

What is an Annual Wellness Visit?

An ANNUAL WELLNESS VISIT is a free, face-to-face, \$0 copay, \$0 deductible, annual visit for our members that allows your primary care doctor to develop a personalized prevention plan based on your age, health, and risk factors.



The Annual Wellness Visit is not a “hands-on” examination and is not the same as a routine physical!

Components of the Annual Wellness Visit exam may include:

- A review of your medical history and your current providers
- A review of your current medications, including supplements and over-the-counter medicines
- Measurement of your height, weight, BMI, blood pressure, and other routine measures
- A review of preventive screenings and creation/updating of a Personalized Prevention Plan
- Assessments for your cognitive, functional, and/or behavioral health
- Advanced care planning • Personalized health advice



Why should you go for an Annual Wellness Visit?

- Screens for diseases and health issues
- Assesses risk of future health problems
- Improves continuous care between your doctors and other health care providers
- Some doctors may complete this at the same time as your regular follow-up visit or annual physical
- *It's offered at no cost to you!*



If you need assistance coordinating an appointment for your annual physical exam, we can help you – please contact our Clinical Care Management team today at:

727-308-2854 or email: DOSPcare@ipany.com



Are you due for a colonoscopy?

A colonoscopy can detect the presence of colon cancer before symptoms occur.



Guidelines say that at age 50, everyone should have a screening test for colon cancer. About 90 percent of new cases and 95 percent of colon cancer deaths occur after age 50. It is one of the **most effective** of all cancer prevention methods.

In addition, a colonoscopy not only can detect cancers in their earliest and most treatable stages; it can also detect pre-cancerous polyps and that can be removed during the exam before they become cancerous. However, if you have a family history or other risk factors for colon cancer, you should discuss with your doctor whether you should start screening earlier.

Risk factors for colon cancer include age **(50 or older)** and a family history of cancer of the colon or the rectum. Other risk factors include:

- Obesity
- Smoking
- Alcohol
- A history of polyps in the colon or rectum
- A history of inflammatory bowel disease (*Crohn's Disease or Ulcerative Colitis*)



Practice Management of America, "PMA", provides clinical care management to all members of the Diocese of St. Petersburg, Florida. *We are here to help you navigate the healthcare maze!*

Make your appointment today and receive a check for \$15.00.

Simply call us and let us know the date of your test and we will send you a check for \$15.00!

For questions, further information or how to get started, please contact your doctor or call:



3000 Gulf to Bay Boulevard, Suite 311 • Clearwater, Florida 33759
P: 727-308-2854 • F: 888-391-8562 • E: DOSPcare@ipany.com



What is Diabetes Mellitus?



Diabetes is a disease characterized by the inability of the body to create or respond to insulin, which results in high concentrations of glucose (sugar) in the blood, or hyperglycemia.

Why is Diabetes dangerous?

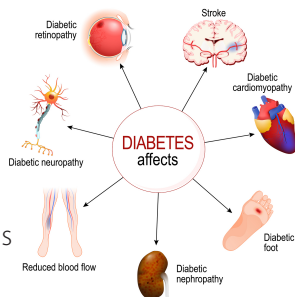
Hyperglycemia is the major cause of diabetes related complications and promotes cell damage through inflammation, production of free radicals, and osmotic disequilibrium.

Short term risks:

- Diabetic Ketoacidosis (DKA)
- Hyperglycemic Hyperosmolar State (HHS)

Long term risks:

- Heart attack/Stroke
- Blindness
- Nerve damage
- Kidney Failure
- Infections/Amputations
- Erectile Dysfunction



What can cause abnormal glucose levels?

- Poor understanding of diabetes management and self management
- Illnesses, like the cold or flu
- Medication side effects

Have a question about your healthcare?

CONTACT US TODAY
Email: DOSPCare@ipany.com

Patricia Mullarkey, RN, BSN
Clinical Care Manager
727-308-2859

Michelle Bonat, RMA
Patient Navigator
727-308-2854



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3000 Gulf to Bay Boulevard, Suite 311
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*Practice Management of America is a proud partner of the **Diocese of St. Petersburg, Florida** and is dedicated to the health and care coordination of its employees.*



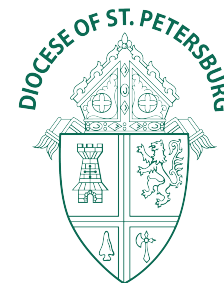
**GLUCOSE
GUARDS**

glucoseguards.com



GLUCOSE GUARDS

*A Diabetes Lifestyle
Coaching Service
for Better Diabetes
Self Management*



COURAGEOUSLY
Living the Gospel

6363 9th Avenue North
St. Petersburg, Florida 33710

Why Join Us?

Studies have shown that when people with diabetes are proactive and engaged in their health through diligent diabetes self management, there are decreased complications, less burden-some medical costs, and less frequent hospital visits - which all lead to a longer and healthier life.



At Glucose Guards, we know that simply telling people to change is not effective treatment. We provide a multifaceted service to put you in the best position to take back control of your life through a combination of education, support, and community: **OUR THREE PILLARS TO SUCCESS.**



ACTIVE SUPPORT OF DIABETES MANAGEMENT

You will receive a **FREE** Kit that includes:

- Glucometer
- Smart strips
- Lancets
- Pill Box
- Information on your personalized support team



Provided you remain compliant in the program, we will provide you monthly **FREE** lancets and strips.

Your new cloud-based glucometer and smart strips allow us to provide support for abnormal and/or unsafe blood sugar levels



GENUINE EDUCATION



As a member of Glucose Guards, you will have access to our clinical diabetic educators, nutritionists and pharmacists that are available to you to help you manage your lifestyle.

We do more than tell you to control blood sugar, we provide a genuine learning experience through 8 easy to understand interactive online modules:

- Introduction
- Pathophysiology & Monitoring
- Diet
- Exercise
- Medications
- Short term risks
- Long term risks
- Coping & Problem-Solving Techniques



VIBRANT COMMUNITY

At Glucose Guards, we create a community of support to help you reach your goals for diabetes self management. Available activities include:

- Open forum to share tips, advice, recipes, struggles, and triumphs
- Engagement in accountability partnership program
- Community meet-ups
- Live Webinars
- Incentives and rewards for participation
- Preservation of anonymity if desired
- And more!



Have you had a mammography?



- ♦ Women **50-74** years old should get a mammogram, at least, **every 2 years**.

- ♦ Some women may need to be screened more frequently depending on their medical history and where they reside. Please check with your doctor.



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Did you know?



- ♦ **1 in 8** Women will be diagnosed with breast cancer in their lifetime. **Mammography has helped reduce breast cancer mortality** in the U.S. by **nearly 30%** since 1990.
- ♦ **1 in 6** breast cancers occur in women aged **40-49**.
- ♦ **75%** of women diagnosed with breast cancer **have no family history** of the disease and are not considered high risk.
- ♦ Even for woman **50+**, skipping a mammography every other year would **miss up to 30%** of breast cancers.



COURAGEOUSLY
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Should You Have A PSA Test?



What is it?

A blood test measuring the amount of the prostate specific antigen (PSA) protein. Although it's normal to have PSA in your blood, high levels can mean something is wrong, potentially prostate cancer.



When *detected early, the survival rate for prostate cancer is close to 100% after five years.*

Detected late, it drops to 28%. The

PSA test is the best way to detect prostate cancer early. _____

Before deciding to be tested, talk to your physician about advantages and disadvantages

You may be at higher risk if:

- you are over 50 - risk increases with age
- you have a family history of prostate cancer
- you are Black

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