Due to the ongoing COVID-19 precautions and restrictions, a decision was made to extend the suspension of Golden Opportunity events through December. Your wellbeing is first and foremost in our minds. Together we can help keep ourselves and others safe during this time. I appreciate your understanding.

I care about your health and wellbeing. As time goes by, I will keep in touch with you regarding the reinstatement of events and other Ochsner news, but in the meantime, please follow the recommended guidelines for maintaining healthy habits.

Zoom meetings with physicians. DIY classes and more is in our future. Please send me your updated email address if you would like to be included. Our goal is to have at least 2 meetings per month and then increase to 1 per week. I hope you will consider participating in the Zoom activities. It is a great way to stay connected.

**Upcoming Event:**

July 31 (Friday) 2:00 pm - Zoom Meeting
Erin Derbigny, MD and Angela Roy, Physician Assistant, will present bone health and fall prevention.
I look forward to seeing everyone!

Please read the back for more GO information.
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 Baton Rouge 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 Baton Rouge is 225-236-5496

The Bone and Health Fracture Service Clinic is now open. The purpose of the clinic is to address bone density for patients over 50 years of age post fracture, or any patient at increased risk for fracture with bone density concerns. Please call to schedule your appointment at 761-5824. The physician will see you at the O’Neal Clinic or at The Grove location.

Humana is in the process of mailing out safety kits to members – containing two green face masks. Masks are also now available through the Over-The-Counter orders. Members can call the number on the back of their card for more information on how to access the masks. Here is a link where you can get more information about the safety kits:

https://www.humana.com/coronavirus/covid19-humana-member-resources

Ochsner On Call

This 24/7 service is free and available by calling the 800-number listed below.

For non-life-threatening issues, please call our free 24/7 nurse care line, Ochsner On Call. Our specially trained registered nurses are available to discuss your health care concerns, recommend self-care techniques and help you decide if your symptoms require a visit to urgent or emergency care.

Contact Ochsner On Call at 1-800-231-5257.

A dedicated telephone line has been set up with Ochsner Scheduling Department for GO members to schedule your medical appointment. Now, you can call and schedule your medical appointment without any delays.

The telephone number is: 225-761-5824

The staff of Golden Opportunity continues to work remotely, so please communicate via email or call the Golden Opportunity office if you have any questions. I will continue to provide you resources to promote healthy lifestyles and available to help in any way needed.

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