

Panhandle Area Health Network

December 31, 2021

Happy New Year!!!!

New Year, New You?

Do you make new year's resolutions? How often do you actually keep them? Instead of making lofty goals that are hard to maintain try starting with some simple changes like:

- *3 days a week take a 30-minute walk.* Committing to a rigorous daily workout sounds exciting, but if you aren't active it may be too much to start off with.
- *Drink more water.* Sounds simple, but it is one of the easiest ways to do something great for your health.
- *Stop buying the unhealthy foods that tempt you the most.* If it's not in the house then you can't eat it.
- *Choose foods that aren't processed.* Highly processed foods are often more difficult for your body to process.
- *Talk to your health care provider, a dietician or your local health department for ideas to be healthier.* They can give you other tips on easy ways to incorporate healthier choices into your lifestyle.

2022 may be the best year of your life so far, and that is far more likely to happen if you are being proactive with healthy choices!

Credentials Verification Organization

This quarter we have been able to help 6 rural hospitals appoint or reappoint 43 providers by ensuring their education and credentials. This is helping keep our community safe and making sure they physicians they are using are well-equipped for the job of providing the best of care to our citizens.

Prescription Assistance Program

This quarter we have been able to help 61 clients get 107 prescriptions filled, saving them an estimated \$116,000 dollars. With the help of 55 physicians in the service area we are making a difference in the lives of our clients across 5 Panhandle counties.

www.panhandleareahealthnetwork.com

***Serving Calhoun, Holmes, Jackson, Liberty
and Washington Counties since 1991.***

**5035 Hwy 90 E
Suite B
Marianna, FL 32446
850-482-5771**

**Blountstown PAP
850-674-8773**