

New Year, New Hope

As we go celebrate the Holiday season with our loved ones, near and far, I want to share a personal story of hope.

I joined the VezaHealth team in January of 2023. It has been an absolute honor to be a part of this company's journey as well as many of yours!

A personal journey for one of my loved ones started in 2020, when my uncle was diagnosed with early onset Alzheimer's disease at age 61. He has had treatment here in the states since his diagnosis. He is very holistic and is in the best physical shape of his life, yet the overall outcome has felt like a death sentence.

In September of 2023, he and his wife moved to Thailand; where she was born and raised.

This last week he established care with a neurologist at Bangkok International Hospital who specializes in Alzheimer's and Dementia. The specialist believes his disease is not consistent with Alzheimer's! He and his wife were provided education on a medication that has shown to effectively remove Amyloid build up and prevent further progression and possibly even reverse symptoms! Above that, by utilizing brain exercise strategies, like playing children's math games, he can train other parts of his brain to compensate for any lingering deficits.

A potential misdiagnosis aside, the cost of our healthcare system and the lack of performing diagnostic tests cannot go without mention. Without any insurance, his office visit was \$67, a HIGH amount in their area to get him established quickly with the average office visit being \$30. The series of diagnostic tests he is undergoing will total less than \$3,000.

We don't know what will come of this, but we do know that the worse case scenario is the one we all have been living with.

As you celebrate this Holiday season and venture into a New Year, keep learning and exploring, and never give up hope.

All the best,

Kristin



Finishing Life Well: Cori Zavada, J.D.

Tis' the Season –

For our last newsletter of the year, I would like to take this time to send out a special message to our clients! It is the time between Thanksgiving and Christmas where we are all frantically trying to wrap up year end projects and make our homes feel warm and festive as we ring in a new year with promise and purpose.

At VezaHealth we are going through a major year-end transformation. Since 2017 VezaHealth has been focused on providing our clients with access to elite specialists across the country to improve health care and to provide a very personalized approach to concierge health care consulting. At the request of our clients, we have been inspired to expand our promise and purpose by increasing our personalized service offerings.

Beginning in 2024 Fiduciary Health Solutions will begin offering a whole suite of personalized services. Fiduciary Health Solutions (FHS) will have the same great staff and the same services you are accustomed to receiving. We will also be offering utilization review, case management, disease management, and health coaching for those clients that need these services. Rest assured, if you are a current client of VezaHealth, the services you are currently receiving will not be disrupted. That offering will simply have a new logo, name, and greater access to healthcare.

It is with the utmost gratitude for our existing clients and their plan participants that we are able to take this journey and connect with more providers and patients across the country. It is the gratitude you have shown that inspires us to do more for more.

Also, in honor of our clients and to express our sincere gratitude, we will be making a year-end donation to a cause near and dear to our hearts. The Spreading Faith Foundation is a non-profit that provides services to families that have children with chronic medical conditions. The Spreading Faith Foundation helps families pay for health care services that are not covered by insurance. If you know of a family in need or if you would like to donate to a great cause you can do so by emailing donate@spreadingfaith.org.

Finish Life Well,

Cori

If VezaHealth is part of your health plan, we are available at no cost to you. If not, please have your HR Director contact us today!

The VezaHealth newsletter is not medical advice. Only seek medical advice from a qualified physician.