

1ST CHOICE HEALTHCARE

Revolving around you

Spring/Summer 2015



Medicare Annual Wellness Visits

What is a Medicare Annual Wellness Visit? The Annual Wellness Visit (AWV) enables our team to accomplish the medical care standards outlined by Medicare to be your “medical home”. Your AWV will be scheduled with a licensed and trained member of our team, working in close collaboration of your Primary Care Provider.

Is this a scam? No, this is not a scam. Your Primary Care Physician and Medicare wants you to get this done. This visit is FREE of charge.

What is the importance of this visit? The importance of this AWV is to identify important changes to your health and potential development of health risk factors as they are much easier to manage and reduce catastrophic risk factors when detected sooner and treated earlier.

Is this AWV covered by my insurance? As a Medicare or Medicare Advantage patient of 1st Choice Healthcare, your AWV are now covered at no cost to you. There is no co-pay, deductible or co-insurance for us to provide you with this important service. 1st Choice Healthcare works with our clinic team to ensure our patients take advantage of this important part of their annual medical care.

What is to be expected at this visit and what is needed from you? Before your appointment, we will ask you collect the following information and it will be most helpful if you could bring to your appointment: 1) Any information of your healthcare providers directions/instruction 2) A list of all your healthcare providers and the reason you see them (including surgeries and procedures) 3) A list of all your prescriptions and over-the-counter medications you are taking and dosages 4) A list of your vaccinations with dates and locations they were received.

1st Choice Healthcare—Ash Flat Celebrates 1 year anniversary

1st Choice Healthcare in Ash Flat celebrated their 1 year anniversary on Wednesday, April 8th from 11 am to 1 pm. Many participated in the free health fair activities that included the following tests: cholesterol, blood pressure, blood sugar, PSA, and CBC. After participating in the health fair activities, the guest were served refreshments and received give-a-ways. The grand prize winner was Misty French. She won a Kindle Fire HD. Congratulations Misty!



Sign up today to have access to the Patient Portal. This provides convenient 24 hour access to your health care from the comfort and privacy of your own home or office.

Now available

Healow Mobile App
(must be signed up for the patient portal to use the app)



Visit our Website:

www.1stChoice-ar.org



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1st Choice Healthcare plans to expand into the Paragould area

1st Choice Healthcare is expanding with plans to open a new clinic site in Paragould. We have purchased a building located at #1 Medical Drive, which is formerly known as the Paragould Doctor's Clinic. This is a 12,320 sq ft facility that will allow us to begin housing a Family Practice Physician and an APRN with room to grow. We are currently remodeling and updating the building with intentions to open mid-summer.

1st Choice Healthcare receives Komen Grant



1st Choice Healthcare, Inc. is one of 21 grantees that received the Susan G Komen Grant. 1st Choice Healthcare was awarded a grant of \$45,190.00 for its program entitled Breast Care Awareness Program. This year marks the 21st year for the Komen organization to award grants to programs around the state who are working in the fight against breast cancer. These funds are predominantly raised through the Race for the Cure® chaired in 2014 by Ashley Hurst. Also introduced was 2015 Race for the Cure® Chair Jack Powell.

A total of \$917,526 was granted. Also announced was \$275,000 of money raised in Arkansas that will go directly into Komen National Research grants to find a cure for breast cancer. We are always proud of the opportunity to help the women in our state with our grants,” said Arkansas Affiliate Executive Director Sherrye McBryde. “Our grants are a direct result of the hard work of our volunteers and the generosity of our supporters. The recipients of these funds were chosen because they reflect the commitment of the Arkansas Affiliate to assure the women of Arkansas get the vital breast health services they need. Additionally, \$265,000 has been used for breast cancer research to help find the cure.”

1st Choice Healthcare provides FREE breast screenings, mammograms, and diagnostic services to low-income, uninsured, and underinsured qualifying women. All women are at risk for breast cancer, but regular screenings can prevent or detect these diseases early. Talk with your nurse, provider, or a care manager to see if you qualify for a free screening and mammogram and how often you should get screened.

Flying Insects

Outdoor workers are at risk of being stung by flying insects (bees, wasps, and hornets) and fire ants. While most stings cause only mild discomfort, some may result in severe allergic reactions that require immediate medical care and may cause death.

First Aid: Have someone stay with the person to be sure that they do not have an allergic reaction. Wash the site with soap and water. Remove the stinger using gauze wiped over the area or by scraping a fingernail over the area. Never squeeze the stinger or use tweezers. Apply ice to reduce swelling. Do not scratch the sting as this may increase swelling, itching, and risk of infection.

Protect Yourself: Wear light-colored, smooth-finished clothing. Avoid perfumed soaps, shampoos, and deodorants. Do not wear cologne or perfume. Wear clean clothing and bathe daily. Wear clothing to cover as much of the body as possible. Avoid flowering plants when possible. Keep work areas clean. Some insects are attracted to discarded food. Remain calm and still if a single stinging insect is flying around. (Swatting may cause it to sting.) If attacked by several stinging insects, run to get away. (Bees release a chemical when they sting, which attracts other bees.) Go indoors. Shaded areas are better than open areas. Do not jump into water. Some insects (ex. Africanized honey bees) are known to hover above the water. If an insect is inside your vehicle, stop slowly, and open all the windows. Workers with a history of severe allergic reactions to insect bites or stings should carry an epinephrine auto injector and wear medical ID jewelry stating their allergy.

E-Cigarette use triples among middle and high school students in just one year

Current e-cigarette use among middle and high school students tripled from 2013 to 2014, according to data published by the Centers for Disease Control and Prevention and the U.S. Food and Drug Administration's Center for Tobacco Products (CTP) in today's Morbidity and Mortality Weekly Report (MMWR). Findings from the 2014 National Youth Tobacco Survey show that current e-cigarette use (use on at least 1 day in the past 30 days) among high school students increased from 4.5 percent in 2013 to 13.4 percent in 2014, rising from approximately 660,000 to 2 million students. Among middle school students, current e-cigarette use more than tripled from 1.1 percent in 2013 to 3.9 percent in 2014—an increase from approximately 120,000 to 450,000 students.

This is the first time since the survey started collecting data on e-cigarettes in 2011 that current e-cigarette use has surpassed current use of every other tobacco product overall, including conventional cigarettes. E-cigarettes were the most used tobacco product for non-Hispanic whites, Hispanics, and non-Hispanic other race while cigars were the most commonly used product among non-Hispanic blacks.

“We want parents to know that nicotine is dangerous for kids at any age, whether it's an e-cigarette, hookah, cigarette or cigar,” said CDC Director Tom Frieden, M.D., M.P.H. “Adolescence is a critical time for brain development. Nicotine exposure at a young age may cause lasting harm to brain development, promote addiction, and lead to sustained tobacco use.”

The 2012 Surgeon General's Report found that about 90 percent of all smokers first tried cigarettes as teens; and that about three of every four teen smokers continue into adulthood. To learn more about quitting and preventing children from using tobacco, visit www.BeTobaccoFree.gov.

10 Healthy Lunchbox Ideas for Picky Eaters



1. **Cut up grapes** – For some reason, cutting them makes them easier to eat. You can place them in a small snack bag and pinch the center with a twist tie to make it look like a little butterfly.
2. **Colorful vegetables and ranch dressing**- The more colorful foods are, the more interesting they seem to be for my kids. However, if your child is into monotone foods, find some vegetables that are all the same color (ex: yellow squash, wax beans, carrots)
3. **Soup**- Invest in a good thermal container and pack your child's favorite soup with some crackers on the side.
4. **Something less-than healthy** – Yep, I throw in some Oreos or chips on occasion because, well, why not? They are kids, after all.
5. **Reassuring notes**- Just a [little love note](#) from home can help make lunch a little easier to get down.
6. **Cheese slices and crackers**- always a winner in our family. Have a taste test beforehand to find your child's favorite cheese. You may find that even though American cheese may get the thumbs down by your son, Cheddar is his favorite.
7. **Cereal**- who cares if they just ate it for breakfast? Cereal is a great source of fiber and if they add a bowl full of milk to it they will be getting some good protein to make it the rest of the afternoon.
8. **Salad**- Don't assume that just because it's not a chicken nugget or a PB&J that your picky eater won't like it. Some of the pickiest eaters enjoy a good salad.
9. **Goldfish crackers and vegetable cream cheese**- This is a favorite of mine. The crackers themselves are great, but adding some cream cheese with vegetables for dipping makes it more fun.
10. **Flavor mix-ins for milk**- Fold over one end portion of a regular drinking straw and seal it with invisible tape. Carefully fill the straw with chocolate or strawberry drink mix and seal the other end with more tape. Your child can dress up the plain milk they get at lunch by unsealing and pouring the mix right into that little carton!

1st Choice Healthcare Sites



1300 Creason Road - Corning
Phone: 870-857-3399
Fax: 870-857-3301



141 Betty Drive - Pocahontas
Phone: 870-892-9949
Fax: 870-892-0208



201 Colonial Drive - Walnut Ridge
Phone: 870-886-5507
Fax: 870-886-5632



308 Hwy 62W - Ash Flat
Phone: 870-994-2202
Fax: 870-994-2328

Mission Statement

1st Choice Healthcare is a non-profit community health center, serving the comprehensive needs of Northeast and North Central Arkansas in a professional manner with compassion and quality without regard to language, financial or cultural barriers.

Website: www.1stChoice-ar.org



Summer Search

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