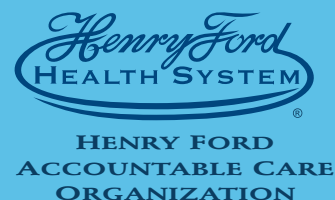
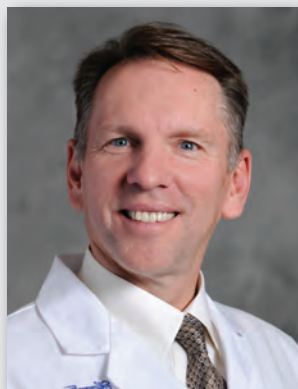


# Your Henry Ford ACO News



## A Message from your HFACO Chief Medical Officer



Bruce Muma, M.D.  
HFACO Chief Medical Officer

FALL 2016

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Bruce Muma, M.D.*
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Dear HFACO Member,

As your Chief Medical Officer – and a practicing internist for 29 years and counting – I believe I have seen every type of patient. There are those who never miss an appointment. They follow all of my suggestions and report any issues. Others are reluctant to come in, even if they are very sick. And don't get me started about complying with dietary or physical activity suggestions! But most patients lie somewhere in between.

What I want to talk to you about today is the benefit of scheduling (and keeping) your annual wellness visit with your primary care physician. This is the time when your physician can talk with you, listen to you and hear any of your concerns. A typical annual wellness visit is when your physician can perform screenings to assess your risk of falling, whether you have symptoms of depression, to chat with you about advanced directives, etc. These are subjects not often discussed at your annual physical. And let me note, the annual wellness visit does not replace your regular visits to manage medications or chronic conditions.

The truth is, when you are 65 or older it is more common for ailments to creep up on you. The annual wellness visit is another touchpoint with your physician to guide you to additional areas that can preserve your health.

This is one of the main objectives of the Henry Ford ACO – to help you stay or get healthy. And if you have health issues, we want to be sure you are getting the right care at the right time and by the right provider. And we want all of this to happen with less cost.

Please contact your Henry Ford doctor soon to schedule your annual wellness visit. It is one of the best things you can do for a healthy future!

Kind regards,

Bruce Muma, M.D.  
HFACO Chief Medical Officer

## Get a Shot of Protection

The fall colors are beautiful and the cooler temperatures sure feel nice. But autumn also ushers in flu season. Make sure you are protected by getting your flu shot now, if you haven't already.



According to the Centers for Disease Control and Prevention (CDC), this year's vaccine is expected to be 59% effective against the strains of flu that will circulate this season. While 59% may not sound like much, it is actually quite high. There are years where the anticipated strains of influenza protected by the flu shot are not actually the types of flu that end up circulating, putting the flu shot's effectiveness at 0%.

It is very important for those over the age of 65 to get a flu shot every year, to maintain protection from the specific strains anticipated for that "season." The flu shot's effectiveness varies, often depending on a person's overall health. And while it can ward off the flu for many, in others it may significantly reduce its severity. Please note that up to 85% of all deaths related to influenza are in those age 65 or older. The flu should be taken seriously, and the flu shot is the first line of defense.

Henry Ford Health System is once again offering walk-in flu shots this year in most Henry Ford sites, including four Wyandotte outpatient centers and three Macomb outpatient centers until springtime. These vaccines are covered by health insurance plans – including Traditional

Medicare – with no copay. The full listing of walk-in clinics can be found at [www.henryford.com/flu](http://www.henryford.com/flu). You can also call 1-800-HENRY FORD and someone can assist you.

The flu mist vaccine is not available this year, per the CDC, as it was been determined to be only about 3% effective in protecting against influenza.

It is also strongly recommended that seniors receive the pneumonia vaccines. There are two different types: Pneumovax and Prevnar, which offer protection against different strains. Please check with your primary care physician to determine which vaccines you should get, or if you need a booster if it's been longer than five years since your last pneumonia vaccination.

### Did You Know ...

Periodically, Medicare sends out surveys to random Traditional Medicare patients to assess the services they received and their experience. If you are mailed this survey, we encourage you to fill it out and send it back. As a "heads-up," Medicare will resend surveys to those who have not yet completed them and may call you to encourage your participation.

## Travel Smart by Being Prepared

Heading off on a trip to Europe, Hawaii, the east coast or Florida are all exciting. Make sure you keep that thrill factor going by preparing well for your trip. Here are a few general tips to keep you healthy and happy on the road.

### Know what to expect

- Are your accommodations close enough to the sites you want to see?
- Are you confident enough to drive in a new place, or are you better off relying on taxis or public transportation?
- Do your accommodations suit your level of mobility? For instance, will you have to climb stairs or is there an elevator?
- Are there safety rails in the bathroom?
- Can you park your car near where you are staying?

### Be honest with yourself

- Is your daily agenda ambitious? Could you follow it if you were home? Being realistic about your physical capabilities will keep you healthy and ready to see more new things the next day.
- Do you need time to relax in the afternoon? If so, build that into your plans.
- If you are traveling with someone, do you both enjoy the same activities and pace? Best to understand this going into the vacation.

### Pack smart

- Start with luggage on wheels. Even a carryon bag with wheels can save your back, neck and outlook.
- Don't over-pack. What goes in, must be transported. Pack clothes in the same color palette to allow more mixing and matching – and fewer pieces.
- Check ahead to see what items your hotel or place where you are staying already has so that you don't have to bring them: hair dryer, shampoo, lotion. If your accommodations have laundry facilities you can pack even less!

### Don't forget your medicine

- You're on vacation from your normal routine, not from your health. Bring all your prescribed medications and take them just like you do at home. If you are flying, keep your prescriptions in your carry-on in case your checked bag doesn't arrive with you.
- You may also want to bring other items such as over the counter painkillers, allergy pills, antacids, sunscreen, etc.
- Bring your doctor's phone number. And phone ahead to where you are staying to find out where the closest hospital or urgent care are located. This can reduce stress should you need to go to either one.



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## TO CONTACT YOUR HENRY FORD ACO:

**CALL**

**(313) 874-1466**

**EMAIL**

**hfaco@hfhs.org**

**GO TO**

**www.henryfordaco.com  
for more information**

### *How to Advocate for Yourself*

You are in the middle of your checkup when your doctor recommends that you begin taking a new medication. While any prescription is meant to improve your overall health, there can be concerns from a patient perspective. It is up to you to discuss any of these concerns so that you and your doctor both understand any barriers to your compliance.

#### ***Some of the main topics to discuss can be:***

- **What are the side effects of the recommended pharmaceuticals?** Are you willing to live with these or are they deal-breakers? How often do people experience these side effects? How can you manage them if you get them?
- **Will the correct dosage have to be determined as you go?** What can you expect in the meantime until the correct amount is determined?
- **Are there alternatives to pharmaceuticals that can achieve the same or similar results?** For instance, over-the-counter medication, dietary changes, exercise, natural supplements, etc. Advocate for yourself and discuss this if it is important to you.
- **What will be the cost to you? How much will Medicare cover?** Is there a generic version of the drug? If cost is a barrier to your ability to take this medication, can the doctor help you find payment assistance or discounts?

Remember, it is your job to speak up on your own behalf if you have questions. If you don't ask the question, the doctor can't address your fears or concerns.