

HEALTH

Medicare preventive visit & yearly wellness exams

If you are covered by Medicare Part B, you may want to take advantage of the “Welcome to Medicare” preventive visit or the yearly wellness exam. The information below was taken from the Medicare website and gives an overview of these visits.

Medicare Part B (Medical Insurance) covers:

A “Welcome to Medicare” preventive visit:

You can get this visit only within the first 12 months you have Part B. This visit includes a review of your medical and social history related to your health and education and counseling about preventive services, including these:

- Certain screenings, shots, and referrals for other care, if needed
- Height, weight, and blood pressure measurements
- A calculation of your body mass index
- A simple vision test
- A review of your potential risk for depression and your level of safety
- An offer to talk with you about creating advance directives.
- A written plan letting you know which screenings, shots, and other preventive services you need.

This visit is covered one time. You don't need to have this visit to be covered for yearly “Wellness” visits.

What to expect during your “Welcome to Medicare” preventive visit

- Your doctor will:
- Record and evaluate your medical and family history, current health conditions, and prescriptions.
 - Check your blood pressure, vision, weight, and height to get a baseline for



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your care.

- Make sure you're up-to-date with preventive screenings and services, like cancer screenings and shots.
- Order further tests, depending on your general health and medical history.
- After the visit, your doctor will give you a plan or checklist with free screenings and preventive services that you need.

What to bring to your “Welcome to Medicare” preventive visit

Medical records, including immunization records. Even if your current doctor does the visit, gather as much medical information as you can to make sure nothing is missed.

Family health history. Try to learn as much as you can about your family's health history before your appointment. The information will help you and your doctor better understand what screenings you need to get and what to watch for in the future.

Prescription drugs. Bring a list of any prescription drugs, over-the-counter drugs, vitamins, and supplements that you currently take, how often you take them, and why.

Yearly “Wellness” visits:

If you've had Part B for longer than 12 months, you can get this visit to develop or update a personalized prevention help plan.

This plan is designed to help prevent disease and disability based on your current health and risk factors. Your provider will ask you to fill out a questionnaire, called a “Health Risk Assessment,” as part of this visit. Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit. It can also include:

- A review of your medical and family history
 - Developing or updating a list of current providers and prescriptions
 - Height, weight, blood pressure, and other routine measurements
 - Detection of any cognitive impairment
 - Personalized health advice
 - A list of risk factors and treatment options for you
 - A screening schedule (like a checklist) for appropriate preventive services.
 - Advance care planning
- This visit is covered once every 12 months (11 full months must have passed since the last visit).

Who's eligible?

All people with Part B are covered.

You pay nothing for the “Welcome to Medicare” preventive visit or the yearly “Wellness” visit if your doctor or other qualified health care provider accepts assignment. The Part B deductible doesn't apply.

However, you may have to pay coinsurance, and the Part B deductible may apply if:

Your doctor or other health care provider performs additional tests or services during the same visit.

These additional tests or services aren't covered

under the preventive benefits.

Please note that your doctor or other health care provider may recommend you get services more often than Medicare covers. Or, they may recommend services that Medicare doesn't cover. If this happens, you may have to pay some or all of the costs. Ask questions so you understand why your doctor is recommending certain services and whether Medicare will pay for them.

For a link to more information about Medicare, go to www.chcneo.com/education and click on the Medicare icon.

Locally, Community Health Center of Northeast Oklahoma, Inc., dba Afton, Grove, Welch and the Allensworth Community Health Centers continue to serve the area with the finest in personalized health care. For details or to schedule an appointment contact (918) 257-8029, (918) 801-7504, (918) 788-3918 or (918) 276-2667 or check us out on the web at www.chcneo.com, like us on Facebook or follow us on Twitter, Instagram, Reddit, Digg, Tumblr, Google+, Pinterest and YouTube @chcneo. A sliding payment scale is available for patients based on family size and income.

News to know: Ottawa County Health Department

Staff reports

news@miaminewsrecord.com

MIAMI — The Ottawa County Health Department is here to serve you. Our dedicated staff will help you get the services you need.

We still have flu vaccine available for the community at no out of pocket cost. Our Women, Infant, and Children (WIC) department is offered 4 days a week.

WIC provides nutritional assistance and education for Women and their Children up to age 5.

The Ottawa County Health Department tests children from 6 months to 6 years of age for lead.

High blood lead levels have shown to potentially cause developmental delays in children. Come in and get your child tested.

Beginning in April, our family planning (birth control) will be offered two days a week by our nurse practitioner.

The practitioner will spend the time to go over all the options that are available to you, so you can make the best decision for yourself.

Our skilled nursing staff is available for any questions you might have or

that arise after your visit.

Our Children's First program (C1) is dedicated to first time mothers who are less than 29 weeks into their pregnancy.

Our nurses are specially trained to offer free, in-home visitation services. Our nurses will answer questions and share information about personal health, child development, parenting skills, home safety, and community resources.

Another program that is offered by the Health Department is the SoonerStart program that is designed to help meet the needs of families with infants and toddlers (birth through age three) who have disabilities and/or developmental delays.

Our highly trained Early Intervention staff provides screenings, assessments, family training, education, in-home support, specialized services and therapy, as well as community referrals.

The Ottawa County Health Department is located at 1930 N. Elm Street in Miami and can be reached at 918-540-2481.

Please contact us and let us help meet your needs. We are here to serve you, the people of Ottawa County.

Tips on fighting the flu

Staff reports

news@miaminewsrecord.com

It's that time of year. Each day another friend, coworker or child seems to be coming down with something. But it doesn't have to become a full-fledged infection. So, what should you do when you begin to notice symptoms? Better yet, how can you avoid a cold and flu altogether?

The best methods for sidestepping the common cold and the flu are the same: wash your hands frequently, keep your immune system in top working order by supporting it with vitamin C and avoid cramped indoor environments full of sick people.

But to be fully prepared for flu season, there are two things you need to do. First, get a flu shot. Whether you head to your nearest pharmacy, get one at work or go through your doctor, a flu shot can mean the difference between a flu-free winter and misery.

Second, if you don't have a physician to call your own, get one. Don't wait until you're sick to try to find a doctor. The best thing for your health is a physician who knows you and your unique health history.

The symptoms of the flu come on suddenly and can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). If you think you have the flu, talk to your doctor ASAP. There's a brief time in which viral medication can be effective.

When your illness or injury can't wait, visit Integris Express Care in Miami for prompt treatment. The clinic only accepts walk-in patients, ensuring that you receive the very best care, in a quick and convenient manner.

The medical professionals at Integris Express Care treat a wide range of conditions including cold and flu, sore throats and coughs, sports injuries, sprains and strains, minor burns and workplace injuries.

The clinic, located at 21 W. Central Ave., is open Monday through Friday

from 7 a.m. until 5:30 p.m., and Saturday and Sunday from 9 a.m. until 1 p.m.

Integris Virtual Visit is another option for quick care.

Doctors and nurse practitioners are standing by 24/7 to talk via video chat or FaceTime about whatever you might need help with.

Insurance is never required and the fee is always a flat \$45. Member pricing may apply.

After talking face-to-face with a physician or NP, they'll conduct their exam and you'll get their professional medical diagnosis, advice on next steps, prescriptions if necessary and relief.

Most visits are complete in 20 minutes or less and if it's quickly determined that your case can't be treated via Virtual Visit, you won't be charged.

To schedule an appointment call Integris Virtual Visit at 844-636-7877.

CALL NOW & SAVE UP TO 84% ON YOUR NEXT PRESCRIPTION

Drug Name	Qty (pills)	Price*	Drug Name	Qty (pills)	Price*
Viagra 100mg	16	\$47.99	Retin-A Cream 0.05%	50 g	\$79.99
Viagra 50mg	16	\$44.99	Vivelle-Dot 50mcg	24 patches	\$124.99
Cialis 5mg	90	\$149.99	Voltaren Emulgel 1%	300 g	\$84.99
Cialis 20mg	20	\$134.99	Armour Thyroid 60 mg	100	\$69.99
Levitra 20mg	30	\$129.99	Dexilant 60 mg	90	\$339.99
Stendra 200mg	16	\$259.99	Onglyza 5mg	84	\$309.99
Spiriva 18mcg	90	\$189.99	Effexor XR 150 mg	100	\$39.99
Advair 250mcg/50mcg	180 ds	\$204.99	Boniva 150 mg	3	\$69.99
Vagifem 10mcg	24	\$114.99	Tricor 145mg	90	\$139.99
Premarin 0.625mg	84	\$94.99	Pradaxa 150mg	180	\$474.99
Combivent 18mcg/103mcg	600 ds	\$139.99	Synthroid 100mcg	90	\$59.99
Symbicort 160mcg/4.5mcg	360 ds	\$214.99	QVAR 80mcg	400 ds	\$134.99
Entocort 3mg	100	\$129.99	Finacea Gel 15%	90	\$134.99
Januvia 100mg	84	\$259.99	Uloric 40mg	90	\$174.99
Aggrenox 200mg/25mg	200	\$139.99	Breo Ellipta 100mcg/25mcg	90 ds	\$399.99
Abilify 5mg	84	\$139.99	Jublia 10%	24 ml	\$489.99
Colcrys 0.6mg	100	\$109.99	Tradjenta 5mg	90	\$349.99
Ventolin 90mcg	600 ds	\$79.99	Nasonex 50 mcg	420 ds	\$94.99
Vytorin 10mg/40mg	90	\$154.99			
Xifaxan 550mg	100	\$169.99			
Asacol 800mg	300	\$249.99			
Vesicare 10mg	100	\$164.99			
Ranexa ER 500mg	200	\$189.99			
Myrbetriq 50mg	90	\$364.99			
Actigall 300mg	300	\$224.99			
Bystolic 5mg	84	\$114.99			
Eliquis 5mg	168	\$604.99			
Spiriva Respimat 2.5mcg	180 ds	\$234.99			
Namenda 10 mg	84	\$29.99			
Prempro 0.3mg/1.5mg	84	\$104.99			
Estring 7.5mcg/24hr	1	\$119.99			
Restasis 0.05 %	90 ds	\$224.99			
Combigan 0.2%/0.5%	15 ml	\$139.99			
Azilect 1mg	100	\$324.99			
Janumet 50mg/1000mg	168	\$329.99			
Lumigan 0.01%	9 ml	\$79.99			
Flovent HFA 110mcg	360 ds	\$159.99			
Jardiance 25 mg	90	\$415.99			

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