



The right choice for your lifestyle.

Dear Member,
Thank you for being a part of Physicians Health Choice. We are proud to offer a selection of health plans to Medicare beneficiaries in the following states:

Arkansas, Florida, New Mexico and Texas

In addition to your Original Medicare benefits, Physicians Health Choice provides benefits to help you stay healthy. Our goals are to achieve a long-term relationship with our members and provide health plan options you deserve. We hope you find our newsletter helpful. We strive to achieve and maintain loyal, satisfied members with our commitment to service and integrity. **Wishing you the best of health!**

Staying Cool and Hydrated this Summer

Summer is here! Did you know about 318 Americans die every year of heat-related illnesses, according to the Centers for Disease Control (CDC)? The fact is that most of these deaths can be prevented.

A key factor to always remember: Drink plenty of fluids! The best time to drink fluids is before you become thirsty. By the time you are thirsty, your body has already become dehydrated. It is always best to drink on a schedule when it is hot outside. Avoid drinks containing caffeine or alcohol while in the sun or heat. These types of drinks stimulate the production of urine thereby promoting dehydration. Adults should consume 17 to 20 ounces of fluid before any activity, as well as an additional 7 to 10 ounces every 10 to 20 minutes during activity. You should also consume 24 ounces of fluid within the first two hours after outdoor activity.

Signs and Symptoms of Dehydration:

- Dry lips and tongue
- Headache
- Weakness, dizziness, or extreme fatigue
- Concentrated urine that appears darker than normal
- Nausea
- Muscle cramps

Some additional Hot Weather Tips:

- While pouring water over your head might feel good; it does not have any affect on your core body temperature -- make sure you put plenty of water and other fluids into your body.
- Always wear light colored and loose fitting clothing.
- Always take a break in the shade.
- It's important to remember that anytime a person who has been exposed to heat becomes disoriented or unconscious, seek immediate medical attention.



How to Avoid Summer Allergies

1. When outdoors, avoid grassy areas, especially those which are freshly mown.
2. If you must mow your lawn, wear a face mask to protect against pollen.
3. When traveling in your car, keep the windows closed.
4. If you are coming in from the outdoors, immediately take a shower to remove any pollen and mold that you may have picked up on your clothes and hair.
5. When indoors, use your air conditioner and a dehumidifier to keep the air cool and clean.
6. In the evenings, keep your windows closed to prevent pollen from entering your house.
7. For exercise, try walking in the local shopping mall vs. walking outside in the park or on hiking trails. It will also be much cooler!
8. Always take your allergy medications as prescribed by your doctor in the recommended dosage.

Important Numbers:

Customer Service: | 866 550.4736
 Comfort Care: | 866 879.8023
 Social Services: | 800 295.3315
 Disease Management: | 800 280.8059
 TTY/TDD | 866 858.0659

Contact Customer Service at 1-866-550-4736 if you would like an additional copy or a copy in Spanish.

1*****SNGLP
 [name]
 [street address]
 [street address]
 [city, state, zip]

1 866 550.4736

1 866 858.0659

PHCcares.com

Talking with your Doctor

Be honest with your doctor during your next routine checkup.



- Pay particular attention while completing your patient history chart. Be sure to include all medications. Also include dietary supplements as they can potentially interfere with prescription and over-the-counter drugs. Don't forget the dosage and frequency of use.
- Get real with your doctor about your health habits. Have you altered your diet or exercise regimen? Did you start a weight loss program?
- Be truthful about how much alcohol you drink or how many cigarettes you smoke. Both of these habits can weaken your body and deprive it of important antibodies.
- Your family health history is key for your doctor, as many health conditions can be hereditary in particular, heart disease, stroke, Alzheimer's disease and cancer.
- Find out what screening tests may apply to you based on your age, health condition, and family history. Make sure you are current with all routine exams and vaccinations.

Physicians Health Choice in your Community

On April 4, Physicians Health Choice was a co-sponsor and the exclusive Medicare Advantage Plan for the Senior Olympics Senior Fun Day at Nations Tobin Recreational Center in El Paso, TX. Seniors and their grandchildren were invited out for a day of fun events such as a 1500M fun walk, obstacle course,



basketball throws, box washers, hoop toss and more. Over twenty five Physicians

Health Choice employees, brokers and family members enjoyed the events with the seniors in their community.

Physicians Health Choice sponsored all of the *Senior Days* during the Baltimore Orioles Spring Training which culminated on April 1st with the Senior Run The Bases event at the Fort Lauderdale Baseball Stadium. On this warm sunny afternoon, an estimated 200 seniors joined Physicians Health Choice on the field to run, walk and wheel around the bases. George Angelopoulos, Regional Director for Physicians Health Choice in Florida, threw out the first pitch of the game against the Florida Marlins. The game ended with a win for the Marlins and great community outreach for Physicians Health Choice.



Gardening Tips

1. Work in your garden early in the morning or late in the day to stay away from the hot afternoon sun and high temperatures. Even the healthiest individual can become unwell or fatigued.
2. Wear relaxed fitting clothes and shoes. Don't forget a hat and gloves to cover up bare skin. Apply sunscreen to protect against sunburn and sun damage.
3. Invest in the right tools for your garden; have oversized rakes and shovels with ergonomic padded handles. This will be less strain for your hands and you will be able to work longer.
4. Stand up and stretch often to avoid stiffness. Use knee pads or a pillow to help the stress on your knees. Also, lean on your hands so that your arms take some of the burden off your knees.
5. If you find that you can no longer garden, ask your friends, family and/or caregiver who may take pleasure in gardening, to help.



Award Winning Disease Management Program

Owned by WellMed, *HealthRight*, our disease management program partner, was recently recognized for "outstanding achievements in and contributions to the science and practice of chronic disease care" by DMAA: The Care Continuum Alliance. DMAA is a leading advocate for effective disease management, chronic care and preventive healthcare. *HealthRight* serves our members with high-risk, problem-prone diseases including Congestive Heart Failure, Ischemic Heart Disease, Diabetes and COPD/ Asthma. The *HealthRight* program provides educational guidance and care coordination to help manage your chronic conditions. This program will coordinate your care with your doctor, give you information about how to get healthy and stay healthy, reduce your medical complications and strive to reduce unnecessary visits to the hospital or emergency room. If you have Diabetes, Ischemic Heart Disease, COPD/Asthma or Congestive Heart Failure and wish to take advantage of the benefits we offer, simply talk to your Primary Care Physician about how to participate through our program partner, *HealthRight*. You can also self refer by calling *HealthRight* directly at 1-877-287-0565.

