



AEGIS MEDICAL GROUP

DECEMBER ISSUE

MEDICAL MINUTE

We are here for YOU!



Our physicians have committed to working with The Centers for Medicare and Medicaid (CMS) to make our practice a patient centered medical home for our Medicare patients. This means we assume responsibility for your care, and coordinate and follow your regardless of the circumstances. Even if you are in a hospital, skilled nursing facility or seeing a specialist, we have set up partnerships and will work with those doctors to ensure they understand you and your specific needs. For the convenience of our patients our sister company Lakeview Mount Dora and Lakeview Summerfield Offices have established weekend hours. This allows **all** our patients to be seen in a walk-in or appointment basis if they require care. In addition, we make ourselves **available to you 24 hours a day, 7 days a week** via our personal cell phone.

Available



DIABETES: RISK, AVOID & MANAGE

ARE YOU AT RISK?

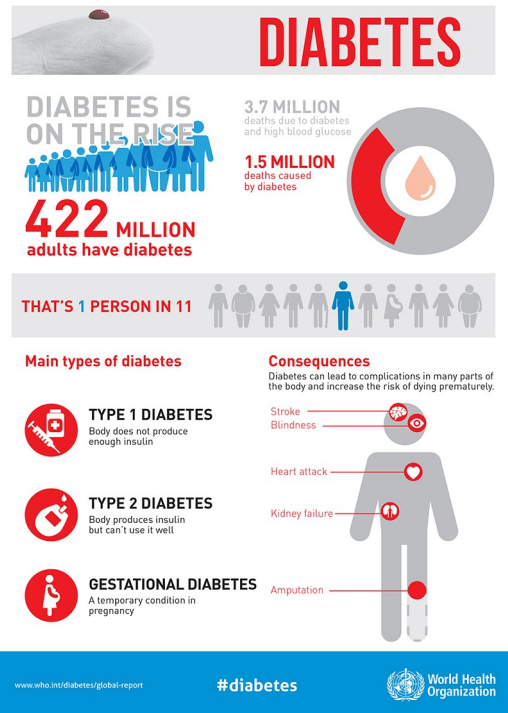
- ✓ Overweight
- ✓ Family History of Diabetes
- ✓ Gestational Diabetes during Pregnancy

STEPS TO AVOID DIABETES

- ✓ Exercise More
- ✓ Lose Weight
- ✓ Eat Healthy

MANAGE IT!

- ✓ Visit Your Doctor Frequently
- ✓ Complete Routine Bloodwork
- ✓ Maintain a Healthy Diet
- ✓ Complete Yearly Eye Exams



One of the nation's biggest challenges is the growing number of U.S. citizens who are Diabetic or pre-diabetic. A 2017 study from the Centers for Disease Control indicated more than 100 million people in the United States are now Diabetic or pre-diabetic.

Diabetes can be a challenge if you don't exercise, maintain a healthy diet and regularly check in with your physician.

Don't let diabetes control your life, you control it!

Check out these great resources.

<https://www.bcbsnc.com/content/campaigns/diabetes/diabetic-and-living-it.htm>

<https://www.cdc.gov/chronicdisease/resources/publications/aag/diabetes.htm> & <http://www.diabetes.org>



Know The Facts About Your Health Insurance...

Coverage

How well does the plan cover the services you need? If you have other types of health or prescription drug coverage, make sure you understand how that coverage works with Medicare. If you have employment-related coverage, or get your health care from an Indian Health or Tribal Health Program, talk to your benefits administrator or insurer before making any changes.

Prescription drugs

Do you need to join a Medicare Prescription Drug Plan? Do you already have creditable prescription drug coverage? Will you pay a penalty if you join a drug plan later? What's the plan's overall star rating? What will your prescription drugs cost under each plan? Are your drugs covered under the plan's formulary? Are there any coverage rules that apply to your prescriptions? Are you eligible for a free Medication Therapy Management (MTM) program?

Doctor and hospital choice

Do your doctors accept the coverage? Are the doctors you want to see accepting new patients? Do you have to choose your hospital and health care providers from a network? Do you need to get referrals?

Quality of care

Are you satisfied with your medical care? The quality of care and services offered by plans and other health care providers can vary. How have Medicare and other people with Medicare rated your health and drug plan's care and services.

Travel

Will the plan cover you if you travel to another state or outside the U.S.?

Costs

How much are your premiums, deductibles, and other costs? How much do you pay for services such as hospital stays or doctor visits? Is there a yearly limit on what you could pay out-of-pocket for medical services? Make sure you understand any coverage rules that may affect your costs.



AegisMedicalGroup.com

- Patient Portal
- Services Offered
- Meet our Physicians
- Locations & Phone Numbers

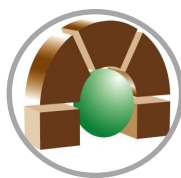
Medical Minute Update

Aegis Medical Group is a comprehensive network of physicians working together to ensure your healthcare needs are met in a respectful, helpful and efficient way. In order to meet some of these specific needs our providers are required to comply with CMS quality guidelines. Some key quality guidelines are ensuring their patients receive.

- Mammograms
- Diabetic Eye exams and specific labs for diabetic patients
- Cholesterol Screening
- Colonoscopy/Yearly 'Stool Kits' to check for the presence of blood

The physicians are scored yearly on how best they provide these preventative screenings to our patients. Ask your provider at your next visit if you are due for one of these tests! By completing these quality tests, it aims to prevent and monitor diseases proactively.

Our Preferred Partners



Lake Centre Home Care

P: (352)315-0050

Lake Centre Home Care, a home-health care agency which is measured and assessed to have high-quality home-health care services to promote health and improve the quality of life.



Tri County Resource Center

P:(352)775-2952

Caregivers come in all forms. From providing occasional trips to the grocery store or the doctor to providing daily hands-on care, your caregiver role is important! The Caregiver Resource Center of Tri-County can help you find answers, solve problems and understand the available options as you care for your family member, partner or friend.



Cornerstone Hospice

P: (866)742-6655

We have made it our mission to provide quality care to those affected by life-limiting illnesses. As a community-based, not-for-profit provider of hospice and palliative care services, we're committed to caring for and improving the lives of our patients, their families, and their caretakers.



Waterman Village

P:(352) 383-0051

Waterman Village in Mount Dora offers ALL levels of living on one single campus (independent living, assisted living, nursing care, post hospital rehab. care, & memory care), as well as health care services (outpatient therapy, in home care, pharmacy). And, there are two physician and two dental offices within walking/golf cart distance, as well as an insurance agency and veterinary clinic.



Lady Lake Specialty Care & The Club

P: (352)750-6619

Offering a state-of-the-art skilled and sub-acute unit as well as specialized Alzheimer's care. As a guest, you will receive individualized therapy and experience the specialized programs designed to improve balance, strength and mobility. The staff includes compassionate and experienced therapists who are certified and professionally licensed in physical, speech and occupational therapy.

