



**An
exclusive
benefit
for AvMed
Medicare
Members**



Live WELLfluent™

Make Your Life Richer

We all have questions about our health. After all, it's a serious topic. When you have a question about a specific health topic like diet, fitness or chronic conditions, you should turn to your doctor.

Each visit to your physician's office is a chance to make life richer with information that will help you improve your health. If you have concerns about a certain test result or procedure, talk to your doctor. If you need help figuring out what to eat or what exercises to do, your doctor can offer recommendations.

Unless you tell your doctor what's on your

mind, he or she won't be able to help you. With AvMed, you have access to a wide network of Providers that are ready to help you achieve a life rich in health and happiness.

Turn this insert over for a list of topics to discuss with your Provider. We've put this list together to help you ask the right questions. Make sure to take it with you on your next visit. Have your own questions? Use the extra space to write them down!

Living WELLfluent™ makes life richer. We hope this handout will help you along the way. Visit www.AvMed.org for more WELLfluent resources.

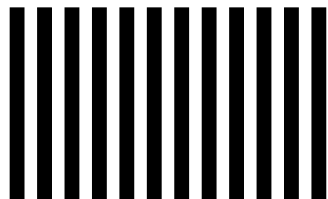
YOU'VE GOT MAIL

Around this time of year, Members are surveyed about satisfaction with their health plans on behalf of the Consumer Assessment of Healthcare Providers and Systems - or CAHPS program. The Health Outcomes Survey or HOS survey will be sent out in early summer to early fall. Each year, we take this feedback and look for ways to improve our services and benefits. If you receive a letter or call about a survey to rate your current health plan, we ask that you take a few minutes to participate.

AvMed Medicare is an HMO plan with a Medicare contract. Enrollment in AvMed Medicare depends on contract renewal with CMS. See other side for more information.

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Discussion Topics

- What are your health goals for 2022?

- What are your doctor's recommendations for safely achieving your goals?

- How often do you exercise? Which exercises do you do?

- An active social life may be a challenge in our socially distanced world. What do you do to combat isolation and loneliness? Need a suggestion? Ask your doctor.

- What ways does your doctor recommend to improve your emotional health?

- Are you getting the appropriate screenings for your age?

- Do you have chronic conditions that affect your daily routine? List them below and describe how they are affecting you. Discuss them with your doctor.

- Are you experiencing any issues with urinary incontinence (i.e., loss of bladder control leading to urine leakage)? If so, please talk to your doctor about what treatment options are right for you, including Kegel exercises, medications or other options.

- Do you have balance issues or other medical concerns that could increase your risk of falling? Talk to your doctors about ways you can be proactive at preventing falls.

- List any other topics you want to discuss with your doctor, such as pain that interferes with your ability to complete or enjoy your daily activities.

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