

WELL Informed

FREE PROGRAMS AND SCREENINGS PROVIDE POWERFUL KNOWLEDGE

Healthwise Connection

If knowledge truly is power, get ready to flex your new mental muscles. With your Healthwise Connection membership, you now have access to free health screenings and educational programs designed to help you take charge of your life. There are also exercise programs available at some hospitals.

From testing your blood sugar to teaching you more about prostate cancer, our experts are always working for you. Some Cleveland Clinic hospitals also offer computer classes and day trips that provide opportunities for healthy activity and social interaction.

To learn more, check your current newsletter, visit us online at www.clevelandclinic.org/hwc or call your local Cleveland Clinic hospital. We hope to see you soon! ■

Healthy Savings

You can earn discounts on valuable health services, including:

- ◆ **Discount Drug Mart.** Save 10 percent on home medical equipment, Discount Drug Mart-brand health and beauty aids, and prescription medications, exclusive of co-payments. Discount Drug Mart will file home medical equipment claims and bill Medicare, Medicaid or private insurance as needed. Call toll-free **800-434-9440** weekdays from 9 a.m. to 5 p.m. to speak with a Discount Drug Mart home care specialist, or visit any store.
- ◆ **Home Instead Senior Care.** Save 12 percent on Home Instead Senior Care's hourly rates for nonmedical home care and companion services. Services include meal preparation, light housekeeping and escorts for errands. Care is provided by specially trained, bonded and insured companions. For more information, call **800-940-7558** or visit **www.homeinstead.com**.
- ◆ **Lifeline Medical Alert System.** Receive free home installation (a \$40 value) when you add a Lifeline medical alert system, a personal response service that ensures quick assistance when needed. Monitoring fees cost little more than \$1 per day, and you may cancel at any time. For more information or to request service, call **800-418-3837**. For free installation, mention code #58N-OH023. Learn more at **www.lifelinesys.com**.
- ◆ **YMCA Health Clubs.** Present your membership card to save half off the normal YMCA joiner's fee at all Greater Cleveland clubs. Those 65 and older also will receive YMCA's discount senior membership rate, while those 55 to 64 will receive 5 percent off their monthly membership fees. Family members of Healthwise Connection members also are eligible to save half off their membership joiner's fees. For more information, visit **www.ymcacleveland.org** or call **(216) 566-YMCA**.

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and about mingling with others, we could bring the flu home and infect our loved ones, and because they depend on us for care, keeping us flu-free is considered really important as well.”

5. See your doctor regularly.

To keep an eye on your own health, make sure to get an annual physical. “The last place you want to spend

time is another doctor's office,” Mintz admits, “but taking the time for a checkup once a year could save you countless hours in doctors' offices later. Small problems that go undetected and untreated can turn into big problems that threaten your life.”

6. Inject humor. A good dose of laughter can help, too, according to Vieira. She told *WebMD*, “Humor

has also gotten us through some tough times.”

“Humor and levity are definitely important,” Mintz agrees. “So much of the caregiving experience is affected by your attitude. You need to step back and see the humor even in difficult situations. It's good, if possible, to laugh with your care recipient.” ■