

Senior CONNECTION



Mercyhealth®
A passion for
making lives better.

A newsletter from Mercyhealth

|

Spring/Summer 2022



Welcome warmer weather!

It's time to enjoy spending time outside during our wonderful spring and summer weather! The other evening after I arrived home from work, my husband and I sat out on our patio taking in some fresh air and enjoying the sweet songs of birds that returned back to the Midwest. We refer to these calm moments at the end of the day as "cave man TV" and it's something I recommend to everyone!

I can't wait to get out my bike, give it a good cleaning and go for a fun ride. This time of year offers all kinds of enjoyable opportunities, including vacations, picnics, concerts, fairs, catching up with neighbors or family on the patio or deck, and so much more. My hope is that you all find yourselves getting out and enjoying these warm and wonderful seasons!

Sincerely,

Sharon Wegler
Mercyhealth Senior Advocate



Advance Beneficiary Notice of Noncoverage

In Original Medicare, an Advance Beneficiary Notice of Noncoverage (ABN) is a standardized notice that a health care provider/supplier must give you prior to providing an item or service they believe Medicare may deny payment. Many other insurances do this also, mainly for surgical procedures.

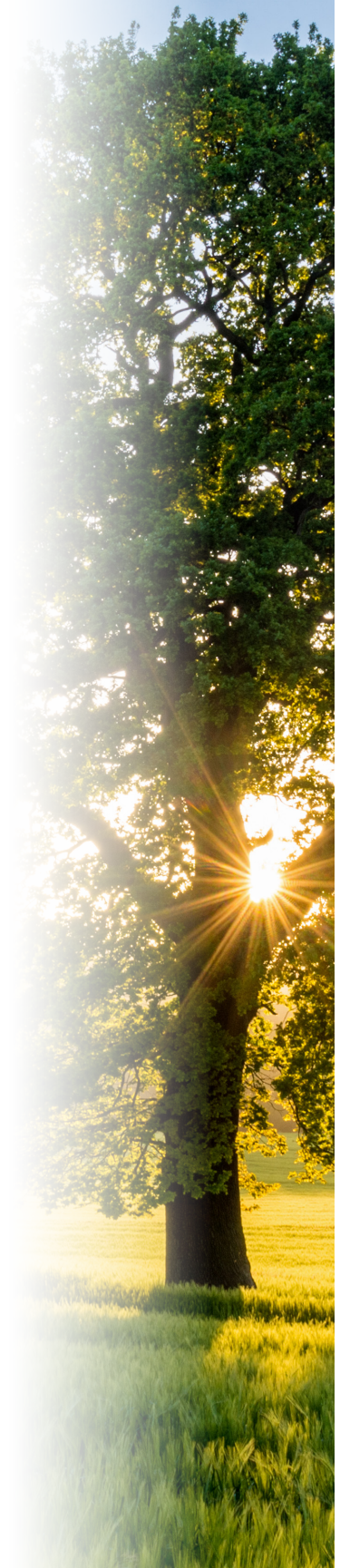
If you **aren't** given an ABN before you get the item or service and Medicare denies payment, you may not have to pay for it. If you **are** given an ABN and you sign it, you'll probably have to pay for the item or service if Medicare denies payment.

Hospitals and participating doctors are required to tell you if a procedure won't be covered under certain diagnosis codes. The ABN is an acknowledgement that they informed you of this, and they will request you sign it. Whether you sign or not will not make you less responsible for the item if you decide to go ahead with the procedure. Sometimes Medicare will pay it if it turns out there were mitigating circumstances, or if the doctor didn't include all the codes to indicate the reason for the extended test, but otherwise it's very unlikely that Medicare will change its mind. The wording is supposed to be definite, not "may not cover," and if this form was not presented to you at the time of registration, a hospital might have to adjust the procedure on the back end.

If your issue is with an insurance company, you always have the right to appeal and to know why they're denying the procedure. If it's a problem with how the doctor has coded the procedure and diagnosis up front, you can sometimes get it fixed for your benefit.

The overwhelming majority of procedures this covers are lab procedures, where doctor may request multiple items be checked, but only provides one diagnosis code that may not cover them all. Often, instead of completing an ABN, a call to the doctor's office will get an additional diagnosis code that will cover those tests. The same thing might apply for other procedures, so it's always a good thing to check back with your doctor if you can. However, if they tell you up front that a procedure won't be covered, regardless of the diagnosis code, then the claim won't be paid.

As the patient, you always have the right to request that the medical entity bill the claim anyway, just to make sure it's not going to be covered. Also, it's beneficial to verify with your secondary insurance, if you have one, that they'll cover the procedure if your primary insurance doesn't, because often, if a procedure is being denied by the primary insurance, the secondary insurance won't cover it either.



2022 Wednesday Walks

Mobility Management of Rock County Aging and Disability Resource Center will conduct “Wednesday Walks” May 4-October 12.

The “Wednesday Walks” Program offers seniors in Rock County a great way to enjoy unique Rock County attractions on date-specific Wednesdays.

There is no cost to participate and reservations are no longer required with two exceptions: June 15 and August 10. Meet at the location listed 15 minutes prior to start time to sign in.

The Wednesday Walks guide can be picked up at any Rock County Library. For more information call (608) 757-5408.

2022 Schedule

May 4, 10 am: Big Hill Park

May 11, 10 am: Gibbs Lake

May 25, 10 am: Tour of downtown Janesville (*meet at Cullen Pavilion*)

June 8, 10 am: Beloit College

June 15, 8:45 pm: Fair Meadows (*reservation required*)

June 22, 10 am: ABC Stadium

June 29, 10 am: Kelch Aviation

July 13, 10 am: Confluence

July 27, 10 am: Beloit museums

August 3, 10 am: Lincoln-Tallman House

August 10, 10 am: Timber Hill Winery (*reservation required*)

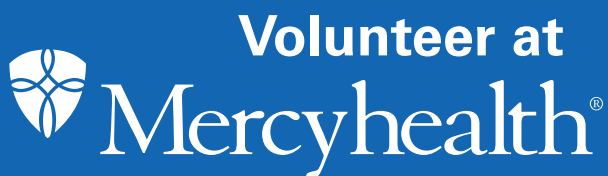
August 31, 10 am: Disc golf, Palmer Park

September 14, 6 pm: Magnolia Bluff/photos

September 28, 10 am: Janesville Schools Outdoor Lab

October 5, 10 am: Skelly's Farm Market

October 12, 10 am: Carver-Roehl Park



Volunteering has so many benefits: it offers help to those in need, supports worthwhile causes, helps our communities, gives an opportunity to find new friends, discover a new purpose, and it makes you feel good!

Mercyhealth Association of Volunteers is currently seeking volunteers at Re•Tag•It Thrift Shop and House of Mercy Homeless Center, both located in Janesville. We offer a variety of other volunteer positions at our hospitals as well.

For more information, visit mercyhealthsystem.org/volunteers or call (608) 756-6739.



DIET AND EXERCISE:

Choices Today for a Healthier Tomorrow

Eating a healthy diet and exercising often can help control or delay health issues associated with aging, like high blood pressure and diabetes.

Set short-term goals to achieve and maintain a healthy diet and exercise routine.

Make these 5 tips a priority every day:

Try to be physically active for at least **30 minutes** on most or all days of the week.

Eat plenty of **fruits and vegetables.**

Choose foods that are **low in added sugars, saturated fats, and sodium.**

Pick **whole grains** and lean sources of **protein and dairy products.**

Practice all **4 types of exercise**—endurance, strength, balance, and flexibility.

For more information about healthy eating and exercise, go to nia.nih.gov/health/exercise



One in four people age 65 or older has a fall each year.



Don't be one of them!

Take a Stepping On Workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards both inside and outside your home
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

wiha
Wisconsin Institute
for Healthy Aging
wihaihealthyaging.org

Stepping
On

Stepping On has been researched and proven to **reduce falls by 30%!**

SAVE THE DATE!

Rock County Senior Fair

Friday, September 9

9 am - 1 pm

Rock County Resource Center
1717 Center Ave., Janesville

- Many booths
- Health screenings
- Flu shots
- Prescription disposal
- Free shredding service

Bring used eyeglasses for the Lions Club and a non-perishable food item for ECHO.

Talking With Your Doctor

Make the Most of Your Appointment

Patients and health care providers share a very personal relationship. Doctors need to know a lot about you, your family, and your lifestyle to give you the best medical care. And you need to speak up and share your concerns and questions. Clear and honest communication between you and your physician can help you both make smart choices about your health.

Begin with some preparation. Before your health exam, make a list of any concerns and questions you have. Bring this list to your appointment, so you won't forget anything.

Do you have a new symptom? Have you noticed side effects from your medicines? Do you want to know the meaning of a certain word? Don't wait for the doctor to bring up a certain topic, because he or she may

not know what's important to you. Speak up with your concerns.

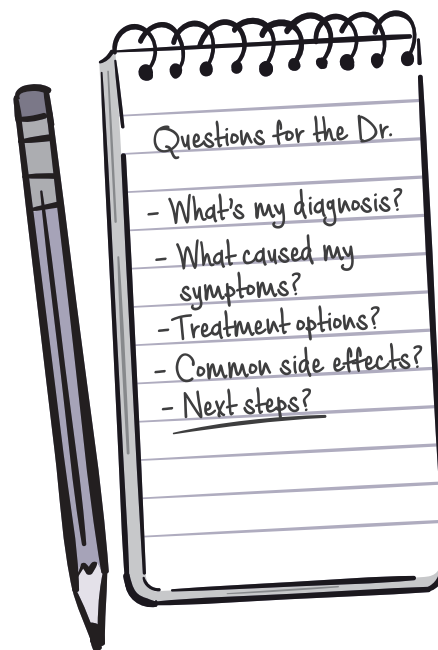
"There's no such thing as a dumb question in the doctor's office," says Dr. Matthew Memoli, an infectious disease doctor at NIH. "I try very hard to make my patients feel comfortable asking questions, no matter how dumb they think the question is."

Even if the topic seems sensitive or embarrassing, it's best to be honest and upfront with your health care provider. You may feel uncomfortable talking about sexual problems, memory loss, or bowel issues, but these are all important to your health. It's better to be thorough and share a lot of information than to be quiet or shy about what you're thinking or feeling. Remember, your doctor is used to talking about all kinds of personal matters.

Consider taking along a family member or friend when you visit the doctor. Your companion can help if there are language or cultural differences between you and your doctor. If you feel unsure about a topic, the other person can help you describe your feelings or ask questions on your behalf. It also helps to have someone else's perspective. Your friend may think of questions or raise concerns that you hadn't considered.

Many people search online for health information. They use Web-based tools to research symptoms and learn about different illnesses. But you can't diagnose your own condition or someone else's based on a Web search.

"As a physician, I personally have no problem with people looking on the Web for information, but they should use that information not as a way to self-diagnose or make decisions, but as a way to plan their visit with the doctor," says Memoli. Ask your doctor to recommend specific websites or resources, so you



know you're getting your facts from a trusted source. Federal agencies are among the most reliable sources of online health information.

Many health care providers now use electronic health records. Ask your doctor how to access your records, so you can keep track of test results, diagnoses, treatment plans, and medicines. These records can also help you prepare for your next appointment.

After your appointment, if you're uncertain about any instructions or have other questions, call or email your health care provider. Don't wait until your next visit to make sure you understand your diagnosis, treatment plan, or anything else that might affect your health.

Your body is complicated and there's a lot to consider, so make sure you do everything you can to get the most out of your medical visits. ■



Wise Choices

Tips for Your Doctor Visit

- Write down a list of questions and concerns before your exam.
- Consider bringing a close friend or family member with you.
- Speak your mind. Tell your doctor how you feel, including things that may seem unimportant or embarrassing.
- If you don't understand something, ask questions until you do.
- Take notes about what the doctor says, or ask a friend or family member to take notes for you.
- Ask about the best way to contact the doctor (by phone, email, etc.).
- Remember that other members of your health care team, such as nurses and pharmacists, can be good sources of information.



Web Links

For more about talking with your doctor, go to: newsinhealth.nih.gov/arthritis/talking-your-doctor



Luncheon Cruise Aboard The Grand Belle

Tuesday, August 16

11 am - check in

11:30 am-1:45 pm - cruise

Per-person, all inclusive price \$56.29

Enjoy a full Geneva Lake tour with live historical narration. The Grande Belle is enclosed and climate controlled with restrooms on both decks. Includes a plated lunch served at your table of ground sirloin topped with peppers, onions, mushrooms, and thick sliced Provolone cheese. Finished with demi glace and served with chef's choice of vegetable and mashed potatoes. Plain chicken breast is available for gluten free requests and cheese stuffed shells entrée is available for vegetarian requests. Coffee and iced tea are included with lunch. Cash bar available for ordering soda, beer, wine or cocktails.

Trip registration form

This trip is first come, first served, so please register as soon as possible.
Seats cannot be reserved without payment.

Trip Name	Date	Registration Deadline	Cost per person	Number attending	Total
Luncheon Cruise Aboard The Grand Belle	8/16/22	7/22/22	\$56.29	<hr/>	=

Choose one of the following:

- ☐ **Ground sirloin** topped with peppers, onions, mushrooms, and thick sliced Provolone cheese. Finished with demi glace and served with chef's choice of vegetable and mashed potatoes.
- ☐ **Gluten free***: Plain chicken breast
- ☐ **Vegetarian***: Cheese stuffed shells

**All special orders must be placed at least 48 hours prior to tour date.*

Name

Phone ()

Address

City/State/ZIP

TO REGISTER:

Reservations with payment must be received by the stated deadline.

By mail: Mercyhealth Line, 580 N. Washington St., Janesville, WI 53548. Please make checks payable to Mercyhealth.

By phone: Register with a credit card by calling (608) 756-6100 or (888) 396-3729.

You will only receive a refund if your chosen trip:

- Is full by the time your registration is received
- The trip becomes sold out
- A waiting list has been created and you cancel and your space is filled
- The trip has been cancelled

For more information about this trip, call Sharon Wegler at (608) 741-3810.

The background is a solid blue color. On the left side, there are several overlapping, curved, semi-transparent shapes in different shades of blue, creating a layered, organic effect. These shapes are positioned vertically, with some extending from the top and others from the bottom.

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