

HOUSE CALL

KelseyCare Advantage

April 2019

VIDEO VISITS *Deliver Trusted Kelsey-Seybold Care Wherever You Are*

Not feeling well and dreading the thought of having to drive to the doctor's office? KelseyCare Advantage members can quickly and conveniently schedule Video Visits, a handy service from Kelsey-Seybold Clinic that delivers trusted medical care directly to your smartphone, tablet or camera-enabled computer so you don't have to leave your house!

Thanks to Kelsey-Seybold Virtual Health, many common conditions can be treated by your Kelsey-Seybold Clinicians through a real-time Video Visit seven days a week. These conditions include cough, cold, flu, allergies, bronchitis, ear infection, urinary tract infection, skin rash, sunburn, knee and elbow sprains and more. If the doctor determines that you need a prescription, he or she can arrange for it to be filled as soon as your Video Visit wraps up.

Video Visits are also available for a growing number of specialties ranging from Cardiology to Gastroenterology to OB/GYN, Urology and much more. You can even schedule a Post-Op Video Visit for issues involving General Surgery, Orthopedics and Plastic Surgery.

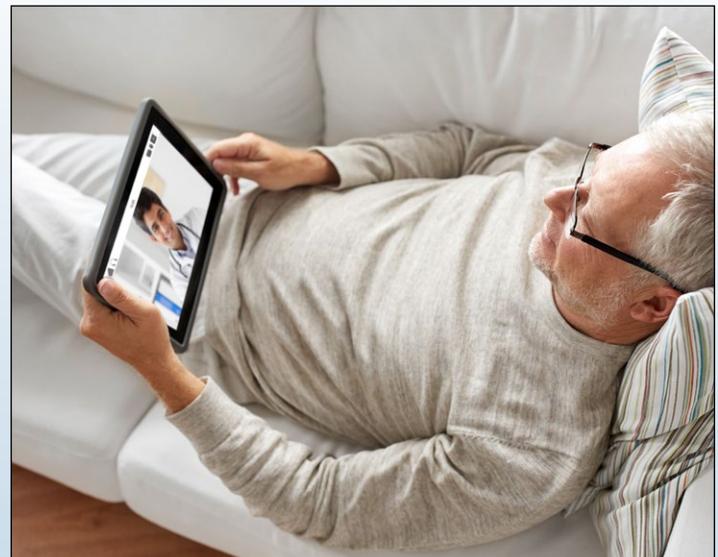
As a KelseyCare Advantage member, you can easily schedule and conduct a Video Visit using the MyChart app on your smartphone or by logging into MyKelseyOnline (MKO) from your computer. If you're not registered on MyKelseyOnline or have forgotten your login information, you may call the MKO Help Line at 713-442-6565.

During your Video Visit, the Kelsey-Seybold provider will be able to access your medical record and then share

the results of that visit with your regular primary care physician through Kelsey-Seybold's secure Electronic Medical Record (EMR).

Video Visits are available Monday through Friday from 8 a.m. to 9 p.m., and Saturday and Sunday from 10 a.m. to 4 p.m.

For more information, please visit <http://www.kelsey-seyboldvirtualhealth.com>.



PREPARING FOR SURGERY

If you plan to have surgery, it is best to be prepared. That means taking care of your health, learning as much as you can about the procedure and getting to know the people who will take care of you. Planning ahead can help ensure you have a successful procedure and heal faster with a smooth recovery.

Am I as healthy as I can be? Spend the time before the procedure being as active as you can, eating right and getting good sleep. If you smoke, stop as soon as possible — even if it's just a day or two before surgery — because smoking can cause problems with breathing and recovery from anesthesia and surgery. Other steps you take will be guided by your meetings with the medical team, including the physician anesthesiologist.

TALK TO YOUR PHYSICIAN ABOUT ANESTHESIA.

Before the surgery, you should talk with your physician about anesthesia so he or she can gather information that will help determine the right anesthesia care plan for you. Be prepared to discuss your medical history, your health habits and your past experiences with surgery and anesthesia.

AS THE DAY OF THE PROCEDURE ARRIVES, PLAN TO:

Follow pre-surgery directions and diet. Unless you're having only local anesthesia, you may be told not to eat or drink anything after midnight before your procedure. This is because of the rare risk of food or liquid in your stomach getting into your lungs while you're under sedation or general anesthesia. Ask your physician anesthesiologist for guidance; you may be told you can drink clear liquids and take your regular medications.

Bring a family member or friend. You won't be allowed to drive after outpatient surgery, or even after a few days in the hospital if you're taking pain medication. Plan to have someone take you home.

Wear comfortable clothing. Wear or bring loose-fitting clothing. Your body might be sore or swollen from surgery, or you may have bulky bandages over your incisions. Leave jewelry and valuables at home.

Don't forget about medication! Talk to your physician about your current medications, he or she may instruct you to stop taking some medications depending on what you are taking and what kind of procedure you are undergoing. You may be asked to complete a medication history form which includes a list of all your current medications you take and their dosages.





SilverSneakers®

fitness for seniors



SilverSneakers® is a fitness benefit offered to KelseyCare Advantage members at no extra cost. The program helps members improve their health, stay independent, and continue to do the things they like to do. It can help you Love Life Longer™. SilverSneakers is more than a fitness program. It's a way of life.

SILVERSNEAKERS CHANGES LIVES. HERE'S WHAT PARTICIPANTS SAY:¹

- 88 percent – SilverSneakers has improved my quality of life.
- 58 percent – I have made new and valuable friendships.
- 71 percent – I discovered I can do more than I thought I could.
- 88 percent – I feel healthier.

Many SilverSneakers members also report improvements in chronic conditions such as diabetes, high blood pressure, arthritis and depression. The program's impact is physical, emotional and social.¹

VISIT ANY PARTICIPATING LOCATION, ANY TIME.²

There are more than 15,000 SilverSneakers locations, and SilverSneakers members can use them all. Locations include gyms, community and senior centers, YMCAs and more. Amenities may include pools, free weights, cardio equipment and indoor walking tracks.

INDOOR AND OUTDOOR CLASSES ARE AVAILABLE.³

SilverSneakers offers a variety of classes designed for all fitness levels and abilities. Cardio, strength and balance classes may help you reduce your risk for falls and maintain your independence. Tai chi, yoga, Latin dance and walking groups are just a few of the less traditional options offered through SilverSneakers FLEX®.

TRAINED INSTRUCTORS LEAD SILVERSNEAKERS CLASSES.

SilverSneakers instructors are trained specifically in senior fitness. They offer guidance and make members feel welcome. Instructors can modify exercises to match each participant's level and pace.

ENJOY A SUPPORTIVE COMMUNITY.

The SilverSneakers community is warm and welcoming. Meeting new people in class and at organized social events helps members stay socially connected. Many members build friendships that extend beyond the gym. Members can also communicate with each other on the SilverSneakers Facebook page.

ONLINE RESOURCES ADD VALUE.

SilverSneakers.com is a great resource, where members can find participating locations and see

SilverSneakers class descriptions with sample videos. SilverSneakers blog articles cover exercise, health, nutrition, community and living well. The site also includes member success stories for inspiration. As well, members can work out at home with SilverSneakers On-Demand™ videos, and sign up for the SilverSneakers GO™ app.

VISIT SILVERSNEAKERS.COM/ CHECK OR CALL 1-888-423-4632 (TTY: 711) TO YOUR CONFIRM ELIGIBILITY AND GET STARTED TODAY.

¹ 2017 SilverSneakers Annual Participant Survey

² Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.

³ Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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SENIORS BEHIND THE WHEEL



More than 75 percent of American adults have a driver's license, including 40 million that are age 65 and older. Eventually, physical or cognitive limitations (or both) make it difficult or impossible for most older people to drive safely, and that usually means giving up the car keys for good. For many seniors, that can be a devastating day. If someone you know is in this situation, consider helping them with transportation options, including KelseyCare Advantage Transportation. Other options might be:

- A friend or family member
- Teenagers who agree to drive for a fee or as volunteers
- A ridesharing service
- Public transportation

While age alone doesn't make someone a bad driver, some seniors put themselves and others at risk whenever they get in a car. The American Geriatrics Society reports that driving skills generally begin to fade after age 75, and sometimes as early as 60.

If you're worried that you or a loved one may no longer be safe on the road, a family physician can

also help assess a person's driving ability by testing vision, reflexes, strength, attention and other factors. Contact your Department of Motor Vehicles, Veterans Administration, or vocational rehabilitation center for information on driving tests.

One of the most important safety measures is to have your eyes checked regularly. If you have poor night vision, or are bothered by the glare of oncoming headlights, consider driving only during the day.

Avoid driving in bad weather, and make sure everything works correctly. Check wipers frequently and replace them as soon as they start to streak the windshield. Be sure your turn signals work, dashboard indicators are accurate and headlights are clean.

Minimize potential distractions by turning off the radio, not talking on the cell phone or texting, staying out of heavy traffic and sticking to familiar neighborhoods. If driving long distances, stop and rest at least every two hours and plan to limit driving to less than six or seven hours each day.

A recent study published in the Journal of Gerontology found that the number of severe crashes, driver fatalities and pedestrian fatalities per mile traveled grows sharply once a driver reaches age 65. But turning 65 doesn't mean you have to put the brake on driving. It's just time to pay more attention to safety.

According to the American Geriatrics Society, the following warning signs are hallmarks of an unsafe driver:

- Running stop signs or red lights without noticing
- Stopping at green lights for no reason
- Narrowly missing pedestrians or cars without realizing it
- Switching lanes or merging without looking
- Going the wrong way on one-way streets
- Getting lost in familiar areas
- Stopping in the middle of intersections
- Mixing up gas and brake pedals

COLON CANCER SCREENING

Many of the symptoms of colorectal cancer can also be caused by something that isn't cancer, such as infection, hemorrhoids, irritable bowel syndrome, or inflammatory bowel disease.



In most cases, people who have these symptoms do not have cancer. Still, if you have any of these problems, call your Kelsey-Seybold doctor and see if he/or she recommends coming in for an exam:

- Change in bowel habits, such as diarrhea, constipation, or narrowing of the stool, that lasts for more than a few days;
- A feeling that you need to have a bowel movement that is not relieved by doing so;
- Rectal bleeding;
- Dark stools, or blood in the stool;
- Cramping or abdominal (belly) pain;
- Weakness and fatigue;
- Unintended weight loss.

If colorectal cancer is the cause, symptoms often appear only after the cancer has grown or spread. That's why it's best to be tested before developing symptoms. Colorectal cancer found through screening is usually easier to treat. Screening can even prevent some colorectal cancers by finding and removing pre-cancerous growths called polyps.

Colorectal cancer often doesn't cause symptoms until it is advanced, and recent data shows the number of new cases of colorectal cancer is increasing in younger populations. This is why the American Cancer Society recommends regular colorectal cancer screening for people at average risk starting at age 50. People with a family history of the disease or who have certain other risk factors should talk with their doctor about beginning screening at a younger age. Several different tests can be used to screen for colorectal cancer. Talk with your doctor to find out which tests might be right for you.

When colorectal cancer is found early, the five-year relative survival rate is 90%. This means 9 out of 10 people with early-stage cancer survive at least 5 years. But if the cancer has had a chance to spread outside the colon or rectum, survival rates are lower.

If you are diagnosed with colorectal cancer, treatment depends on how early it is found, but may include surgery, radiation, chemotherapy, and targeted therapies. It's important for you to be able to talk frankly and openly with your doctor, and to ask questions if you don't understand something.

NEW CHOLESTEROL GUIDELINES!

The U. S Preventive Service Task Force (USPTF) has new recommendations about treating your cholesterol. In the old day's patients would require cholesterol therapy if their number was over 200. Patients were advised to "Know Your Number!". Cholesterol testing has been engrained into our health care routine for decades.

THE NEW SAYING IS "KNOW YOUR RISK!"

You are more than a number and you need individualized care. There are unique factors which are important such as your age, sex, race/ethnicity, blood pressure, and smoking status. These factors are now used to calculate your personalized Cardiac Risk Index. This index can predict the likelihood of having a cardiovascular event (heart attack

or stroke) in the next 10 years. The USPTF says that if you're between the age of 40-75 and your calculated risk is over 10% then along with diet and exercise you should be on a low to moderate intensity statin. The use of statins can lower your risk of having a heart attack or stroke 40-50%. The new cardiac risk calculator is not intended for patients with

Diabetes Mellitus or Cardiovascular Disease. If you have one of these conditions, you should be on a statin regardless of your cholesterol numbers. So, if you're 75 years old or younger, ask your healthcare provider to assess your 10-year risk for heart attack or stroke to see if statin therapy is right for you.



**Ages 40-75
+ calculated risk
over 10% =**

*along with diet and exercise
you should be on a low to
moderate intensity statin.*

TDAP VACCINE

Yes, you still need to booster your Tetanus shot! Hurricane Harvey taught us that as a medical community we are not doing a good job of keeping our seniors immunized against Tetanus. The Tdap vaccine covers three bacterial diseases: Diphtheria, tetanus, and pertussis (whooping cough). All three bacterial diseases that can lead to serious illnesses and in some cases even death. The Tdap vaccination is a combination vaccine administered as a single dose shot that can protect you and others from contracting these life-threatening diseases. Once an initial dose of Tdap is received, a tetanus and diphtheria shot (Tdap booster) is required every 10 years. This is also the same shot you need if you have grandchildren under 12 months of age to protect

them against whooping cough. Pertussis (whooping cough) has become increasingly common in Texas due to incomplete vaccine coverage and people choosing not to get vaccinated. Speak with your physician or local pharmacist about

scheduling a time to further discuss and potentially receive this vaccine if indicated. If you are not sure of your last time to you got the Tdap check you my Kelsey online account. You can review all of your needed vaccines.



DRUG RECALLS

Seems like every day we are being told of a new medication recall. This can be very stressful and make patients worried about the possibility of personal harm or risk to their health. Prescription and over-the-counter medications are continuously being tracked and monitored by the Food and Drug Administration (FDA) and the drug manufacturers. At any moment if a drug is deemed potentially harmful or defective, a recall of the drug may be issued. Most drug recalls are harmless but can still cause anxiety. If you are taking a medication that you think has been recalled we advise you take the following steps:

- 1 Don't panic! Most drug recalls are for minor and or theoretical issues
- 2 Don't stop taking your medicine. Stopping medications abruptly can many times cause unwanted side-effects and could possibly increase your risk of harm.
- 3 Contact your pharmacy. Drug recalls are tied to a specific lot number. Your lot number may be perfectly safe and not be part of the recall
- 4 Work with your pharmacist for a medication substitution. If your medication is part of the recall the pharmacist will work with you and your doctor to advise you on how to proceed. If you are due for a refill anyways then a simple substitution to an unaffected medicine can happen easily.
- 5 Know that everyone on your healthcare team wants you to be on safe medications and will work together to make sure that happens



VITAMINS AND SUPPLEMENTS

Vitamins and supplements provide essential nutrients that your body needs in small amounts to work properly. You can get the nutrients you need by eating a well-balanced diet. When considering the use of herbal supplements, many people assume that these products are generally safe since they are made

from natural sources. However, individuals with certain health conditions and/or taking certain prescription medications may overlook the fact that some of these products can interact with their medications and potentially worsen their condition. Also, herbal supplements are not approved or

regulated by the Food and Drug Administration (FDA) and the contents of these products can vary from one bottle to another. It is recommended you seek advice from your physician or local pharmacist if you decide to start taking any vitamins or supplements.

Important Plan Information

11511 Shadow Creek Parkway | Pearland, TX 77584

KelseyCare Advantage