

Summer 2026

PrimeLines

A complimentary publication from PrimeWest Health

Stay Safe in the Sun with Sunscreen

Summer often means fun in the sun, but too much sunlight can harm your skin. The sun gives off ultraviolet (UV) rays that can lead to skin cancer over time. The good news is that there are simple ways to protect yourself, and sunscreen is one of the best.

The American Academy of Dermatology recommends using a **broad spectrum sunscreen with SPF 30 or higher**. It's important to put sunscreen on **every day** you plan to be outside. Don't skip sunscreen on cloudy days—UV rays can pass through the clouds. To stay protected, apply sunscreen to all exposed skin, and don't forget places like your ears, neck, and the tops of your feet. Reapply every 2 hours, or sooner if you're swimming or sweating.

Combine sunscreen with other sun safety measures for the best protection.



Wear protective clothing, such as long sleeved shirts and long pants. A wide brimmed hat can keep the sun off your face, ears, and neck.



Wear sunglasses with UV protection to help keep your eyes safe.



When possible, **try to stay in the shade**, especially between 10 a.m. and 4 p.m., when the sun's rays are strongest.



By using sunscreen and taking a few simple steps, you can enjoy time outside *and* peace of mind that you're keeping your skin safe!

Sources: American Academy of Dermatology, Centers for Disease Control and Prevention (CDC)

Disagree with a Decision about Your Coverage? Let PrimeWest Health Know.

PrimeWest Health provides coverage for quality health care to our members. However, if you disagree with a decision about your coverage, you may file an Appeal with PrimeWest Health. We will review your Appeal and let you know if we agree or disagree. If you are not satisfied with the outcome, you may then file a State Appeal (Fair Hearing with the State) with the Minnesota Department of Human Services. Directions for filing a State Appeal will be on the letter you get from us about your first Appeal. To learn more about Appeals, please refer to your **Member Handbook**. You can also call Member Services **at 1-866-431-0801** and ask for an Appeals & Grievances team member. TTY users call **1-800-627-3529** or **711**. These calls are free.





ORAL HEALTH DURING PREGNANCY: Good for You and Your Baby

Did you know pregnancy can affect your oral health? It's true!

- Hormone changes during pregnancy can increase your risk for gingivitis, an early stage of gum disease. If not treated, it can lead to infection, bone loss, and loose teeth.
- Pregnancy can also increase your risk of cavities. This may be due to changes in eating habits, like increased snacking. If you are vomiting due to morning sickness, the increased acidity in your mouth can also lead to cavities.



In addition to protecting your teeth, good oral health during pregnancy can protect your baby, too! Studies have shown gum disease may be associated with pre-term birth and low birth weight babies.

Tips for good oral health during pregnancy

- **Take care of your mouth.** Brush your teeth at least twice a day with fluoride toothpaste and floss at least once a day.
- **Get regular dental care.** Routine dental exams are safe during pregnancy. Delaying care can make problems worse.
- **Rinse your mouth.** If you vomit, rinse your mouth out afterward using 1 teaspoon of baking soda in 1 cup of water. Try to wait at least 30 minutes after you vomit before brushing.
- **Snack the right way.** Eating small amounts of food throughout the day may help reduce nausea. Try to avoid sugary snacks that can harm your teeth. And, no matter what snacks you choose, rinse your mouth after eating them.

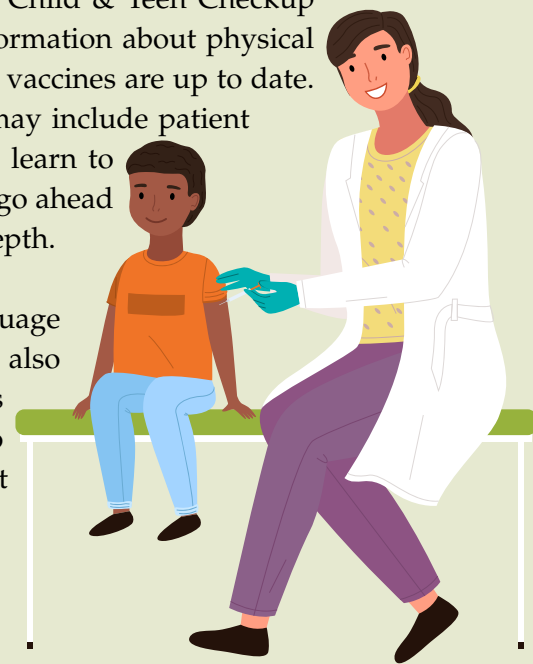
Make time to take care of your oral health during pregnancy. It's good for you and your baby!

Source: American Dental Association

Out of School? Time to Get *In* for a Checkup!

Get your child on track for a healthy school year by scheduling them for a Child & Teen Checkup (C&TC) this summer. The provider will perform a physical exam, gather information about physical and mental health and developmental history, give education, and make sure vaccines are up to date. You will also have the chance to ask questions. Starting at age 11, a C&TC may include patient and provider one-on-one time so your teen can ask questions privately and learn to manage their health. If your child plays sports and needs a "sports physical," go ahead and schedule a C&TC. A C&TC qualifies as a sports physical and is more in-depth.

Let your provider know before your appointment if you need language interpretation services. We can help you ask for them. Member Services can also help you schedule a C&TC appointment. Just call **1-866-431-0801**. TTY users call **1-800-627-3529** or **711**. These calls are free. If you need transportation to the appointment, we can help with that, too! Call our Transportation Line at **1-888-814-6443** at least 2 days before you need a ride. These calls are free.



2025 PrimeWest HEALTH™ ANNUAL REPORT

A MESSAGE FROM OUR CHIEF EXECUTIVE OFFICER



Welcome to PrimeWest Health's 2025 Annual Report!

Since 2001, I have been blessed and privileged to be the Chief Executive Officer (CEO) of PrimeWest Health—the Medical Assistance, Medicare Advantage, or MinnesotaCare health plan for thousands of residents of our 24 owner counties. We are a local health plan, owned and governed in part by your county. This means that you're not only a PrimeWest Health member, but also our neighbor and the sole reason why PrimeWest Health exists. And while PrimeWest Health has grown and expanded significantly since 2001, one thing has remained constant year in and year out because of our local rural roots: our commitment to our members' health and well-being.

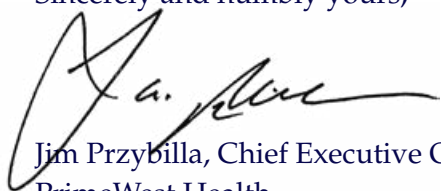
Over the years, PrimeWest Health has honored this commitment to our members in a variety of ways. We have improved access to health care services for our members by giving grants to local providers, county agencies, and community organizations. The grants have been used in a number of ways. Grant dollars have been used to buy non-emergency medical transportation vehicles to help members get to their health care appointments. New dental clinics and mental health clinics have been developed with PrimeWest Health grant dollars. We have also used our financial resources to give our members added benefits beyond the services covered by Medical Assistance, Medicare, and MinnesotaCare. Finally, we have developed new programs and services that help our members live healthier and fuller lives. For example, in 2025 (and into 2026), PrimeWest Health expanded our Focused Wellness Programs. We also continued to offer supplemental benefits for our PrimeWest Senior Health Complete and Prime Health Complete members.

The 2025 Annual Report will be my last as PrimeWest Health's CEO. I will be retiring at the end of May 2026. I'm proud of what we accomplished and the positive difference we have made in our members' lives this past year. And I believe today as much as I did 25 years ago that our successes are a direct result of PrimeWest Health's unending commitment to our members' health and well-being. I'm also confident this will continue far into the future under the leadership of **PrimeWest Health's new CEO, Matt Magnuson**. Matt has been with PrimeWest Health since 2007. His focus for nearly 20 years has been on all things related to member satisfaction, including leading the PrimeWest Health Member Services Department and then our Member & Provider Services Department for many years.



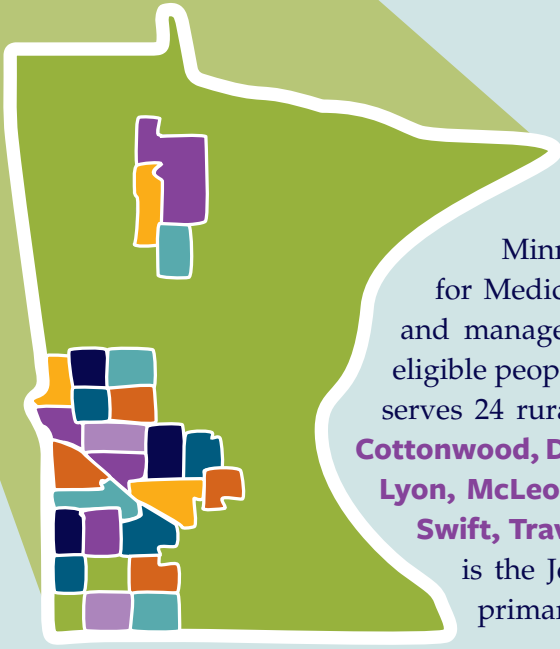
On behalf of the PrimeWest Health Joint Powers Board of Directors and staff members, I wish you, one last time as the CEO of your health plan, the best of health in 2026 and beyond!

Sincerely and humbly yours,

A handwritten signature in black ink, appearing to read 'Jim Przybilla'.

Jim Przybilla, Chief Executive Officer
PrimeWest Health

ABOUT PRIMEWEST HEALTH



PrimeWest Health is a County-Based Purchasing (CBP) health plan headquartered in Alexandria, Minnesota. We have contracts with the Minnesota Department of Human Services (DHS) and the Federal Centers for Medicare & Medicaid Services (CMS). These contracts allow us to purchase and manage health care services for Minnesota Health Care Programs (MHCP)-eligible people who live in the counties we serve. PrimeWest Health is owned by and serves 24 rural Minnesota counties: **Beltrami, Big Stone, Chippewa, Clearwater, Cottonwood, Douglas, Grant, Hubbard, Jackson, Kandiyohi, Lac qui Parle, Lincoln, Lyon, McLeod, Meeker, Nobles, Pipestone, Pope, Redwood, Renville, Stevens, Swift, Traverse, and Yellow Medicine.** The governing body of PrimeWest Health is the Joint Powers Board (JPB). The JPB includes 2 county commissioners (1 primary and 1 alternate) from each PrimeWest Health county.

We have contracts with DHS and CMS to offer the following programs in our service area:

Families and Children

For children under age 21, parents or relative caretakers of dependent children, adults without children, and pregnant women who have Medical Assistance

MinnesotaCare

For adults without children, parents or relative caretakers of dependent children, and children who are eligible for the State MinnesotaCare program; members pay a monthly premium to the State

Minnesota Senior Care Plus (MSC+)

For people age 65 or over who have Medical Assistance and may have Medicare but not through PrimeWest Health

Special Needs BasicCare (SNBC)

For people who have a certified disability, are ages 18 – 64, and have Medical Assistance but do not have Medicare through PrimeWest Health

PrimeWest Senior Health Complete (HMO SNP)

For people age 65 or over who have both Medical Assistance and Medicare through PrimeWest Health (*a Minnesota Senior Health Options program*)

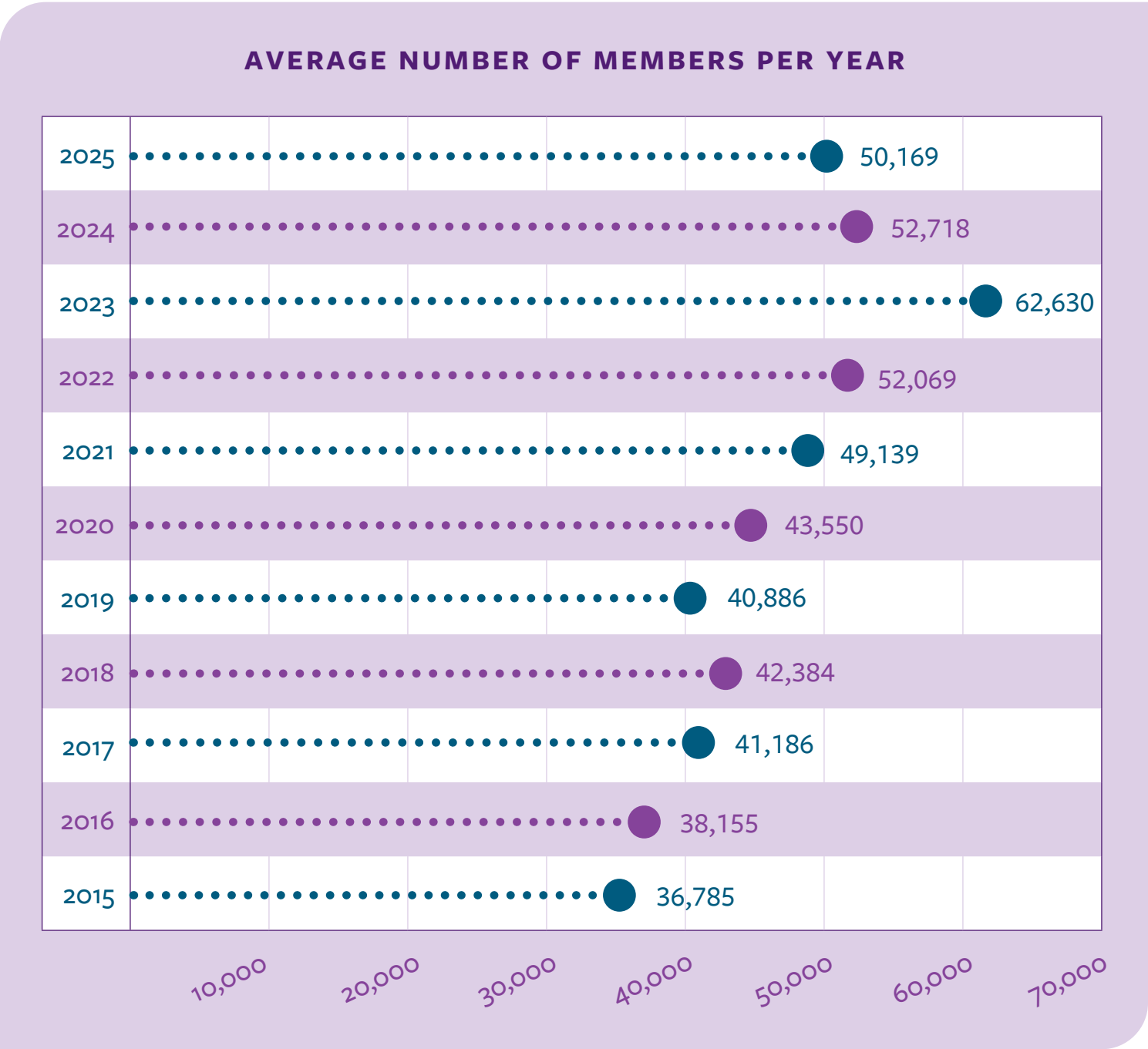
Prime Health Complete (HMO SNP)

For people who have a certified disability, are ages 18 – 64, and have both Medical Assistance and Medicare through PrimeWest Health (*an SNBC program*)



MEMBERSHIP

PrimeWest Health’s average monthly enrollment decreased in 2025, our 22nd year of operations. This was due to the last disenrollments that took place after the end of the COVID public health emergency. The chart that follows shows the average monthly enrollment each year since 2015.



In July 2003, PrimeWest Health began serving our original 10 counties. In March 2008, we added 3 more counties. In January 2023, we expanded to an additional 11 counties. We now serve 24 counties.



SUMMARY OF FINANCIAL STATEMENTS, JANUARY — DECEMBER 2025

This is an overview of PrimeWest Health's financial position and performance for calendar year 2025. It is published in accordance with the requirements of MN Stat. sec. 62D.09, subd. 3. This is not a full financial statement. It is a summary provided for our members' information.

PrimeWest Health's primary expenses are for hospital, physician, pharmacy, dental, and other health care and social services used by PrimeWest Health members. Our primary revenues are premiums paid by DHS (State) and CMS (Federal) on behalf of our members.

A net gain of 0.2% of total revenue was realized in 2025, compared to a net loss of 3.4% in 2024. The marginally favorable results in 2025 are due to adjustments to risk-adjusted revenue from State programs and continued favorable investment income. The average net gain for 2016 – 2025 was 1.4%. From 2024 to 2025, PrimeWest Health revenues increased 9.0%. This was primarily as a result of changes to risk-adjusted revenue from State programs. Enrollment decreased 4.9%. Total health care expenses increased 9.5% and average health care expenses per member per month increased 15.1%. Reserves for health contracts, established when projected future expenses are greater than projected future revenues, decreased 100% due to projected 2026 revenues being greater than expenses. As of December 31, 2025, PrimeWest Health is in compliance with statutory net worth requirements under MN Stat. Chap. 62D and MN Stat. secs. 60A.60 – 696.

FINANCIALS

Balance Sheet as of December 31, 2025

Assets	\$ 218,431,049
Liabilities	\$ 94,308,289
Statutorily Required Net Worth	\$ 124,122,760

2025 Statement of Revenues and Expenses

Revenues	\$ 499,702,770
Expenses	
Hospital and Skilled Nursing Facility Services	\$ 179,757,771
Physician and Allied Health Services	\$ 182,227,972
Pharmacy	\$ 90,096,644
Dental Services	\$ 17,424,845
Claims Adjustment and Cost Containment	\$ 18,265,189
Non-Claim Expenses	\$ 16,155,307
Total Expenses	\$ 503,927,728
Change in Reserves for Health Contracts	\$ (5,242,290)
Net Gain (Loss)	\$ 1,017,332

Pregnant?

Here Are 5 Things to Do and Know!

1 Tell your county or MinnesotaCare worker. They will update your eligibility to show you are pregnant. This means you won't have copays or premiums while you're pregnant, and for up to 12 months after pregnancy.

2 Make a prenatal appointment. Do this as soon as you know you are pregnant to lower the risk of complications. Your first appointment should be within the first 8 – 12 weeks of pregnancy.

3 Get a car seat from your local Public Health agency. Tell them you are a PrimeWest Health member and they will set you up with a car seat and make sure it is installed correctly.

4 Ask questions about your health and your child's health. Call Member Services at the number below and ask for Sheila or Jennifer K.

5 Learn about your benefits. The links on the web page at www.primewest.org/pregnancy describe many of these benefits. For more information, call Member Services at 1-866-431-0801 and ask for Sheila or Jennifer K. TTY users call 1-800-627-3529 or 711. These calls are free.



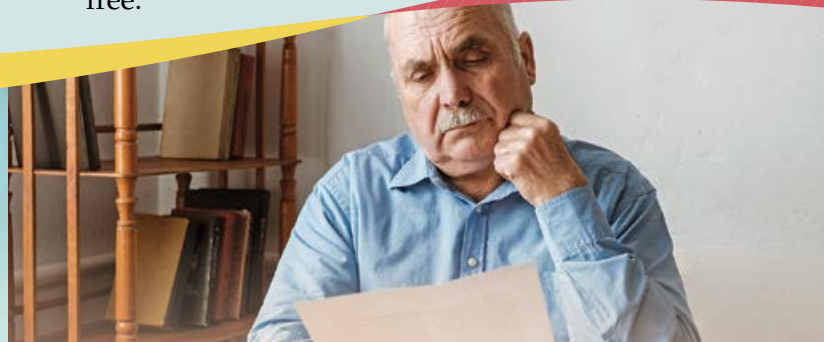
Talk to a NURSE

Hurt or sick and not sure what to do? Try calling our 24-hour nurse line at 1-866-201-4601 (TTY 711). You'll get advice about whether you can take care of yourself at home, if you need to make an appointment with your health care provider, or even if you need to go to the emergency room.* Calls to the nurse line are free.

**In an emergency that needs treatment right away, call 911 or go to the nearest emergency room.*



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Notice Something Unfamiliar?

SPEAK UP.

Health care fraud, waste, and abuse can happen when billing or records do not match what actually happened. **If you get a notice, statement, or call about health care services that seem unfamiliar to you, please let us know right away.** Asking us questions about things that seem wrong is a simple but important way you can help reduce fraud.

Please report concerns to the PrimeWest Health Compliance Hotline by calling 1-866-763-2952. TTY users call 1-800-627-3529 or 711. These calls are free and can be anonymous if you choose. You can also email our Compliance team at compliance@primewest.org.



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Health and wellness or prevention information



Reduce Reuse Recycle

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RESPONSIBLE
STEWARDS OF THE
ENVIRONMENT

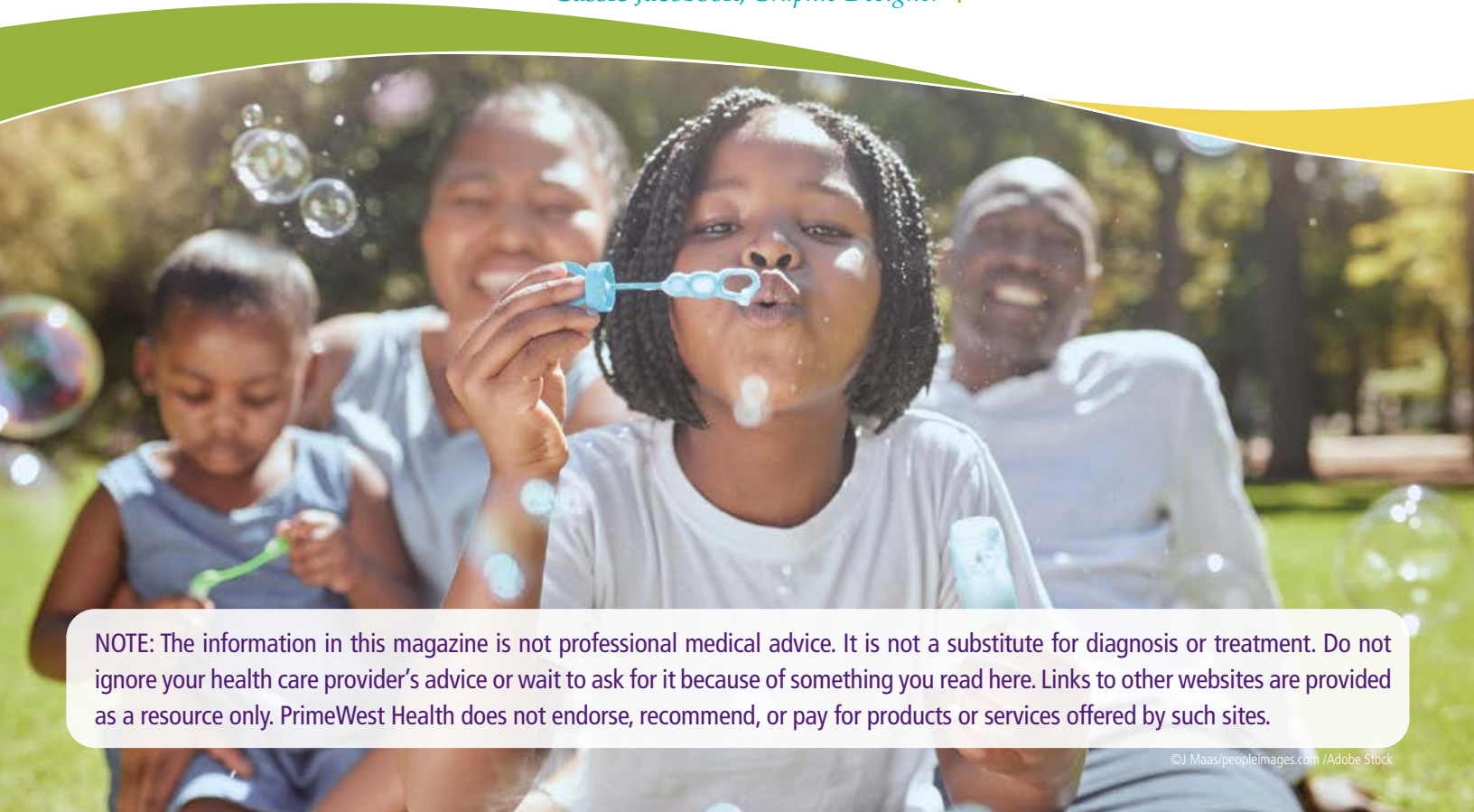


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NOTE: The information in this magazine is not professional medical advice. It is not a substitute for diagnosis or treatment. Do not ignore your health care provider's advice or wait to ask for it because of something you read here. Links to other websites are provided as a resource only. PrimeWest Health does not endorse, recommend, or pay for products or services offered by such sites.

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1-866-431-0801 (toll free); TTY 1-800-627-3529 or 711

ATTENTION: If you speak English, free language assistance services are available to you free of charge and without unnecessary delay. Additionally, appropriate auxiliary aids and services to provide information in accessible formats are available free of charge and in a timely manner. Please call the number above or speak to your provider. English

ትኩረት፡ አማርኛ የሚናገሩ ከሆኑ፣ ነጻ የቋንቋ እርዳታ አገልግሎቶች፣ ያለ ምንም ክፍያ፣ እና ያለ ምንም መዘግየት ለእርስዎ ይገኛሉ። በተጨማሪም፣ መረጃን በተደራሽ ቅርፀቶች ለማቅረብ፣ ተገቢ ረዳት መርጃዎች እና አገልግሎቶች ከክፍያ ነጻ እና በጊዜ ይገኛሉ። እባክዎ ከላይ ባለው ቁጥር ይደውሉ ወይም አቅራቢዎን ያነጋግሩ። Amharic

تنبيه: إذا كنت تتحدث العربية، فستكون خدمات المساعدة اللغوية متاحة لك مجاناً وبدون تأخير غير ضروري. بالإضافة إلى ذلك، تتوفر المساعدات والخدمات المساعدة المناسبة لتوفير المعلومات بتنسيقات يسهل الوصول إليها مجاناً وفي الوقت المناسب. يرجى الاتصال بالرقم أعلاه أو التحدث إلى مقدم الخدمة الخاص بك. Arabic

သတိပြုပါ- သင်သည် မြန်မာဘာသာ ဘာသာစကားဖြင့် ပြောဆိုပါက၊ အခမဲ့ ဘာသာပြန်ဆိုပေးသော ဝန်ဆောင်မှုများကို မလိုလားအပ်သည့် နှောင့်နှေးကြန့်ကြာမှုတို့မရှိဘဲ အခမဲ့ ရရှိနိုင်ပါသည်။ ထို့အပြင်၊ အသုံးပြုခွင့်ရရှိထားသောပုံစံများတွင် သတင်းအချက်အလက်များ ပေးဆောင်နိုင်ရန်အတွက် သင့်လျော်သော အရန်အကူအညီများနှင့် ဝန်ဆောင်မှုများကို အချိန်နှင့်တစ်ပြေးညီ အခမဲ့ရရှိနိုင်ပါသည်။ အထက်တွင် ဖော်ပြထားသောနံပါတ်ကို ဖုန်းခေါ်ဆိုပါ သို့မဟုတ် သင်၏ဝန်ဆောင်မှုပေးသူထံ စကားပြောဆိုပါ။ Burmese

注意：如果您講繁體中文，我們將免費為您提供語言協助服務，且不會造成不必要的延誤。此外，還免費及時提供適當的輔助工具和服務，以無障礙格式提供資訊。請撥打上述電話號碼或與您的提供者聯絡。Chinese

ATTENTION : Si vous parlez Français, des services d'assistance linguistique gratuits sont à votre disposition gratuitement et sans délai inutile. En outre, des aides et services auxiliaires appropriés permettant de fournir des informations dans des formats accessibles sont disponibles gratuitement et en temps opportun. Veuillez appeler le numéro ci-dessus ou parler à votre prestataire. French

CEEB TOOM: Yog tias koj hais lus Hmoob, muaj cov kev pab cuam lus pab dawb rau koj xwb thiab tsis muaj qhov qeeb li. Dhau no lawm, tseem muaj ntaub ntawv qhia txog cov cuab yeej pab hnov lus thiab cov kev pab cuam ua hom qauv ntawv uas mus siv tau dawb yam tsis sau nqi thiab raws sij hawm. Thov hu rau tus xov tooj saum toj no los sis tham nrog koj tus kws kho mob. Hmong

တိန်နီ- ဖဲနမ့်ကတိၤကညီကျိန်န့ၣ်,သဘျုကျိန်တၢ်ဟ့ၣ်မၤစၢၤအတၢ်ဖံးတၢ်မၤတဖၣ်ကအိၣ်ဝဲဒၣ်လၢနဂီၢ်လၢတလိၣ်ဟ့ၣ်အပူၤဒီးတထုးတၢ်ဆၢကတိၢ်ယံၣ်ယံၣ်ဘၣ်န့ၣ်လီၤ. အမံၤညါ, တၢ်န့ၣ်ဟ့ၣ်အပီးအလီၤလၢအဖိးမံဒီးတၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤတဖၣ်လၢကဟ့ၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤလၢက့ၢ်ဂီၢ်လၢတၢ်မၤန့ၢ်သ့အီၤညီန့ၣ်ကအိၣ်ဝဲဒၣ်လၢအပူၤတအိၣ်ဒီးတၢ်ကဟ့ၣ်အီၤအဆၢကတိၢ်ဘၣ်ဘၣ်န့ၣ်လီၤ. ဝံသးစူၤကိးဘၣ်လိတဲစိနီၢ်ဂီၢ်လၢထးမ့တမ့ၢ်ကတိၤတၢ်ဒီးနပူၤဟ့ၣ်တၢ်မၤစၢၤတၢ်တက့ၢ်. Karen

1-866-431-0801 (toll free); TTY 1-800-627-3529 or 711

ចូរកត់ចំណាំ៖ ប្រសិនបើអ្នកនិយាយភាសាខ្មែរ សេវាជំនួយភាសាភាគតិចត្រូវបានផ្តល់ឱ្យអ្នកដោយមិនគិតថ្លៃនិងដោយគ្មានការពន្យារពេលមិនចាំបាច់។ ព្រឹត្តិការណ៍នេះ ផ្តល់នូវសេវាកម្មជំនួយសមស្របដើម្បីជួយអ្នកមានក្នុងការប្រើប្រាស់ប្រព័ន្ធអាចរកបានដោយមិនគិតថ្លៃ និងទាន់ពេលវេលា។ សូមទូរសព្ទទៅលេខខាងលើ ឬនិយាយទៅកាន់អ្នកផ្តល់សេវារបស់អ្នក។ Khmer

주의: 한국어를 사용하시는 경우, 불필요한 지연 없이 무료로 언어 지원 서비스를 받으실 수 있습니다. 또한, 접근 가능한 형식으로 정보를 제공해 주는 적절한 보조 도구와 서비스를 무료로 적시에 이용하실 수 있습니다. 위의 번호로 전화하시거나 담당 의료 제공자에게 문의해 주십시오. Korean

ຂໍຂວັນ ເອົາໃຈໃສ່: ຖ້າ ທ່ານ ເວົ້າ ລາວ, ການບໍລິການການ ຊ່ວຍເຫຼືອ ດ້ານພາສາ ແມ່ນມີໃຫ້ ທ່ານ ໂດຍບໍ່ເສຍຄ່າ ແລະ ໂດຍບໍ່ມີການ ຊັກຊ້າທີ່ບໍ່ຈຳ ເປັນ. ນອກຈາກນັ້ນ, ການ ຊ່ວຍ ເຫຼືອ ແລະ ການບໍລິການຜົນທີ່ເໝາະສົມໃນການສະໜອງຂໍ້ມູນ ໃນຮູບແບບທີ່ສາມາດເຂົ້າ ເຖິງໄດ້ແມ່ນມີໃຫ້ໂດຍບໍ່ເສຍຄ່າ ແລະ ທັນເວລາ. ກະລຸນາໂທຫາເບີໂທຂ້າງເທິງ ຫຼື ຜົ້ນກັບຜູ້ໃຫ້ບໍລິການຂອງທ່ານ. Lao

HUBADHAA: Afaan Oromoo dubbattu yoo ta'e, tajaajilootni deeggarsa afaanii barfannaa hin barbaachisne malee bilisaan isiniif kennamu. Dabalataanis, odeeffannoo bifa argamuun danda'uun dhiyeessuf tajaajilliwwaniifi deeggarsiwwan dabalataa bilisaafi yeroosaa eeggate jira. Maaloo lakkkoofsa armaan olii irratti bilbilaa yookiin ogeessa fayyaa keessan haasofsiisaa. Oromo

ВНИМАНИЕ: Если вы говорите по-русски, вам доступны бесплатные услуги языковой помощи, которые оказываются безвозмездно и своевременно. Кроме того, бесплатно и своевременно предоставляются соответствующие вспомогательные средства и услуги по предоставлению информации в доступных форматах. Позвоните по указанному выше номеру или обратитесь к своему поставщику услуг. Russian

FIIRO GAAR AH: Haddii aad ku hadasho Soomaali, adeegyada kaalmada luqadda bilaashka ah ayaa laguugu heli karaa adiga lacag la'aan oo aan lahayn daahid aan lama huraan ahayn. Intaa waxaa dheer, caawimooyinka iyo adeegyada ku habboon si loogu bixiyo macluumaadka qaabab la heli karo ayaa lagu heli karaa lacag la'aan iyo waqti ku habboon. Fadlan wac lambarka kore ama la hadal adeeg bixiyahaaga. Somali

ATENCIÓN: Si habla español, los servicios gratuitos de asistencia en otros idiomas están disponibles para usted de forma gratuita y sin demoras innecesarias. Además, se dispone de ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles de forma gratuita y oportuna. Llame al número mencionado anteriormente o hable con su proveedor. Spanish

LU'U Ý: Nếu quý vị nói Tiếng Việt, dịch vụ hỗ trợ ngôn ngữ miễn phí có sẵn cho quý vị, hoàn toàn miễn phí và không bị chậm trễ không cần thiết. Ngoài ra, các thiết bị và dịch vụ hỗ trợ phù hợp để cung cấp thông tin ở các định dạng dễ tiếp cận cũng được cung cấp miễn phí và kịp thời. Vui lòng gọi số ở trên hoặc nói chuyện với nhà cung cấp của quý vị. Vietnamese