

MUCHA *Salud*

An informational magazine for  LEON patients



Say No! To Depression

How to fight a Cold

Managing Diabetes



WINTER EDITION

Dear Member,

With a proven track of over 60 years serving our community and a solid foundation for the future in place, the Leon Family is prepared for this year's Annual Enrollment Period (AEP) which started October 15th and extends through December 7th.

In 2025, Leon Health now offers 5 different plans to fit your unique needs. Please take time to review the 2025 benefits to better understand the changes and improvements we have added for the wellbeing of all our members this upcoming year. Our licensed team of Benefit Consultants are available to answer any questions you may have about Leon services and 2025 Leon Health benefits.

This coming year represents Leon Health's 4th year as your trusted Medicare Advantage Health plan and, as always, we remain committed to continue providing the quality of care and services that you deserve, with new and competitive benefits for the remainder of the year and this upcoming 2025!

Finally, we did not want to miss this opportunity to let you know that Leon Health has earned the prestigious five-star rating for medical and service excellence from the Centers for Medicare & Medicaid Services (CMS) for the second consecutive year. Leon Health distinguishes itself for also being the only five-star plan to achieve 5 stars in all measures of the Consumer Assessment of Healthcare Providers and Systems (CAHPS) patient experience survey, reaffirming its commitment to delivering medical excellence and personal attention to its members.

This is an amazing achievement and one we owe to each one of you, our patients, who have placed their trust in us.

We are also very proud to announce the Grand Opening of our much-awaited supercenter in Homestead! We welcome all to come by and visit this beautiful state-of-the-art Homestead facility located at 2250 N.E. 8th Street, Homestead, Florida 33033.

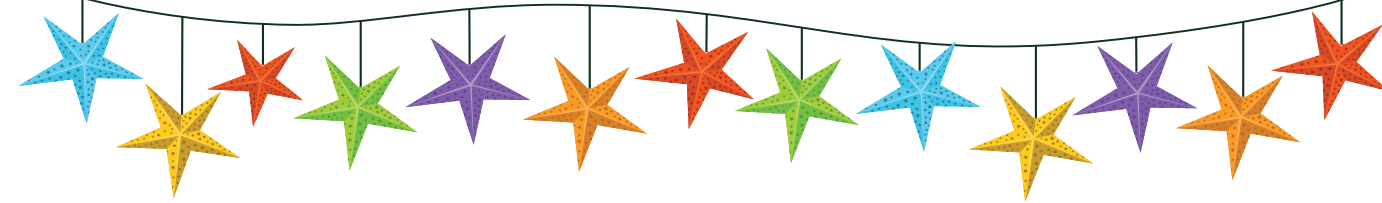
Once again, we thank you for entrusting us with your health and we look forward to always providing you with ongoing Medical Excellence and Personal Attention.

Remember, there's only ONE Leon, and with Leon Health at your side, your health and well-being will always be our top priority.

Wishing you the happiest of holidays with peace and much health!

Your Leon family

Please contact our Member Services number toll free at **844-9-MY-LEON (1-844-969-5366)** or local at **305-541-LEON (305-541-5366)** for any questions. (TTY users should call 711). Hours are from 8 a.m. to 8 p.m., seven days a week from October 1st through March 31st and Monday through Friday from April 1st through September 30th.



CONTENT

WINTER 2024

MUCHA *Salud*
An informational magazine for **LEON** patients

04 GRAND OPENING
Leon open its doors in Homestead

05 MEET OUR EMPLOYEES
Meet Leysi Valdes

06 IMPROVING LIFE WITH COPD
Chronic Obstructive Pulmonary Disease

08 WINTER ILLNESSES
How to prevent getting those viruses

09 THE HOLIDAYS
Things to do

10 DIABETES
How to manage it

12 WINTER SEASON IS COMING
What can we do to protect us

13 SAY NO!!
To depression

14 CANCER
The proactive approach

15 GLAUCOMA
What it is and what to do

Quarterly publication

Leon Medical Centers

8600 NW 41st Street

Doral, Fl. 33166

305.642.LEON (5366)

Available 24 hours a day,

7 days a week

Mucha Salud is a publication of Leon Medical Centers and Leon Health meant to inform, in an entertaining and instructive way, about health and medical topics, as well as the events and activities for our patients. All rights reserved. The total or partial reproduction of its written content or images is prohibited. Mucha Salud is not responsible for any damages caused by the use of articles, opinions or statements expressed in this publication.

17 REGISTER! | MTM PROGRAM

18 OPTING OUT A PLAN

19 LEONLICIOUS

20 LET'S TRAVEL

21 LET'S PLAY

22 ADVANCE DIRECTIVES

CONTRIBUTORS

Editor-in-Chief
Yolanda Foster

Managing Editor
Scarlet Martinez

Graphic Design
Pilar Gaunard

Copy Editor
Ariadna Olive

Editor
Caridad Ravelo

Chief Medical Officer
Dr. Rafael J Mas
Dr. Luis O Fernandez

GRAND OPENING

OF THE NEW LEON CENTER IN HOMESTEAD

Leon Medical Centers has officially opened its newly constructed 49,000 square foot state-of-the-art supercenter in Homestead with a grand celebration. This vibrant multicultural event featured a parade, live performances by mariachis, a Brazilian batucada, a Cuban conga line, a Junkanoo band and stilt walkers. Attendees enjoyed seven local food trucks, two stages of live entertainment, and appearances by Burnie, the Miami Heat mascot, Billy the Marlin and Pepito the Rooster. In addition to the festivities, there were free health screenings (blood pressure, body mass index, and cholesterol), healthy living activities, and guided tours of the new facility. The new supercenter offers a wide range of services, including urgent care, primary and specialty care, cardiology, oncology, gastroenterology, neurology, endocrinology, urology, orthopedics, pain management, physical therapy, dentistry, an on-site pharmacy, a laboratory, a fitness and wellness center, CT scan and digital x-ray, and much more. Over 1,000 attended this grand opening event.



MEET OUR LADIES AND GENTLEMEN **LEYSI VALDES**

I had received this case a few days earlier. It was a telephone call about a patient that had fallen. She needed the help of a rehabilitation center, but she did not meet all the requirements. Consequently, my visit was to assist her and see what needed to be done.

I contacted our in-house department to see what steps I should take and was guided in the process

I was informed that if I was successful in getting her to come to the center, it would be the first step to have her evaluated and see the extent of her fall.

Fortunately, I succeeded in seeing her! She had been in her bed for over a month; she would do everything there, since she could not walk because of the injury she had sustained.

My purpose was to have her come to the center, so she could see her primary care doctor for the necessary diagnosis which could make her eligible for admission to an Adult Living Facility or a rehabilitation

center, which was what she was looking for.

In short, I connected with her creating trust so she would talk to me. I think she agreed to seeing me after knowing I was going to help her.

After establishing trust and moving forward in assisting her, we requested an ambulance to take her to the center. Once the ambulance arrived I remained at her side, helping her get dressed and with other things she needed. Our patient was

very grateful and asked I remain with her; which I did.

Later, I was informed on her progress and was advised that she had been transferred to a facility, where she is recovering.

I pay her weekly visits and call her to offer emotional support. Every time I talk to her, she is super happy and grateful.

I thank God first for the chance I was given to help her and expect a full recovery for our patient in need...my new friend.



IMPROVING LIFE WITH COPD

COPD (CHRONIC OBSTRUCTIVE PULMONARY DISEASE)

By getting ahead of your symptoms and talking about them with your healthcare provider regularly, you can put yourself on the path to a better quality of life.

WHAT IS COPD?

Healthy lungs expand to fill with air and then bounce back to their original shape when air is exhaled, retaining lung structure and moving air quickly in and out. With COPD, the air sacs no longer bounce back to their original shape, and the airways can become swollen or thicker than normal. Increased mucus production and partially blocked airways make it even harder to get air in and out.

WHAT YOU CAN DO

QUIT smoking. If you smoke, quitting is the best thing you can do to prevent more damage to your lungs. Ask your provider about new options for quitting. Many resources to help are available online. Visit smokefree.gov; lung.org; or call 1-800-QUIT NOW for more information.

AVOID pollutants. Try to stay away from things that could irritate your lungs, like dust and strong fumes. Stay indoors when the outside air quality is poor, and avoid places where there might be cigarette smoke.

VISIT your provider COPD is treatable. Talk to your healthcare provider regularly; follow treatment by taking your medications; and get your flu, pneumococcal, and COVID-19 vaccines as recommended.

GET support Caregivers. Friends, and family provide an important support network that can help you stay on track with your treatment and identify symptoms. Listen to them, talk with them. They can mean the difference in a successful treatment.

NOTICE ANY OF THESE SYMPTOMS?

TALK TO A HEALTHCARE PROVIDER

- Constant coughing, sometimes called “smoker’s cough”
- Shortness of breath while doing everyday activities
- Excess sputum production
- Feeling unable to breathe or take a deep breath & wheezing

If you see these symptoms in yourself or a loved one, make an appointment. Acting early is essential to getting control of the disease so you can live better with it.

GET THE MOST OUT OF YOUR VISIT:

BE INFORMED

It’s not always easy to get all the information you need in the brief time of a typical office visit. Learn about COPD before your visit so you can be prepared.

LOG SYMPTOMS

Consider keeping a log of your symptoms for the days or weeks before your appointment and bring it with you. Log details of what you were doing when you experienced any of these COPD symptoms and how long they lasted.

KNOW RISK FACTORS

- History of smoking
- Long-term exposure to pollution, certain chemicals and dusts
- Some genetic conditions, such as alpha-1 antitrypsin deficiency

Share all the risk factors you may have to help your provider give you the best care.

KEEP NOTES

Write down any questions you have before the visit so you can remember to ask them. Take notes during the visit, and don’t be afraid to ask the provider to repeat something if you don’t understand it.

DON’T GO ALONE

If possible, bring a family member or friend with you. Two sets of ears are always better than one when hearing information about your health. Visit COPD.nhlbi.nih.gov for more helpful tips.

COPD resources at your fingertips
Learn More Breathe Better® website:

COPD.nhlbi.nih.gov

COPD Foundation website:
www.copdfoundation.org

COPD Foundation toll-free information line for one-on-one support:
1-866-316-COPD (2673)



Visit the website American Lung Association: www.lung.org

Winter Illnesses

There are three respiratory viruses commonly contracted during the winter season. They may cause similar symptoms, making it more difficult to distinguish them. The best way to determine the infection you have is by going to your primary care physician and undergoing a test.

VRS (respiratory syncytial virus)

The VRS is a common infection that causes symptoms like those of a cold. VRS cases usually rise as of the end of fall continuing up to early spring. While the VRS is a slight cold for most people, it may cause a very serious illness in those with weakened immune systems.

Flu or influenza

The flu or influenza is a nasal, throat and lung infection that may cause serious illnesses, hospital admissions and death in people of all ages, but those with conditions such as heart and lung disease, as well as diabetes, and individuals with weakened immune systems are the most vulnerable, and they are more likely to become seriously ill.

Covid-19

Cases of COVID-19 usually rise in the fall, and they reach their peak in the winter. Everybody can contract COVID-19, but elderly adults run a high risk of developing a serious illness.

The good news is that there are vaccines. While they are not perfect, they are tools that help prevent serious illnesses, hospital admissions and death.

Talk with your doctor today. It's important to take action to protect ourselves and others in the next few months.



What to do this season



Christmas is one of the most awaited for, exciting and magic seasons of the year. Try to create a festive and warm environment wherever you may be.

Below we are sharing some ideas for activities that will help you enjoy this holiday season to the max.

1. Decorate Your Home

Have places become a holiday corner filled with dreams and color. Create a warm, friendly, and family type environment to enjoy on these highly significant days.

2. Hold Christmas Carol Sessions

Set up Christmas Carol sessions and enjoy a joyful and lively atmosphere with your friends and family.

3. Create Theme Games and Contests

These are amusing ways to spend this season. Set up activities with your friends and family, such as Christmas bingo, stamp contests or riddle games. In addition to amusing, these types of games promote good emotional health.

4. Dress in Style New Year's Eve

New Year's Eve is a special occasion to dress in style, enjoy a holiday dinner and welcome the new year in style and elegance.

Celebrate this season by creating unforgettable memories, so that it's something truly special.



MANAGING DIABETES

Being active most days is a pro move for managing diabetes.

You don't get really good at dealing with diabetes overnight.

But over time, you will learn how to go from doing it with difficulty to doing it in a minute. See if any of these tips sound familiar to you (or are worth trying!).

Remember when you just found out you had diabetes and learned the basics about caring for yourself?

- Prepare and eat healthy foods.
- Be physically active most days.
- Check your blood sugar frequently.
- Take your medications as prescribed, even if you feel well.
- Learn ways to manage stress.
- Cope with the emotional effects of diabetes.
- Go to medical checkups.

One way or another, you have tried to adjust everything around your family, work, school, holidays, and everything else in your life. Here is our short list of tips to help you; you are probably familiar with many, but some might be new (feel free to use them!).

Eat Well

- Make time to cook. Anyway, you don't save time sitting by the window waiting to be served.
 - Search online for low-cost, easy-to-make recipes. Many of them are so good you'll want to eat them right in the pot.

- Write down or take pictures of all your meals and snacks. This trick makes you much more aware of everything you eat and helps you stay in control.
- You can't go wrong with vegetables. Take a free online cooking class to learn the secrets of delicious food.
- Avoid "foods for diabetes". They often cost more than "regular" foods, and they don't taste very good anyway.
- Prepare the same meal for you and your family. Healthy food for everyone!
- Try to follow the meatless Monday initiative (or any day of the week). Beans and lentils are inexpensive, tasty, and really good for you.
- Make family favorites with a twist: Substitute some of the rice or pasta with vegetables, or puree vegetables and add them to sauces. Learn more about how to eat well.

Manage Stress

- Try meditation or yoga to calm down and relax. Choose from thousands of free online videos to get started.

- Get moving! Going for a walk can help you relax, and the effect can last for hours.
- Call or make plans to meet with a friend who understands you.

Get more information about diabetes and mental health.

Do things you can continue doing

- With new habits, start small. Small successes make it easier to undertake larger goals.
- Set goals that are specific. Instead of saying "I'm going to get in shape," say "I'm going for a walk after dinner on a weekday."
- Make good decisions easier. Limit yourself to just one or two healthy breakfast options, bring your lunch from home instead of buying it.

Keep Learning

Diabetes self-management education and support services can help you learn skills to manage diabetes when you are newly diagnosed, as well as these other key times:

- During checkups with your doctor.
- When a new event or health problem affects the way you care for yourself.
- When another big life event, occurs such as moving, affects your diabetes care.

Ask your doctor to recommend a diabetes educator or search the American Association of Diabetes Educators website directory to see a list of educators in your community.

See the big picture

What is more important to you?

To be in good physical condition for yourself and your family?

To have fun? To have energy?

Everything you do to care for yourself gives you more of what matters most to you. Make diabetes a part of your life instead of making your life all about diabetes!



A word of advice for cold weather season

Learn more about how you can protect your health in South Florida cold weather:

- Keep the temperature inside your dwelling above 68 degrees Fahrenheit.
- Keep an eye out for signs of hypothermia. The first signs include tremors, confusion, memory loss, somnolence, fatigue, and difficulty speaking. If you have any of these signs, either call your doctor right away or 911.
- When you are outdoors, make sure the outside layer of your clothing is a tight fabric that reduces the loss of body heat caused by the wind.
- As cold weather puts an extra burden on the heart, if you have heart problems or high blood pressure, follow your doctor's instructions on performing any type of extenuating physical activity, outdoors.
- **Remain safe as you heat your home. Take precautions to prevent any exposure to dangerous levels of carbon monoxide (CO), since it's a potentially lethal gas.**



Four Things To Know About Depression in Older Adults

Everyone has feelings of uneasiness, stress, and sadness at some point during their life.

However, clinical depression is more than just feeling sad or blue. It's a serious condition that affects many older adults and requires treatment.

Signs and symptoms of depression vary from person to person. Look for changes in your mood or your interest in participating in activities.

Depression can be treated. If you have symptoms of depression that last for more than two weeks, talk with your doctor. There are many effective treatment options, so it's important to seek help early on.

Get support from family and friends. Although love ones can not provide treatment, they can help someone with depression by listening, watching for symptoms, participating in activities the person enjoys, and encouraging them to seek treatment.

A healthy lifestyle can help feelings of depression.

Staying active, eating a healthy diet, getting enough sleep, and connecting with friends and family can benefit your mental health.

Visit www.nia.nih.gov/health/depression-and-older-adults for more information about depression and older adults.



Cancer

... a proactive approach to prevention

Older adults are a resilient and valuable segment of our society, contributing wisdom, experience, and strength. World Cancer Day prompts us to celebrate this resilience and promote a proactive approach to cancer prevention, detection, and survivorship.

Prevention is key

Preventing cancer is an essential aspect of maintaining optimal health as we age. Simple lifestyle modifications, such as adopting a nutritious diet, engaging in regular physical activity, avoiding tobacco and excessive alcohol consumption, and staying vigilant about preventive screenings,

can significantly reduce the risk of developing various cancers. Having access to trustworthy information and resources related to cancer can empower older adults with the knowledge to make informed choices for their well-being.

Early detection and screening

For those navigating the challenges of a cancer diagnosis, early detection is crucial. Routine screenings, tailored to individual risk factors and age, can identify cancer at its earliest, most treatable stages. Older adults should openly discuss appropriate screening schedules and tests with their healthcare providers.

Navigating cancer care

A cancer diagnosis can be overwhelming, but it's essential for older adults and their loved ones to be informed about available resources and support networks. It is important to seek

reliable information, connect with cancer support groups, and actively engage with their healthcare team to develop personalized care plans that align with their goals and values.

By fostering a culture of awareness, understanding, and advocacy, we can work together to build a world where cancer is detected early, prevented, treated, and ultimately conquered.



Glaucoma

Glaucoma is an eye disease that usually has no symptoms in its early stages. Without proper treatment, glaucoma can lead to blindness. The good news is that with regular eye exams, early detection, and treatment, you can preserve your sight.

If you have been diagnosed with glaucoma, or are a glaucoma suspect, you probably have questions and some concerns. Coping with a long-term eye condition can seem overwhelming, but you are fortunate compared to the many who have glaucoma and don't know it. You are now empowered to learn how you can preserve your vision and live a normal life as a glaucoma patient.

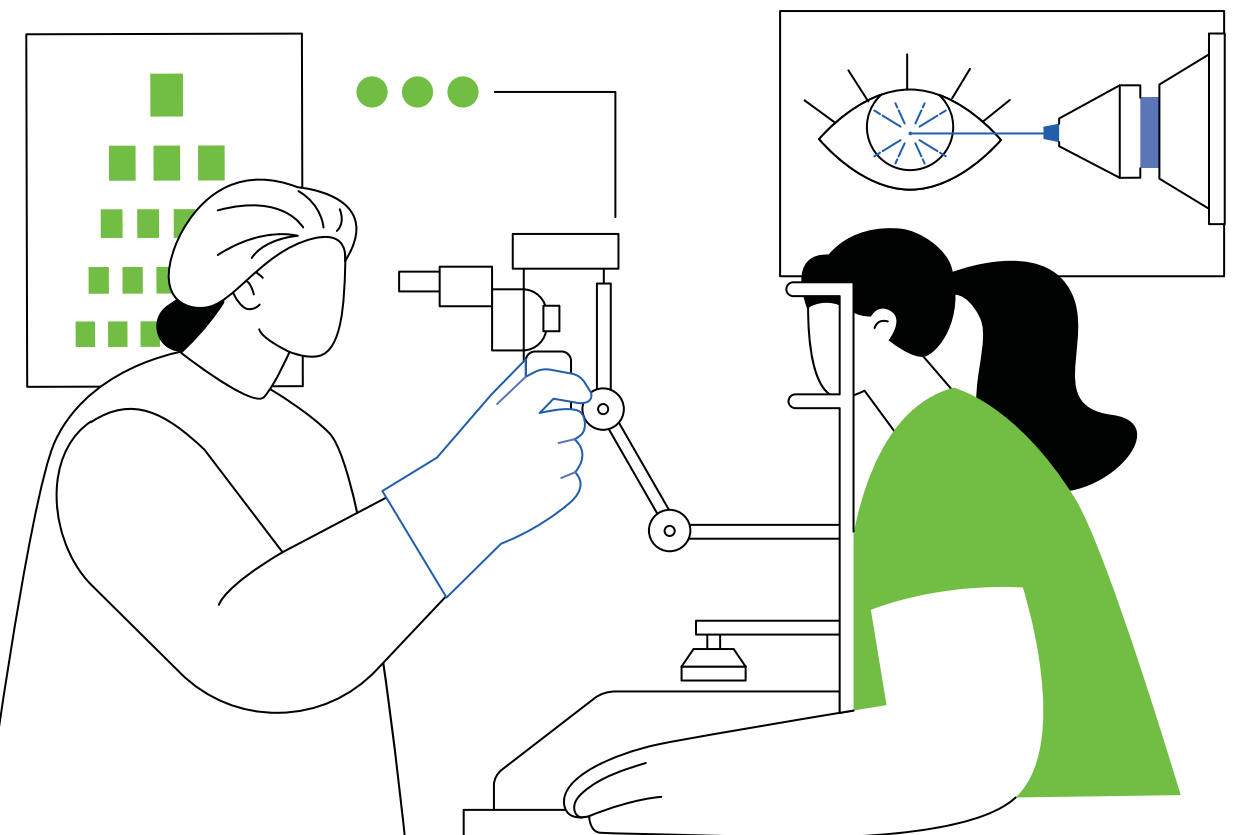
Recently diagnosed?

Finding out you have glaucoma can raise a lot of questions. Whether you need a doctor, support group, or a brochure for information, we can help.

Care and treatment

You can take charge of your health with a few adjustments to your routine. Caring for your eyes may include medication, surgery, or both.

SEE YOUR EYE DOCTOR AND SCHEDULE A VISIT WITH YOUR EYE DOCTOR.



Source : https://glaucoma.org/?gclid=EAlalQobChMjLapmJOXhAMV27daBR3erwoZEAAYASAAEgJXo_D_BwE

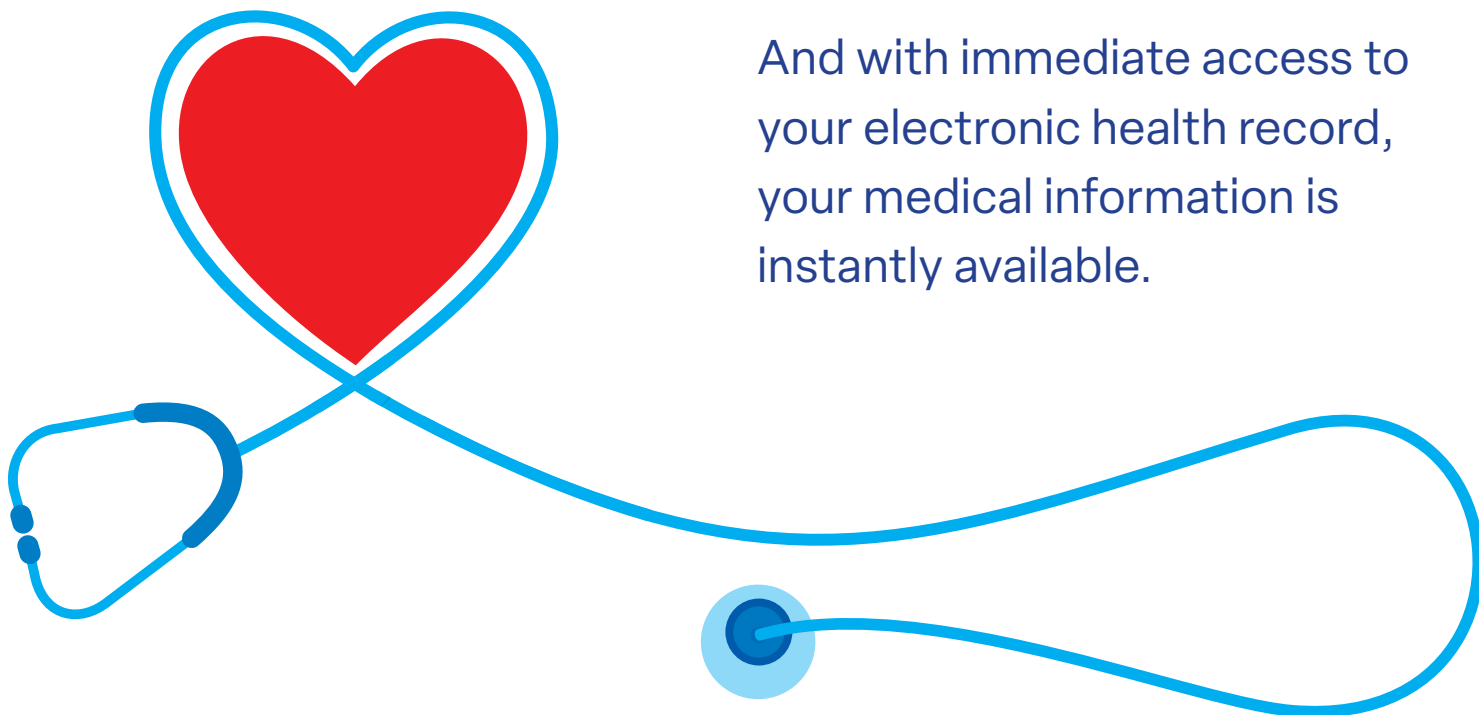
Urgent Care in Flagler Open 24 hours 7 days a week

Medical Excellence is always accessible to our patients.

Led by doctors who have practiced in our community's leading emergency rooms, with the latest technology

- Diagnoses
- Electrocardiograms
- Laboratory
- Infusions
- Respiratory treatments and much more,

And with immediate access to your electronic health record, your medical information is instantly available.



Register! MyLEON

Have access to your Medical Records with the latest electronic health record system and stay connected to our medical staff wherever you are.



• If you forget or lose your code, you can still enroll by visiting the website and answering some personalized security questions about yourself.

• If you want to give a trusted caregiver, family member, or friend access to your **MyLeon** account, just fill out a form indicating that you want someone else to view your electronic health record.

• During your first medical visit, you will receive an activation code to enroll in **MyLeon**.

• Remember that we are available 24/7 to help you sign up and to answer all your questions.

Before closing this magazine dedicated to you, sign up for **MyLeon** right now.

Don't forget to call us at **305.642.5366** for more information and help from our trained staff on using our digital platform.



..... MTM Program

The Leon Health plan offers a free Medication Therapy Management (MTM) Program for select members with multiple health conditions and medications. Qualified members will receive a letter indicating they have been selected to participate in the program. If you receive this letter, please feel free to call our pharmacists at (305) 541-5366 to take advantage of this free program. Leon Health will provide you with a complete medication review which helps lower the risks of medication-related problems and gives you helpful tips on your medication therapies and medical conditions. Our team looks forward to working with you to help you manage your care.

Opting-Out of Plan Business Notice

The Centers for Medicare & Medicaid Services (CMS) regulations have specific rules Medicare Advantage (MA) organizations and Part D plans must follow regarding members' or former members' opting-out option for phone calls for plan business.

What are plan business calls?

Calls related to helping a beneficiary choose a Medicare advantage plan.

Plan business calls include:

- Calling to promote non-Medicare products about aging into Medicare from commercial products offered by the same Medicare Advantage (MA) plan.
- Calling members in a Part D plan to discuss other



- Medicare products or plan benefits.
- Calling to an organization's existing Medicare-Medicaid Plans (MMP) enrollees to talk about its Medicare products.
- Agents or Brokers calling clients about other plans they sell, such as auto or home insurance.

- Medicare Advantage plans making unsolicited calls about other services as a way to generate leads.

Will I still receive calls that are intended for my care and services?

Yes. This does not remove you from being called from Leon Health, Inc. for calls that are intended for managed care, coordinate your coverage for services, or any other member needs.

How do I opt-out of business calls?

Please contact our member services department at toll free **844-9-MY-LEON (1-844-969-5366)** or local at **305-541-LEON (305-541-5366)** to opt-out. (TTY users should call 711). Hours of operation are from 8 a.m. to 8 p.m., seven days a week from October 1st through March 31st and Monday through Friday from April 1st - September 30th.

We thank you for your continued trust and we look forward to assisting you at all times.

LEON *licious*



LOVE COMES IN THROUGH THE KITCHEN... and cooking healthy foods feeds happiness!

And so does health because healthy eating without too many calories, saturated fat and sugars is one of the best decisions we can make for our health. As a result, we are offering you a very simple and healthy winter snack, so that you can take care of your health while not getting bored as you cook

What if you surprise your guests with an eggplant mini pizza as a snack? They are light, delicious and provide a very nourishing base.

An eggplant is a fruit rich in antioxidants, Vitamins C and B, as well as minerals, such as manganese and copper. Here is how, you'll see how this delicious snack is prepared.

INGREDIENTS FOR 6 PORTIONS

- 2 Eggplants
- 3 Tomatoes
- 1 White Onion
- 150 Grams of Mozzarella Cheese
- 2 Cloves of Garlic
- Extra Virgin Olive Oil
- Salt
- Black Pepper

HOW TO PREPARE THE MINI PIZZAS

1. Cut an eggplant in slices that are approximately one centimeter thick.
2. Pour salt and pepper on the eggplant slices and place them in a baking pan.
3. Spray olive oil on the eggplant slices and the pan.
4. Roast the eggplant slices at 350° F for 25 minutes.
5. Slice the tomato, onion, and garlic in thin strips.
6. For 10 minutes, use an oiled pan to fry lightly the onion, the tomato, and the garlic.
7. Take out the eggplant and add, by pouring over them, the lightly fried tomato, onion, and garlic, together with grated Mozzarella cheese.
8. Put the eggplant slices back in the oven and bake for another 15 minutes.
9. Take out the healthy eggplant mini-pizzas and let them rest a couple of minutes.

This recipe will let you taste Italian cuisine's the best-known dish, but with lower calories... *Mamma mia!*

TRAVEL let's go

Since most of the year we enjoy our city's nice and warm weather, let's do something different and visit some European cities to enjoy all their wintertime splendor with their Christmas markets, seasonal offerings, less crowded spaces, lovely snow-covered sceneries, and unique experiences, making it worthwhile to get our hands cold, even though the beauty of these cities in wintertime will leave our hearts nice and warm.



Prague (Czech Republic.)
The Charles Bridge and the church spiers in Old Town become covered with snow, transforming the entire city.



Amsterdam (The Netherlands) Every year from December through January, Amsterdam's Festival of Lights makes the capital city of The Netherlands shine because of installed lighting coming from every corner of the world.



Venice (Italy) is true to its name of La Serenissima. Canals are peaceful and covered with fog. Hotels offer very affordable rates, and the best thing is that we can leisurely enjoy the Saint Mark's Basilica.



Vienna (Austria) is one of Europe's most beautiful cities. We can enjoy outdoor opera projections, as well as listen to classic Christmas concerts and take photos at the Schönbrunn Palace and Saint Charles Borromeo Church, all covered with snow.



Rovaniemi (Finland) presumes to be Santa Claus's city, being filled with deer farms, husky trolls, and safaris to view the aurora borealis.

Lets' Play! Holidays Edition

Find the 10 hidden objects



FIND CAT IN THE PICTURE

It's good to be prepared

Advance Directives

Find out your options for end-of-life health care.

- Communicate your decisions.
- Read about the Advance Directives and what its components represent.
- Clarify any concerns you may have.
- Build confidence in that your family knows your wishes.
- Express your desired medical care.

Keep communication open

As we get older, we expect life to be longer while we enjoy more opportunities with our loved ones. Preparing Advance Directives just in case something happens to us is another way of keeping communication open and enjoying the time we have without worrying that those who love us won't know what to do or how to fulfill our wishes.

What are Advance Directives?

Advance Directives are a written statement that describes your personal wishes regarding the medical care that you may or may not want, if you become unable to make your own decisions.

How can Advance Directives be helpful?

Advance Directives make difficult decisions easier for your family and loved ones. By planning with them and letting them know your personal decisions, they are better prepared to make tough calls and carry out your wishes.

Where can I find the Advance Directive Forms?

Your healthcare provider or attorney are available to help you with the forms or any questions you may have. Call **LEON MEDICAL CENTERS** patient services at **305.642.5366** or talk to your doctor about your options.

ADVANCE DIRECTIVES - POCKET CARD Please fill out and bring the card below. Present it to your health professionals. Keep it in your wallet or purse, and indicate that you have already prepared your Advance Directives and where you keep them.

<p>NOTICE TO HEALTH PROFESSIONAL I ALREADY PREPARED MY ADVANCE DIRECTIVES</p> <p>My name _____</p> <p>Date of birth _____</p> <p>My phone _____</p> <p>My doctor _____</p> <p>Doctor's telephone _____</p>	<p>A copy of my Advance Directives are:</p> <p>_____</p> <p>Other copies:</p> <p>Name _____</p> <p>Phone _____</p> <p>Name _____</p> <p>Phone _____</p>
---	---



SOCIAL SERVICES AND ECONOMICAL ASSISTANCE

Leon Medical Centers through its Leon Access program is an Office of Economic Self-Sufficiency partner, which helps families in need apply for benefits and services through the Department of Children and Families (DCF). As a long standing community partner with seven (7) locations throughout Miami Dade County, our mission along with that of the Department of Children & Families (DCF), is to be accountable for

changing lives and strengthening communities. The mission is to protect the most vulnerable citizens of our society and accomplish that by administering different programs and services, such as but not limited to; Medicaid, Food Stamps, Temporary Cash Assistance, Lifeline Free phone program, Medicare savings program, Long Term Care assistance, Citizen Application, and much more.

The benefit in establishing this, is to assist our patients and community in obtaining access to much needed resources and programs, and to work closely with our clinical providers to ensure that both clinical and service excellence is at the heart of everything we do.

asks us if you qualify
305.642.5366



ANSWERS TO GAME

Your opinion is very important to us, share in our social media or call us at 305.642.5366

Stay tuned and informed on our social media. And, if you have any questions about the Flu vaccine or others, contact your primary care physicians or specialists.



Scan with your phone

If you are satisfied with your visit, please review us on Google and Yelp!





8600 NW 41st Street
Doral, FL 33166

**Presort Std
US Postage
Paid
Miami, FL
Permit #2332**

Health and wellness or prevention information.

Leon Health is an HMO plan with a Medicare contract. Enrollment in Leon Health, Inc. depends on contract renewal.

H4286_MuchaSaludSummer24_C