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La Vita Volume 16

Happenings

LIVING | BETTER | LONGER



Save your compounded medications

Are you aware that your insurance coverage for your compounded medications are at risk? Pharmacy benefit managers and insurance companies, including Express Scripts, Catamaran, Optum, United HealthCare and Blue Cross Shield announced that access to compounded medications were in jeopardy. UNLESS employers and plan sponsors opted OUT of these compounding exclusions. Additionally, their actions may increase your out-of-pocket costs for life saving medications.

What can you do? You can do the following 3 things:

- 1) Join **SAVERXACCESS.ORG**
- 2) Send your employer's HR/Benefit Manager the template letter provided in Saverxaccess.org. Let your HR staff protect your access to compounds.
- 3) Follow SaveRxaccess on Facebook, LinkedIn and Twitter for more information and up to date news on this issue.

Help us help you. Join and act today!

Ask the Pharmacist:

Why should I consider Prescription Skincare?

Have you ever gone to an upscale department store and spent a lot of money on skincare? Only to discover [More on the back...](#)

Please keep receipt for your records.
 Do not sign and return. Thank you!

Prescription Tip of the Month:

Why should I get B-12 shots?

Being low on Methyl B-12 can manifest in many ways including anemia, neuropathy, migraine, insomnia and depression. More doctors are measuring the B-12 levels of their patients, finding the level low and choosing to treat [More on back...](#)

Foods, Moods & Nutrition

Stay Energized with 4 Healthy Snack Ideas

It's one thing to eat healthy at mealtimes, but snacking healthfully can be just as important. The best snack for you is the one that tastes good and keeps you feeling energized between meals, such as:

HANDFUL OF NUTS: Nuts are full of healthy fats and protein, which help stabilize blood sugar levels. To satisfy salt cravings, try tamarind almonds instead of pre-salted blends.

VEGGIES AND DIP: Carrots, celery, broccoli, tomato, cucumber and cauliflower are just a few of veggies you can dip. For healthy dips, try hummus, guacamole, baba ghanoush or bean dip.

APPLE WITH ALMOND BUTTER: Salty and sweet, this combo is a winner. The fiber of the apple and the protein of the almond butter help you to feel full and energized.

YOGURT AND BERRIES: Live yogurt has probiotics that help keep your gut healthy. Berries add sweetness along with nutrients that support your blood vessels' health.

Tired of Being Tired?

It's not you. It's your hormones!

Come to our fun, informative event to learn more about your options regarding bio-identical hormone replacement therapy.

BRING A FRIEND. WINE. SNACKS. LAUGHS INCLUDED.

- 8/20 Bloom Natural Health with Dr. Ward, ND
- 9/17 All About Me Medical Spa with Dr. Cole, DO
- 9/25 Hebe Salon with Dr. Ward, ND
- 10/1 Evolve Physical Fitness with Dr. Farnesi, MD
- 10/16 Center for Health & Wellbeing with Dr. Gray, MD
- 10/22 Spa Velia with Dr. Deckert, DO and Dr. Krieg, DO

REGISTER AT WWW.EVENTBRITE.COM TODAY!

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Tip of the Month: *continued...* with an injection vs oral supplementation. Taking this vital supplement orally is fine for some patients, but many people don't have optimal "gut" health. If the gut isn't healthy you can't absorb well and your B-12 level can continue to drop. When given in injectable form, we by-pass the gut and any absorption issues.

Ask the Pharmacist: *continued* after using it that you were actually paying for the pretty packaging and not what's actually in the bottle? Perhaps what you really wanted was prescription only skincare. With prescription only skincare we can use ingredients, clinical strengths and combinations that you can't get over the counter. La Vita's prices are comparable or lower than over the counter products. Imagine having skincare products personalized for your unique skincare needs. Ask your physician about customized prescription skincare!

For more information, visit lavitarx.com