With new safety and screening measures in place, we are now scheduling appointments and procedures that are time-sensitive and were postponed by COVID-19. To schedule an appointment, contact us or schedule online using MyOchsner. Stay informed with up-to-date information on the Ochsner Health COVID-19 website: [https://www.ochsner.org/coronavirus](https://www.ochsner.org/coronavirus)

**Know the signs and symptoms of coronavirus (COVID-19) and what to do**

Symptoms can be very similar to the flu or cold. If you develop these symptoms or have been in contact with someone known to have COVID-19, call the COVID 19 INFO LINE AT 866-703-7790, our free nurse care line. For general information, dial the Louisiana hotline, 211, or text the keyword LACOVID to 898-211.

**Upcoming Event:**

**July 17 (Friday) 10:00am VIRTUAL BINGO with Senior Medicare Patrol**

Register directly with Louisiana Senior Medicare Patrol at:

[https://attendee.gotowebinar.com/register/1249574481901277197](https://attendee.gotowebinar.com/register/1249574481901277197)

**Deadline to register is 7/10/20.** After registering, you will receive a confirmation email containing information about joining the webinar and how you will receive your bingo cards. Limit of 25 players!

**FUTURE ZOOM EDUCATIONAL SESSIONS** are being scheduled. Be on the lookout for upcoming dates!

**ENHANCED ANNUAL WELLNESS VISITS**

Each year Medicare, as one of its benefits, encourages everyone to have an Enhanced Annual Wellness Visit that looks at the patient’s total medical history. This is a comprehensive 1-hour proactive visit with a Nurse Practitioner that will review your medical history, family history, and medications to determine if you have any underlying chronic conditions at an early stage for potential prevention and to help maintain better health conditions. If you currently have Medicare coverage, please contact the North Shore GO office to personally help schedule your appointment with an Ochsner Nurse Practitioner. The visit is no charge/no copay and can be done in person at a local facility and in some areas as a home visit.

**The special AWV appointment number for the North Shore is 985-809-5976.**
Did you know? The **Louisiana’s Secretary of State** office offers a program for seniors to receive ballots by mail for upcoming and future elections by filling out an application. This is due to the Covid-19 precautions especially for seniors. (some of you may have received it at home recently). For more information or to obtain a form, contact the Secretary of State’s office at 225-922-0900.

“The **Retired and Senior Volunteer Program (RSVP) at Volunteers of America** in St. Tammany Parish is starting a “Seniors Reaching Seniors” program for homebound seniors who are feeling isolated and lonely. The idea for the program is that an RSVP volunteer will be matched with a homebound senior to place phone calls to them each week to check in on them and to brighten their day with friendly conversation. The RSVP is also looking into the possibility of no-contact delivery of crossword and/or jigsaw puzzles to these seniors. If you know of any seniors who are feeling particularly isolated and lonely and might be interested in a telephone friendship with an RSVP volunteer, please ask them to email or call Gwen Byars, RSVP Director, at gbyars@voasela.org or 985-612-1057. Also, if you are interested in becoming an RSVP volunteer and participating in remote volunteer activities, please contact Gwen as well.”

**Humana to Waive Member Costs for all Primary Care and Behavioral Health Office Visits for Medicare Advantage Members, and Delivers Safety Kits to Members**

Humana is committed to caring not just for our members’ physical health, but their social and emotional health, as well. Safety kits can help support our members’ well-being—and the safety of others—as we access essential services in our communities, including healthcare visits.

Over the coming weeks, Humana will be mailing over 6.3 million safety kits to our Medicare Advantage, Medicaid, Medicare Supplement and employer group medical plan members. The kits include 2 face masks and practical advice for maintaining your health. Your current plan may have an over-the-counter benefit that would allow you to purchase OTC health and wellness products from Humana Pharmacy. To verify your 2020 Health and Wellness allowance, please contact your sales agent or check your Summary of Benefits. Humana is now offering masks that you can add to your current orders. [https://www.humana.com/coronavirus/covid19-humana-member-resources](https://www.humana.com/coronavirus/covid19-humana-member-resources)

Thanks!! to **PEOPLES HEALTH NETWORK** for providing the attached tips on healthy aging and improving brain health.

The staff of **Golden Opportunity continues to work remotely, so please communicate via email or calls to your local Golden Opportunity office if you have any questions. We will continue to provide our members resources to promote healthy lifestyles and available to help in any way needed.**

<table>
<thead>
<tr>
<th>Christie Trew, Golden Opportunity</th>
<th><a href="mailto:ctrew@ochsner.org">ctrew@ochsner.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Ochsner Health Center Covington</td>
<td>985-875-2799 office</td>
</tr>
<tr>
<td>1000 Ochsner Blvd.</td>
<td>985-898-7341 fax</td>
</tr>
<tr>
<td>Covington, LA. 70433-8107</td>
<td></td>
</tr>
</tbody>
</table>