newest and most popular resources by clicking [here](#).

Program and Policy Notes

MI Health Link Program, Contractual, Policy Requirements and Highlights

MDHHS launches MI Options call center to support Medicare Needs

The Michigan Department of Health and Human Services (MDHHS) has launched a statewide [MI Options](#) system, offering free and comprehensive person-centered options counseling for adults looking for long-term care services and supports. Medicare counseling is also offered through the State Health Insurance Assistance Program and Medicare Improvements for Patients and Providers Act program for those navigating enrollment or reenrollment.

“MDHHS is excited to launch this statewide platform to increase the understanding and awareness of long-term care supports and services, including home and community-based options,” said Elizabeth Hertel, MDHHS director. “By providing counseling on topics from Medicare enrollment and prescription cost options to aging in place, individuals across the state will be empowered to make the best choices for their health and well-being.”

Michigan residents can call 800-803-7174, 8 a.m. to 8 p.m., Monday through Friday, to speak with an agent who can then schedule an appointment or provide a referral to a trained, certified counselor in their community. There is no cost to the individual or caregiver for this service. The new MI Options system supports older adults and people with disabilities, providing information to help individuals make informed decisions and exercise control over their long-term care needs by incorporating their personal goals and preferences.

MI Options provides counseling through a network of community-based providers and partners who were identified by a statewide Grant Funding Opportunity. These include regional Area Agencies on Aging, Centers for Independent Living and local nonprofit organizations.

Person-centered options counseling can help with:

- Exploring long-term care and support options for adults, including home and community-based services.
- Identifying next steps after a major life event to better understand what services and supports are available.
- Building actionable steps for pursuing options that align with an individual's preferences and values.

Medicare counseling can help with:

- Medicare enrollment assistance.
- Medicare and Medicaid coordination.
- Discussions on cost savings, including low-income subsidies.
- Prescription drug coverage options.
- Billing questions.
- Benefits explanation.

The [2024 Home and Community Preferences Survey](#) from the American Association of Retired Persons (AARP) indicates that at least 75% of Americans age 50+ would like to live in their current homes as long as possible. However, new findings from the 2025 [University of Michigan National Poll on Healthy Aging](#) reveal a wide variation in what adults age 65 and older have done, or intend to do, to ensure their homes will meet their needs as they grow older. MI Options counseling can assist individuals in identifying the steps and resources needed to stay happily and safely in their homes and communities longer.

“Too many people wait until the point of crisis to seek out this kind of information,” said Scott Wamsley, director of MDHHS’ Bureau of Aging, Community Living, and Supports. “Beginning these conversations earlier, with the assistance of trained counselors, can help alleviate some of the confusion and anxiety.”

The statewide call center will allow individuals to schedule appointments to meet with a counselor in a setting of their choice in their local community.

To reach a MI Options counselor or to find out more information about the MI Options

program in Michigan, call 800-803-7174 or visit Michigan.gov/MDHHSMIOptions.



Beneficiary Health and Welfare:

Protecting Vulnerable Adults: The Role of Collaboration in Preventing Abuse and Neglect

Abuse, neglect, and exploitation are growing concerns for older adults and individuals with disabilities. Adult Protective Services (APS), a nationwide social services program administered by state and local governments, plays a vital role in safeguarding these vulnerable populations. APS investigators respond to reports of maltreatment and work to ensure the safety and well-being of those affected.

Establishing strong partnerships between APS and the aging services network is essential to effectively protect older adults. While APS provides some direct services, it also advocates for necessary support and refers individuals to other service agencies. Both APS and the aging network serve similar populations with overlapping needs, making collaboration not only beneficial but necessary. When APS engages with an older adult, it is crucial that investigators are aware of available local services. Likewise, aging service providers must understand APS's responsibilities and limitations to coordinate care effectively.

Collaboration among agencies serving older adults offers several advantages. It helps professionals fulfill their mandates, prevents service gaps, and ensures that the needs of vulnerable individuals are met. Multidisciplinary teamwork brings together a diverse array of resources, enhancing the support available to those in crisis. Joint efforts to implement services can reduce the recurrence of abuse and promote greater safety and independence for clients.

For MI Health Link Integrated Care Organizations (ICOs), partnering with APS investigators and contracted service agencies is vital to ensuring the safety, security, and overall well-being of their members.

If you suspect someone may be a victim of elder abuse, neglect, or exploitation, contact Adult Protective Services at **855-444-3911**.

Education and Support Opportunities

Strategies for Addressing Burnout in Everyday Life

Tuesday October 14th, 2025 11:30 AM

This learning opportunity will inform participants on methods for addressing burnout in their everyday lives. The participants will be able to identify burnout and identify factors that influence depression and anxiety. Participants will examine personal and workplace impacts of burnout and methods for coping. Participants will be able to implement tools and strategies to mitigate burnout and identify impacts on job, self and social life of stress, depression, and work burnout. Click [here](#) for more information and to register.

Environmental Modifications to Enhance Life for People Living with Dementia

Wednesday October 15th, 2025 11:30 AM

People living with dementia have an individualized lived experience and their skills and abilities change throughout their journey. Understanding how changes affect their ability to navigate the world, there are ways to honor their autonomy and provide safe and comfortable environments to enhance well-being and health. Proactively developing trust and rapport through supportive social interactions with well-suited routines in familiar, desired settings, and reducing stress inducing barriers will improve quality of life and help to sustain meaningful, purposeful activities. Click [here](#) for more information and to register.

Urinary Incontinence: Implications for Lifestyle, Emotional Well-Being & Social Participation

Wednesday October 22nd, 2025 11:30 AM

This learning opportunity will help participants to analyze the functioning of the normal urinary system and to understand the social and health implications of urinary incontinence. Click [here](#) for more information and to register.

Prevention of Venous Thromboembolism in 2025 and Beyond

Thursday October 30th, 2025 11:30 AM

Participants will be able to define venous thromboembolism and its epidemiology. This learning opportunity will discuss the current approach to venous thromboembolism prevention and importance of DVT prophylaxis as well as drugs available. Click [here](#) for more information and to register.



Resource Link:

MDHHS and GetSetUp Delivering Innovative Aging Programming

The Michigan Department of Health and Human Services (MDHHS) is proud to celebrate five years of partnership with [GetSetUp](#), a community-driven service that transforms the lives of older Michigan residents through virtual resources. Having reached more than half a million residents so far with more than 1.5 million virtual class attendees, GetSetUp is helping residents stay healthy, connected and informed across all 83 Michigan counties.

Since 2020, this innovative collaboration has addressed some of the state's most urgent aging challenges — including digital literacy, social isolation, economic security and equitable access to health resources — by leveraging the power of peer-to-peer virtual learning.

“In a state as geographically and demographically diverse as Michigan, GetSetUp has helped us close the digital divide and offer consistent, accessible wellness and learning opportunities to older adults in every community,” said Elizabeth Hertel, MDHHS director. “This platform reflects our values of dignity, independence and inclusion and continues to deliver on the goals outlined in Michigan’s State Plan on Aging.”

GetSetUp is an online platform for aging adults, ensuring opportunities exist at every age. Through expert sessions led by older adults for older adults as well as vibrant community interactions, the initiative inspires continuous learning, holistic well-being and a renewed sense of purpose, turning aging into a time of abundant growth and connection.

GetSetUp’s programming mirrors the goals of the [Michigan State Plan on Aging](#) by addressing topics that include:

- Affordable housing and aging in place – virtual classes on budgeting, mobility and health empower older adults to thrive safely at home.
- Health and well-being – mindfulness, fitness and disease prevention classes support healthier lifestyles.
- Caregiver support – sessions on dementia, stress management and community tools provide meaningful relief and guidance.
- Access to services and bridging the digital divide – tech tutorials and state

program resources ensure older adults know how and where to get help.

- Social inclusion – with daily social sessions on topics ranging from coffee chats, creative groups and interest circles, participants are able to receive the positive benefits of community connection and regular social interactions.

“This is more than just a virtual health and wellness platform for ongoing longevity. It's an essential resource for aging well,” said Lawrence Kosick, GetSetUp president and co-founder. “We’re honored to continue to serve as Michigan’s digital health and wellness programming partner to help older adults remain independent, curious, healthy and connected.”

The MDHHS-GetSetUp model is cost-effective and adaptable, reaching an audience of millions over the last two years alone. By reaching those in assisted living communities and rural homes, the platform has expanded partnerships with Area Agencies on Aging (AAA), the Michigan Veterans Affairs Agency and more across the state.

Looking ahead, MDHHS and GetSetUp will continue to expand the initiative, enhance culturally inclusive programming and offer new courses on artificial intelligence, entrepreneurship and fraud prevention.

GetSetUp partners with AAAs, Departments of Aging, MDHHS, Medicaid and Medicare Advantage plans to offer programming to millions of older adults. Classes are taught in English, Spanish, Hindi and Mandarin. Click [here](#) to learn more.



Q & A: Your Questions About MI Health Link

If you have a question about the MHL program we want to hear from you. We will work to get you the information you need.

Q: Will my subscription status for the bulletin change when MI Health Link transitions to MI Coordinated Health?

A: No it will not! Any current subscribers will still receive the monthly bulletin when the program name transitions. Please be on the lookout for when the MI Coordinated Health Bulletin is released.

Please send any questions for future bulletins to Integratedcare@michigan.gov.

Topic Submission

If you have suggestions for topics to be addressed in future additions of the MI Health Link Bulletin, please send them to Integratedcare@michigan.gov



Quick Links

[MI Health Link Website](#)

[Highly Integrated Dual Eligible Special Needs Plan \(HIDE D-SNP\)](#)

[CMS Financial Alignment Website](#)

[MI Health Link Minimum Operating Standards](#)

[MDHHS Medicaid Provider Manual](#)

Previously Released MHL Bulletins

Previously released MI Health Link Bulletins can be found by visiting the [MI Health Link Website](#).



[Become a foster parent through Michigan Department of Health & Human Services foster care program.](#)

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