

HEALTHCARE HEADLINES

Your quarterly newsletter featuring recent healthcare related news, activities & exercise, healthy recipes, and other health-related topics.



The Inflation Reduction Act may help save you money on your prescriptions.
Page 2



Exercises that Help with Knee Pain.
Page 2



Get your Paxlovid Prescription for \$0!
Page 1

GET PAXLOVID FOR \$0

PAXLOVID is a prescription medicine used to treat mild-to-moderate coronavirus disease 2019 (COVID-19) in adults who are at high risk for progression to severe COVID-19, including hospitalization or death. If you have been prescribed Paxlovid by your primary care physician, you can end up paying hundreds of dollars at the pharmacy.

But here is some good news. If you are either uninsured, or covered by Medicare or Medicaid you can receive this drug for \$0 through the Paxlovid Assistance program. You can enroll in this program by going to [Paxlovid.iassist.com](https://paxlovid.iassist.com) or call **877-219-7225**.

The enrollment process takes approximately 5 minutes, and it can be completed by the patient, caregiver, healthcare provider or a pharmacist at the point of care. This program works at all national pharmacies and is limited in local pharmacies. After enrolling, the patient will receive an electronic voucher to present to provide to the pharmacy when picking up their prescription.



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If you or any of your friends or family have any questions or need assistance with Healthcare or Life Insurance concerns, feel free to reach out to me by phone or email.

THE INFLATION REDUCTION ACT

The Inflation Reduction Act of 2022, signed into law by President Biden on August 16, 2022, includes several provisions to lower prescription drug costs for people with Medicare and reduce drug spending by the federal government.

Some of the prescription drug provisions included in the Inflation Reduction Act will:

- Eliminate the 5% coinsurance requirement in the catastrophic coverage, capping out-of-pocket drug costs at approximately \$3,250 for 2024.
- Limit out-of-pocket drug cost spending to \$2,000 for 2025.
- Cover certain-recommended preventive adult vaccines are free of charge for people with Medicare prescription drug coverage as of January 1, 2023.
- Cap the cost of a month's supply of insulin to \$35.
- Allow drug price negotiations with manufacturers to help lower the cost of the most utilized drugs.
- Create a payment plan so beneficiaries that opt in can pay the same monthly payment instead of initially paying higher out-of-pocket costs during the deductible phase.

Feel free to reach out to me with any questions you may have about how these new provisions could help you save on your prescription drug costs.

The 10 Medicare Part D Drugs selected for price negotiation for 2026 include drugs used to treat cancer, diabetes, blood clots, heart failure, psoriasis, and rheumatoid arthritis, and include:

- Eliquis
- Enbrel
- Farxiga
- Fiasp/NovoLog
- Entresto
- Imbruvica
- Januvia
- Jardiance
- Stelara
- Xarelto

EXERCISES THAT HELP WITH KNEE PAIN

It's no secret that staying active is important for overall health. As you age, it's more important than ever that you incorporate exercise into your daily routines, but sometimes, knee pain can prevent you from being as active as you'd like. However, the following exercises will not only help you maintain an active lifestyle but may help relieve chronic or acute knee pain.

Don't Be Afraid to Get Wet

One of the best ways to do low impact exercises is by using a swimming pool or large body of water. There are numerous exercises that can be done in the water including walking, running, or aquatic aerobics. These exercises not only provide a great cardiovascular workout but can help you build the strength around your knees without the impact of gravity on your joints.

Being in the water removes the pressure that is put on the body when doing similar exercises outside of the pool. If you are managing pain from inflammation or arthritis, then consider hopping in the pool as an alternative to high-impact exercises.

Use Your Body Weight

Knee pain can be attributed to many factors including arthritis, but it's not the only thing to blame. In fact, the majority of knee pain is caused by tight or weak ankles and hips. Squats and lunges are some favorite exercises among trainers across the world for stretching and strengthening the muscles that support your knees.

Performing these exercises with just your body weight can have a significant impact on the quadriceps, hips, and hamstrings, and as a result, help alleviate painful stress on the knee joint.

Get Involved in Yoga

Yoga is great for body conditioning and many studios include classes designed for all skill levels. Yoga's main purpose is to assist your body's functions by focusing on stretching and increasing the body's stability.

You can start a class that uses stools or chairs along with other furniture for support which will give you a way to learn the different movements and allow you to feel comfortable to perform the moves without assistance or support. There are yoga classes for beginners and for senior citizens in your area.

CHOLESTEROL LOWERING FOODS

THREE TYPES OF FOODS TO ADD TO YOUR DIET

Nearly one in eight American adults have high levels of total cholesterol, reports the CDC. Are you looking for foods to add to your diet to help lower your cholesterol levels?

Nearly one in eight American adults have high levels of total cholesterol, reports the CDC. With high cholesterol, you can develop fatty deposits in your blood vessels. Eventually, these deposits grow, making it difficult for enough blood to flow through your arteries. Sometimes, those deposits can break suddenly and form a clot that causes a heart attack or stroke.

While medication may be necessary for some, there are a few things you can add to your diet to help decrease your chances of being diagnosed with high cholesterol.

High-fiber foods: including oat bran, oatmeal and brown breads, can counteract the elevation in cholesterol. Foods that are high in fiber make cholesterol more soluble and allows your body to clear it on its own.

Fish: not all seafood is created equally, however. The best in terms of lowering cholesterol are tuna, salmon, and swordfish. If you don't like to eat fish, consider taking omega-3 supplements. But you should always talk to your doctor before taking over-the-counter supplements.

Monounsaturated Fat: fat may seem counter-productive to lowering cholesterol, but there IS such a thing as "good fat". Monounsaturated fats are liquid at room temperature but start to harden when chilled. Examples of foods high in monounsaturated fat include olive oil, avocados, peanut butter, and many nuts and seeds.

TOMATO-BASIL BAKED FISH

Adding more fish to your meal plan is a great way to incorporate foods that lower cholesterol naturally. These fish fillets are flavored with lemon juice, dried herbs, and fresh tomato slices. Serve with a side of roasted asparagus for a light dinner.

Prep/Total Time: 15 minutes

Yield: 2 servings

Ingredients

8 ounces fish fillets of your choice
1/4 teaspoon dried basil, divided
2 plum tomatoes, thinly sliced
1 teaspoon olive oil
1 tablespoon lemon juice
2 teaspoons grated Parmesan cheese
1/8 teaspoon salt, divided
1/8 teaspoon pepper, divided

Directions

1. Preheat oven to 400°. In a shallow bowl, combine lemon juice and oil. Add fish fillets; turn to coat. Place in a greased 9-in. pie plate. Sprinkle with half each of the basil, salt and pepper. Arrange tomatoes over top; sprinkle with cheese and remaining seasonings.
2. Cover and bake until fish flakes easily with a fork, 10-12 minutes.

