

Community Health



High
Deductibles?
No
Insurance?

If you are struggling to make ends meet, CHSLV's financial assistance program will help ease the burden. It's based on federal poverty guidelines, and depending on your income and insurance, you might be eligible to pay a minimum fee.

CHSLV has been offering the program since 2006. The aid can be used for doctor's visits at Stowe Family Practice, Morrisville Family Health Care, Behavioral Health & Wellness Center, Community Dental Clinic, Applesed Pediatrics, the Neurology Clinic, and for

CHSLV's financial assistance program may be able to help you

prescription drugs at the Community Health Pharmacy.

It's easy to find out if you qualify for assistance and how much you qualify for. Go to www.chslv.org and click on Financial Assistance at the top right of the page.

Step 1: Use the calculator to see if you are eligible for assistance.

Step 2: Print and complete the simple, one-page application form (it doesn't take long).

Step 3: Bring the form with you to your next appointment, along with proof of income. You can also pick up a form at your

doctor's office and have someone there help you fill it out.

Remember, you must bring the form with you to your next health care visit, along with proof of income. If you qualify, financial assistance may start with that visit. The form must be updated periodically, depending on your insurance and changes in income. (Note: the program is not retroactive and starts when you submit the form and proof of income.)

CHSLV's mission is to ensure that residents of Lamoille County have access to high-quality, timely, comprehensive health care at a price they can afford. Their financial assistance program is one of the many ways they are helping patients get the health care they need.

Your prescriptions - delivered to your mailbox



Community Health Pharmacy is primarily a mail-order pharmacy located in Colchester, where walk-ins are welcome. But why drive all the way to Colchester when you can have your drugs conveniently delivered right to your mailbox?

Community Health Pharmacy is wholly Vermont-owned and operated. Its owners are several FQHCs in Northwest Vermont, including CHSLV. Only patients whose prescriptions are written by medical providers within this group can receive their prescriptions from Community Health Pharmacy.

Jennifer Browe, PharmD., is the managing pharmacist at Community Health Pharmacy. She is the go-to person for all of your questions about any of the prescription drugs you are or will be taking. She works with one other pharmacist who is part time, and a staff of pharmacy technicians who are also knowledgeable and well-versed in pharmaceuticals.

"We operate the pharmacy with the traditional Vermont philosophy of helping out the best way we can," says Browe, a native Vermonter who grew up in Shaftsbury, a small town in south/central Vermont.

Community Health Pharmacy is federally funded so that patients have access to affordable medication. They accept most major insurance plans, including Medicaid, Medicare Part D, and commercial insurances. Discounted

medications are available for patients with no insurance, and they offer competitive pricing when you pay with cash. The pharmacy stocks all of the common medications and can order specialty medications for delivery the next business day. A modest selection of over-the-counter meds, including cough and cold, first aid, vitamins, and digestive aids are available as well. More information is available at communityhealthpharmacy.org, or call 888-669-9017.



Community
Health
Pharmacy



Jennifer Browe, PharmD

Lose weight fast without diet or exercise!

...and other misleading messages about nutrition

Weight loss is a \$60 billion a year industry. And what do we have to show for it? The diet industry will say anything to get you to buy their products.

The average American spends \$800 a year for diet products, supplements, and meal replacements. Why? Because losing weight and being healthier is important to us.

We are always looking for solutions to make weight loss happen. The problem is that fad diets are designed to give us a false sense of hope. They are designed to create fast weight loss in a short amount of time. They are not designed to help us keep the weight off. Once the weight starts to come back on, we try another diet. Ca-ching!

Yet \$60 billion is small change compared to the \$100-billion junk-food industry and \$300-billion fast-food industry.

Many people find junk foods and fast foods quick, easy, and affordable. But consider this: the average American spends \$1,200 a year on fast food, or \$23 a week. They would be better off spending that \$23 on healthy food. Many people find the alternative, like fruits and vegetables, to be expensive, and certainly some varieties in certain seasons can be, but the average family only spends about \$8 a week on fruits and vegetables. As for waste, they throw out about \$12 a week.

So, what can we do to save money and eat healthy? Here are a few suggestions:



Lamoille County has free wellness programs, including Healthy Living Workshops for people with diabetes, and other workshop for those dealing with pain. There is also a Diabetes Prevention Program, a weight-loss program to help prevent diabetes.

For more information on local wellness

programs contact Erica Coats, regional coordinator for the Community Health Team, at 802-253-9171.

You can lose weight fast or you can lose it for life. Which will you choose?

- If it sounds too good to be true it probably is.
- Consider where the message is coming from, such as a product or program you need to purchase.
- Ask yourself if a particular diet or product is something you can see yourself continuing indefinitely.
- Spend 15 minutes planning meals and making a grocery list for the week to avoid wasting food.
- Foster a healthy environment for the next generation—turn off the TV and phones, sit down for family meals.
- Understand that the average weight loss is 1 to 2 pounds a week, which sounds slow, but look at the big picture: 52-104 pounds a year!
- Look for free programs that promote wellness and a healthy weight in your community

Katie Myerson is a registered dietitian/nutritionist and certified diabetes educator on the Community Health Team. She is based out of Stowe Family Practice.

