

Flu Shot – Did You Get One?.....

Did you get your flu shot yet? If you did, remember to comment on that in your satisfaction survey. If you did not, please call your Center.

Referrals – Did You Need One?.....

Remember if you think you need to see a specialist, you need to talk to your primary care doctor. Your doctor will talk to you about this care and issue a referral as appropriate. Some specialists visit HealthSun clinics so you may be able to see these doctors in conjunction with your primary care appointment.

5 Things You Can Do This Month....

1. Swap 1 serving of red meat for fish – you can lower your LDL
2. Boost your happiness – live in the moment & keep a gratitude journal
3. Use TV commercial time for exercise
4. Set walking goals
5. Keep from a falling accident – stop fall hazards from floor clutter, throw rugs, & slippery bathroom floors

Member Satisfaction Survey 2014

Each year, HealthSun conducts a member satisfaction survey using an outside contractor to see how you feel. We thank you if you took the time to complete one of these surveys.

The most recent survey shows we made some good improvements & we want to share the results with you from the 2014 survey.

We want to continue to meet your needs & will continue to work hard to be the best plan in

South Florida. We are going to try hard to help get our rating for Flu Vaccine to a 5-Star Rating with your help in 2015. For questions about this survey, call Member Services @ (877) 336-2069 or (305) 447-4458.

Measure	Score	Star Rating
Overall Rating Health Plan	90%	*****
Overall Rating of Health Care Quality	93%	*****
Customer Service	91%	*****
Getting Needed Care	90%	*****
Care Coordination	88%	*****
Getting Appointments Quickly	78%	****
Flu Vaccine	56%	*



Take Control of Your Cholesterol Today

Know the Facts...

- Your LDL or “bad fat “ blood rate should be below 100 mg/dL
- LDL is plaque deposited in your blood vessels that narrows arteries & restricts blood flow & can cause a clot
- High LDL rates can lead to heart attacks &/or strokes
- More than 30 million people in the USA take statins to keep their cholesterol in check.
- High LDL – bad fat - may also affect your memory & cognitive function

What Can You Do?

- Limiting saturated fats & trans fats in your diet!
- Exercise!
- Talk to your doctor about the need for statin prescription
- Eating healthy foods such as fatty fish (salmon, tuna), olive oil, walnuts, & almonds
- Increase soluble fiber (oats, bran)
- Exercise again!

- Heart attack & stroke risk is lowered
- You will have a healthier brain
- Your memory will be better
- You will feel better physically & mentally



How Will This Help You?

- You will reduce your LDL (bad fat)

Call HealthSun at any time for questions or if you need help in getting a referral for care. Customer Service can be reached at (877) 336-2069.