

March Word Search

BTZXLEWDPBLIQKGNRRHEUMATOLOGY
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|----------------------------|-------------------------|
| Disability Awareness Month | Ankylosing Spondylitis |
| Employee Appreciation | Daylight Saving Time |
| Global Recycling Day | Multiple Sclerosis Diet |
| Albert Einstein | K9 Veterans Day |
| Rheumatology | Women's History |
| Rheumatoid | Gout |
| Insomnia | Carpal Tunnel |
| Steroid | Inflammatory |
| Arthritis | Cortisone |
| | Psoriatic |
| | Biologic |
| | Exercise |
| | Bunny |

Hello, Friends!



6 MORE WEEKS OF WINTER

Punxsutawney Phil—that Seer of Seers, Sage of Sages, Weather Prognosticator Extraordinary—emerged from his burrow only retreat back after seeing his shadow. Unfortunately, this means 6 more weeks of winter.

FUN FACT: Groundhog Day is actually rooted in astronomy—and the movement of the Earth around the Sun. In the Northern Hemisphere, this date marks the midpoint between the winter solstice in December and the spring equinox in March. In fact, the holiday stems from an ancient Celtic celebration called Imbolc, which is something called a cross-quarter day.

Patient of the Month:

While we don't play favorites here at the Arthritis Center, we do want to acknowledge any of our patient's that have accomplished something! We have an incredible patient who brought in her medal for completing a 10K to show off at her office visit. She didn't believe it was possible prior to becoming a patient of Dr. Baak's. He created a custom treatment plan based on her symptoms, labs, and previous medical history which ultimately helped her improve her overall



quality of life! We know the extra hard work she had to put in to accomplish this HUGE milestone and are honored to be a part of her medical team.



Pickleball Champion: Julie Baak

Julie and her partner Tonya brought home a championship for Ignite Pickleball at Creve Coeur Racquet Club!

Pickleball is a popular sport that is played with racquets and combines elements and features of a number of other games and sports including badminton, tennis and table tennis. Using solid paddles of wood, players play on a court that is bisected by a net and try to hit a ball that is very similar to a

Wiffle Ball over it to score points in a fashion similar to both badminton and tennis.

Stay Informed: Newsletters We're Loving:

[Healthcare Uncovered](#)

Workers who can still get health insurance from their employers are contributing ever-growing percentages of that total – and paying more and more out of their own pockets before their coverage kicks in. Behind closed doors, insurers call this intentional practice “benefit buydown,” and it’s a big reason why 100 million of us have medical debt.

The PPACA allows out-of-pockets to increase every year. Under that law, a family could be on the hook for \$18,200 this year before their insurer will pay a dime. That’s up from \$12,700 since 2014 when many of the provisions of the law took effect. That’s a 49% increase in nine years, far outpacing inflation.

As a result, according to a recent survey by the Commonwealth Fund:

44% of those who purchased coverage through the individual market and (ACA) marketplaces were underinsured;

46% of those surveyed said they had skipped or delayed care because of the cost;

42% said they had problems paying medical bills or were paying off medical debt;

Half (49%) said they would be unable to pay an unexpected medical bill within 30 days, including 68% of adults with low income, 69% of Black adults, and 63% of Latino/Hispanic adults.

AN OFFICIAL PUBLICATION OF THE AMERICAN COLLEGE OF RHEUMATOLOGY

Reform Medicare Payment System to Maintain Patient Care

The ACR and partners sent a joint letter to Congress urging comprehensive reform of the Medicare payment system and seeking long-term payment solutions that will allow clinicians to continue to care for Medicare patients.

Arthritis Overview

Ankylosing Spondylitis

Inflammatory Polyarthropathy

Subscribe to receive March's weekly informational blog post's!



Reminders:

You **MUST** bring a copy of your insurance cards and photo I.D.'s to **EVERY. SINGLE. OFFICE VISIT.** Failure to comply may result in a delay in care or unexpected balance expense.

If you are going to be late for your appointment please call our office as a courtesy and let us know.

You are required to provide a 24 hour advance notice to cancel a scheduled appointment.

You CAN NOT schedule or reschedule your infusion appointment online. You must call to schedule those appointments.

If you are in collections with an outstanding balance, you will not be able to schedule any appointments or injections until you have at least set up a payment plan with our billing department.

Negligence towards completing routine lab orders may result in a delay in care and/or receiving prescriptions.



Tips To Stay Active At Work

Kind regards,
Your Team at the Arthritis Center
www.drbaak.com



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