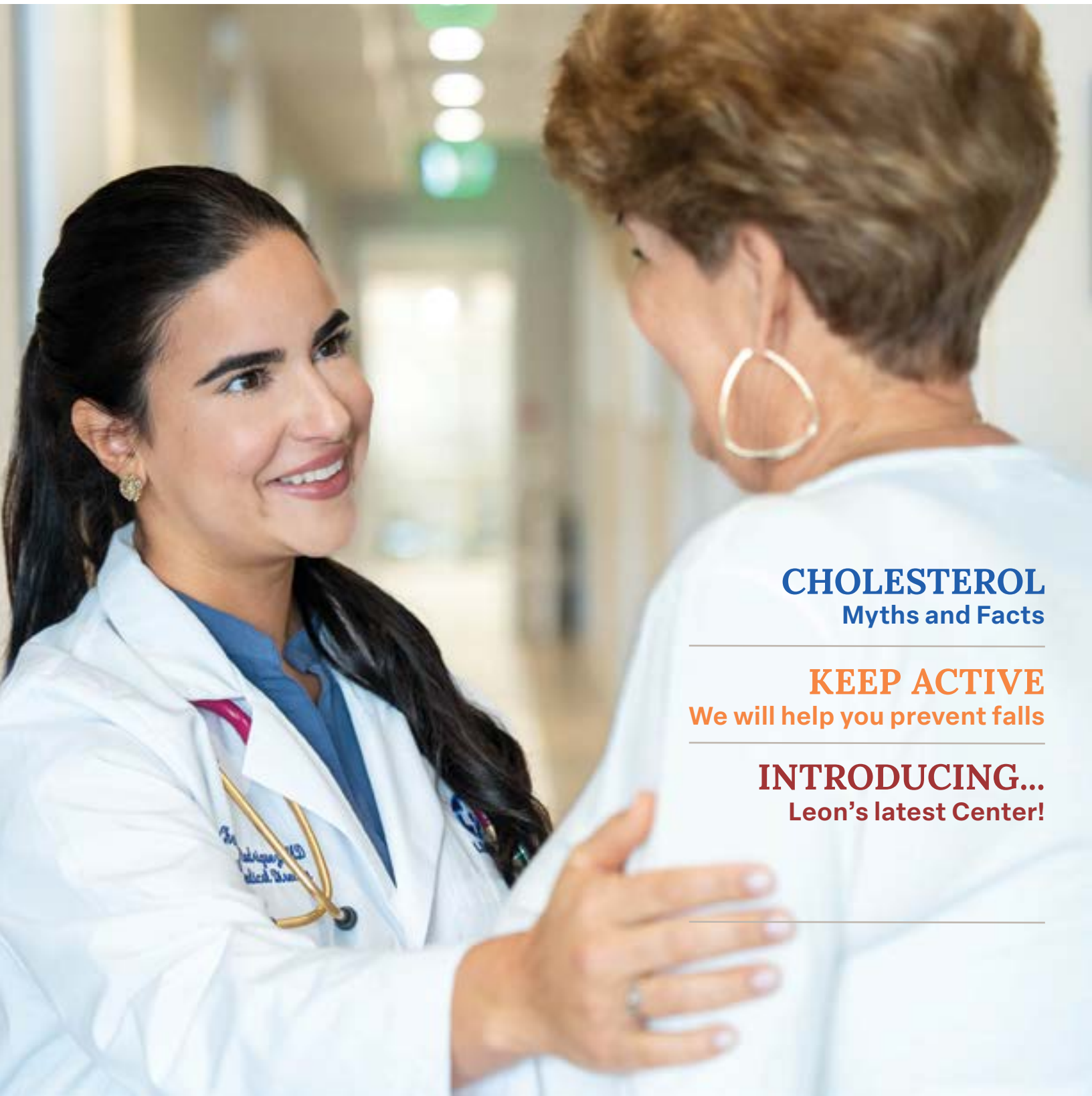


MUCHA *Salud*

An informational magazine for  LEON patients



CHOLESTEROL
Myths and Facts

KEEP ACTIVE
We will help you prevent falls

INTRODUCING...
Leon's latest Center!



A letter from our President & CEO

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 preparing for this year's Annual Enrollment Period (AEP) which starts October 15th and extends through December 7th.

We encourage you to prepare for the upcoming AEP.

Here are a few highlights and tips to consider:

- You will receive an Annual Notice of Change with updates to your current **Leon Health** plan—Leon MediExtra, Leon MediDual or Leon MediMore.
- Please take time to review the 2024 benefits to better understand the changes and improvements we have added for the wellbeing of all our members next year.
- Our licensed team of Benefit Consultants will be available to answer any questions you may have about Leon services and 2024 Leon Health plans benefits.

This coming year represents Leon Health's 3rd 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 2024!

And special news about your LeonPlus card for this year... You asked and we are responding!

We are now offering you more choices with your LeonPlus card.

Effective October 1st, 2023, LeonPlus will be accepted at de Walmart Neighborhood Market, Fresco Y Más, Winn Dixie and Sedano's Supermarkets!

Finally, I did not want to miss this opportunity to tell you the following:

Leon Health has received a 5-star rating from the Centers for Medicare and Medicaid (CMS) for 2024 for our quality and service!

We owe this great achievement to each one of you, our patients, who have placed their trust in us. 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.

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.

Best regards,

Albert Maury
President, Chief Executive Officer



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meant to inform, in an

entertaining and instructive

way, about health and

medical topics, as well as

the events and activities

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Cholesterol **MYTHS** **FACTS**

You don't need your cholesterol checked until you've reached middle age.

The American Heart Association (AHA) recommends checking cholesterol levels on young adults without other risk factors or a family history of early heart disease. After age 20, your health care professional will recheck your cholesterol and other risk factors every four to six years as long as your risk remains low.

Only overweight and obese people have high cholesterol.

People of any body type can have high cholesterol. Being overweight or obese increases your chances of having high cholesterol but being thin doesn't protect you. Regardless of your weight, diet, and level of physical activity, you should have your cholesterol checked on a regular basis.

Having high cholesterol is only a man's problem.

Although atherosclerosis typically occurs later in women than in men, CVD remains the leading cause of death in women. Health care professionals should consider women' specific conditions, such as premature menopause (less than age 40) and pregnancy' associated conditions, when discussing their cholesterol levels and potential treatment options.

If your health care professional hasn't mentioned your cholesterol levels, you're OK.

Ask your health care professional to conduct a cholesterol test, assess your risk factors and determine your risk for heart attack or stroke. Your health care professional should assess your lifetime risk. If you're between 40 and 75, ask your healthcare provider to assess your 10-year risk. If your risks are high, lifestyle changes and statin medication may help manage your risk.

Your cholesterol level is a result of your diet and physical activity level.

True, diet and physical activity affect your cholesterol, but they are not the only factors. Getting older and being overweight or obese also impact your cholesterol levels. Some people are born with high cholesterol that they've inherited from their parents. It is very important to eat a heart-healthy diet and get plenty of moderate intensity physical activity to reduce your risk of heart attack or stroke.

Taking cholesterol medicines means you don't have to make diet and lifestyle changes.

It's important to take your medicines exactly as they're prescribed. The best ways to reduce your risk of heart disease and stroke are to eat a heart-healthy diet and include regular physical activity in your weekly routine. 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous activity, or a combination, spread throughout the week.

13 Tips To Keep Your Bladder Healthy

People rarely talk about bladder health, but everyone is affected by it. Located in the lower abdomen, the bladder is a hollow organ, much like a balloon, that stores urine. Urine contains waste and extra fluid left over after the body takes what it needs from what we eat and drink.

As people get older, the bladder changes. The elastic bladder tissue may toughen and become less stretchy. A less flexible bladder cannot hold as much urine as before and might make you go to the bathroom more often. The bladder wall and pelvic floor muscles may weaken, making it harder to empty the bladder fully and causing urine to leak.

While you can't control everything that affects your bladder, here are 15 steps you can take to keep it as healthy as possible:

1. Use the bathroom often and when needed. Holding urine in your bladder for too long can weaken your bladder muscles and make a bladder infection more likely.

2. Be in a relaxed position while urinating. Relaxing the muscles around the bladder will make it easier to empty the bladder.

3. Take enough time to fully empty the bladder when urinating. Rushing may not allow you to empty the bladder. If urine stays in the bladder, it can make a bladder infection.

4. Wipe from front to back after using the toilet. Women

should wipe from front to back to keep gut bacteria from getting into the urethra. This step is most important after a bowel movement.

5. Wear cotton underwear and loose-fitting clothes. Wearing loose, cotton clothing will help keep the area around the urethra dry.

6. Exercise regularly. Physical activity can help prevent bladder problems as well as constipation. It can also help maintain a healthy weight.

7. Keep a healthy weight. People who are overweight may be at higher risk for leaking urine.

8. Watch what you eat. Some people with bladder problems find that some foods and drinks, such as sodas, artificial sweeteners, spicy foods, citrus fruits and juices, and tomato-based foods, make bladder problems worse.

9. Drink enough fluids, especially water. It is important that you are drinking enough. How much water you need can vary based on your size, activity level, and where you live. In general, drink enough fluids so that you need to urinate every few hours.

10. Limit alcohol and caffeine.

Alcohol can make bladder problems worse. Caffeinated drinks can bother the bladder and increase symptoms such as frequent or urgent need to urinate. Cutting down may help.

11. Avoid constipation. Too much stool built up in the colon, called constipation, can put pressure on the bladder and keep it from expanding the way it should.

12. Quit smoking. Bladder problems are more common among people who smoke.

13. Know your medications. Some medications may make it more likely for your bladder to leak urine.

Talk to your health care provider during your next visit if you have urinary incontinence or any signs of a bladder problem.



Exercise Program to

Prevent Falls and Fragility

You should do these exercises at least 5 times per week.
We suggest seeing a doctor before engaging in this exercise program. Please talk to your doctor about any contraindications. If your doctor has told you not to engage in physical activity or exercise, please wait until your doctor gives you the all-clear to start exercising and ask if you could do the exercises illustrated here.

Leg Extension

Seated, straighten your knee as much as you can. Repeat 10 times, rest for 1 minute and if you can, do 3 sets of 10 repetitions with each leg.



Sit to Stand

Press your feet firmly on the floor and stand up from a chair (use the armrests if needed). Repeat 10 times, rest for 1 minute and if you can, do 3 sets of 10 repetitions each.



Mini Squat

In standing, while holding the back of a chair that is resting against a wall to avoid having it move, slightly bend your knees as if sitting. Repeat 10 times, rest for 1 minute and if you can, do 3 sets of 10 repetitions each.



March in Place

In Standing, while holding on to a wall, move your legs in alternating fashion as if you are “marching in place”. Repeat 10 times, rest for 1 minute and if you can, do 3 sets of 10 repetitions each.



Calf Raises

In standing, while holding the back of a chair that is resting against the wall to avoid having it move, raise your heels off the floor balancing on your toes for 5 seconds. Repeat 10 times, rest for 1 minute and if you can, do a 3 sets of 10 repetitions each.



Walk

Walk for 5 minutes intervals, resting if necessary, until you can do 15 minutes without stopping to rest. Increase gradually. Your goal is to walk 30 minutes, continuously at least once a day.



Visit our Healthy Living Centers

Coming Soon... PHASE 2

Leon Medical Centers in Homestead



Benjamin León Jr.

**Leon Medical Centers
Chairman and Founder
Benjamin León, Jr., elected
officials and community
leaders held a project
commencement ceremony
to officially kick off the
work on a state-of-the-art
Leon Medical Centers in
Homestead.**

The multi-million dollar facility is expected to generate around 200 jobs and provide a much needed option to meet the demands of a growing population moving into the area. The new 49,000-square-foot center promises to be one of the largest and most modern healthcare facilities in Miami-Dade County and will include primary, specialty and urgent care services, in-house pharmacy, fitness and wellness center, diagnostics, lab, dental, eyecare, and spacious waiting rooms and offices wired with the latest technology to serve the needs of the community.

"Our philosophy has always been to offer personal attention at all times by treating patients like they were our own family," said Benjamin León, Jr. "This cutting-edge facility will provide our patients with everything they need in healthcare under one roof. They can see a doctor or dentist, get lab work, fill a prescription, get their eyesight checked, or improve their physical conditioning at our 'Healthy Living Center,' all while getting the

attention, care and compassion that Leon Medical Centers is known for."

Leon Medical Centers currently operates at its Phase 1 Center at 1440 NE 8th Street in Homestead, which will continue to offer comprehensive services until the opening of the new supercenter.

At today's event, Mr. León was joined by executives and physician leaders of Leon Medical Centers, including Caridad Bello, the Administrator of LMC Homestead, and Dr. Christina Rodriguez, the Homestead Center's Medical Director.



Dr. Cristina Rodriguez and Caridad Bello

"I'm honored to practice my vocation at Leon Medical Centers where I have all the necessary tools to deliver on our commitment to medical excellence," said Dr. Rodriguez. "I encourage the residents of Homestead and the greater South Dade area to drop by and meet us at our current location and consider entrusting their healthcare needs to Leon Medical Centers."

"This Homestead supercenter will set the standard for all other healthcare facilities," Bello added. "But, it's only as good as the personal attention and care we offer. I can assure you that our patients will feel welcomed from the time they walk in. They will understand why personal attention is synonymous with Leon Medical Centers."

The new, or Phase 2 supercenter will be constructed at 2250 NE 8th Street, Homestead, the former address of the Flagship Cinema. The plan is to keep the walls of the structure but renovate, remodel and retrofit the interior to accommodate the medical equipment and needs of LMC. It is expected to contribute to the area's economic development by, not only providing job opportunities, but by preserving and increasing property values. The work is scheduled to be completed by the fall of 2024.

Once opened, the center will provide world-class medical service by a fully bilingual staff and physicians. to nearly 6,000 Medicare patients throughout the City of Homestead and South Dade area, operate 7 days a week, and offer complimentary transportation. For more information on Leon Medical Centers contact 305-642-5366 or search <https://leonmedicalcenters.com/>.



LEFT TO RIGHT

Dr. Cristina Rodriguez, Albert Maury, Homestead's Major Steven D. Losner, Benjamin León Jr., Benjamin León III, Michael Shealy, Caridad Bello

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 and opting-out options for plan business phone calls.



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 Medicaid/MMP plan enrollees to talk about its Medicare products.
- Agents of 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.



What is the Medicare Health Outcome Survey?

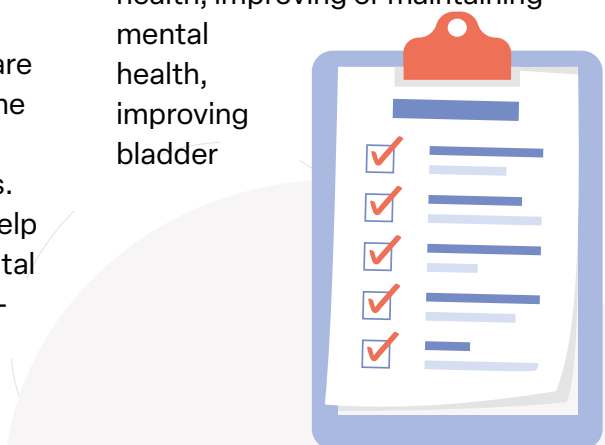
The Center for Medicare & Medicaid Services (CMS) require that Medicare Advantage (MA) plans conduct the Health Outcome Survey annually. It is a self-reported health survey, that evaluates the care that members receive. It is a key part of the Medicare Star Rating quality improvement program.

As part of our efforts at Leon Health to provide you with the highest quality of care the Medicare Health Outcome Survey has been sent out to randomly selected members. The HOS has been used to help assess the physical and mental health outcomes and health-related quality of life of our members, including how those change over a 2 year

period, members are offered a follow-up survey.

How will I receive the survey? The HOS is sent out in the mail, with a telephone follow-up.

What type of health questions will the survey have? The survey includes measures such as improving or maintaining physical health, monitoring physical health, improving or maintaining mental health, improving bladder



control, and reducing the risk of falling.

Is the HOS required? The HOS is voluntary and we invite you to take the survey between July 24th and its due by November 1st, 2023.

Can someone help if I have more questions? For more information about the HOS survey please call our member services team 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 through September 30th.

We value your feedback!

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 receive a complete medication review in which the members receive personalized consultation about their medications, side effects and conditions. The clinical pharmacists and their team help patients manage their conditions

with the drugs they take and answer medication related questions for members. Members receive a Personal Medication List with the medications discussed and a Medication Action Plan with points to discuss with their prescribers as needed. Prescribers may receive mail, fax or calls regarding recommendations for medication therapies that may be appropriate for their patients.



ARM YOURSELF

against the flu and more!

It's common knowledge that getting a flu shot can help ward off the flu virus. But the vaccine may also arm you in ways you haven't considered,

Especially if you...



...have heart disease

Research shows that a flu shot can be a literal lifesaver for people who have or are at high risk for heart disease. Avoiding the flu can lower the chance of heart attack, stroke or heart failure.

... are a grandparent

Children are often called “germ super spreaders” because they can easily infect others, including grandparents who may be more vulnerable. Children are also at greater risk of getting the flu themselves. Protect yourself and your loved ones by getting your flu shot.

... want to avoid a hospital visit

If you come down with the flu, it lowers your immunity, which can make you prone to bacterial infections, especially in the respiratory tract. That can lead to pneumonia, which is a serious health issue that could land you in the hospital.

... want less downtime

if you do get sick

The flu shot is the best form of protection against the flu, but it's not perfect. It's designed to work against certain strains of virus, which can change. And it can take around two weeks to fully kick in. However, even if the shot the flu altogether, it might lessen its impact and reduce your sick time.



... are worried about the cost

Your flu shot is free! Leon Health covers the cost of the shot once a year.

Have you had both pneumonia shots?

There are two shots that guard against pneumonia and other serious infections like meningitis: PCV13 and PPSV23. Adults age 65 and older are advised to have both, about six months apart. If you haven't had your shots or can't remember if you have, talk to your doctor.

THE SECRET OF PLANTS

Succulents and how to take care of them

by Bertila Ramos

Succulent plants are those that have the ability to reserve water in their leaves, stems, and roots, so they can go a longer period without being watered.

Soil: One part of coarse sand, two parts of top soil and two parts of pumice stone in very small pieces.

Many succulents can be planted in the special mix for potted houseplants, but most importantly it drains well.

Irrigation: Always wait for the soil to dry out completely,

however, in spring and summer they are growing, so they require slightly more frequent watering than in autumn and winter. When you water them, avoid wetting the plant, never forget that it is better to water deeply and wait for the soil to dry out completely, rather than frequent and shallow watering.

Light: When buying cacti or succulents, ask about the required light exposure because some can grow in full sun, others in partial sun, the same would be for succulents and the latter could grow many of them in total shade and inside the house always in the window on the east side.

Fertilization: This can be granulated with a slow release of nutrients or soluble in water such as 20-20-20 and the best

months to fertilize would be spring and summer as it is in growth activity.

Change of pot: In the same way as the recommendation for all plants that grow in pots and always observing that if their root system begins to emerge from the bottom of the pot, it is indicating a change. Always remember that the pot must have holes in its base so that the irrigation water can drain completely.

With these plants and especially succulents you can make very beautiful decorations such as hanging baskets, pots worked with combinations of different varieties and stone to give them a touch of elegance.



Everyone who comes to Leon
Immediately knows
That he dreamed of having a bird
And was given an airplane instead.

By comparison,
There is no other center like it,
And it is not coincidental
That nothing is impossible here
For the undisputed king
Of personal attention.

And if it is quality of life
that you are going to compare,
come and I will show you
the best in Florida.

Leon keeps alive
the star in the heart,
there is no comparison.

Yes, in health and good treatment
In Miami there are many cats,
But there is ONLY ONE LEON.

Reynaldo Figueroa Gonzalez
Driver at Bird Road Center



You asked and we listened!

- **We are now offering you more choices with your LeonPlus card.**
- **Effective October 1st, 2023, LeonPlus will be accepted at Walmart neighborhood markets, Fresco Y Mas, Winn Dixie and Sedanos.**

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.

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LEON *licious*

Love starts in the kitchen...
and goes straight to the heart!

Roast Chicken & Sweet Potato



Healthy chicken and sweet potato recipes are always a delicious and reliable choice for dinner. This low-calorie sheet-pan meal combines chicken thighs and sweet potatoes and cooks up fast in a very hot oven. Serve with a fall salad of mixed greens, sliced apples and blue cheese.

Ingredients:

- 2 tablespoons whole-grain or Dijon mustard
- 2 tablespoons chopped fresh thyme or 2 teaspoons dried
- 2 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1½ - 2 pounds bone-in chicken thighs, skin removed
- 2 sweet potatoes, peeled and cut into 1-inch pieces
- 1 large red onion, cut into 1-inch wedges

Directions:

STEP 1

Combine mustard, thyme, 1 tablespoon oil and 1/4 teaspoon each salt and pepper in a small bowl; spread the mixture evenly on chicken.

STEP 2

Toss sweet potatoes and onion in a bowl with the remaining 1 tablespoon oil and 1/4 teaspoon each salt and pepper. Carefully remove the baking sheet from the oven and spread the vegetables on it. Place the chicken on top of the vegetables.

STEP 3

Return the pan to the oven and roast, stirring the vegetables once halfway through, until the vegetables are tender and beginning to brown and an instant-read thermometer inserted into a chicken thigh registers 165 degrees F, 30 to 35 minutes.

Nutrition Facts (per serving)

408 Calories; 17g Fat ; 34g Carbs. 27g Protein

1, Register!

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

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.**

- 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.

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

Be part of the latest electronic health record system and stay connected to our medical staff from wherever you are.

MyLEON

Let's

PLAY!



50's & 60's TRIVIA

HISTORY

- 1 - Which president of the United States was in office from Jan. 20, 1953 to Jan. 20, 1961?
- 2 - What was the name of the first satellite launched into orbit by Russia in 1957?
- 3 - Who overthrew Fulgencio Batista in 1959 and became dictator of Cuba?
- 4 - What was the name of the conflict in 1961 in which CIA-trained forces tried, but failed to invade Cuba and overthrow Fidel Castro?
- 5 - What famous explorer first climbed Mount Everest in 1953?
- 6 - Name of the woman who refused to give up her seat on a bus in Montgomery, Alabama in 1955?

MUSIC

- 1 - Which famous song sung by Doris Day was introduced in the 1956 Hitchcock thriller, The Man Who Knew Too Much?
- 2 - Which smoky-voiced singer sang Too Young in 1951?
- 3 - What Cleveland disc jockey first used the term "Rock N Roll" in 1951?
- 4 - Tony and Maria were the lead characters in what Broadway musical that premiered in 1957?
- 5 - Who recorded Rock Around the Clock in 1955?
- 6 - Which aspiring rock and roll singer appeared on the Ed Sullivan show in 1956, but could only be shown from the waist up?

MOVIES

- 1 - Which actor won the Oscar for Best Actor for his role in the 1962 film To Kill a Mockingbird?
- 2 - Who played the role of Norman Bates in the 1960 horror movie, Psycho?
- 3 - What was the name of Butch Cassidy's gang in Butch Cassidy and the Sundance Kid?
- 4 - What type of airplane appears in Dr. Strange/ave?
- 5 - Who landed at 17 Cherry Tree Lane in a well-known Walt Disney movie from 1964?
- 6 - What famous actor starred in Lilies of the Field and Guess Who's Coming to Dinner?

POP CULTURE

- 1 - Which young star from the movie Rebel Without a Cause died in an automobile accident in 1955?
- 2 - Eating what type of live fish became popular in the 1950s?
- 3 - Which iconic blonde actress, and rumored lover of President John F. Kennedy, was found dead in her bedroom August 5, 1962?
- 4 - Which former first lady married Greek shipping tycoon Aristotle Onassis October 20, 1968?
- 5 - In which year did the Woodstock Festival take place?
- 6 - What was this famous boxer's name before he changed it to Muhammad Ali?

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:</p> <p>I ALREADY PREPARED MY ADVANCE DIRECTIVES</p> <p>My name _____</p> <p>My date of birth _____</p> <p>My phone _____</p> <p>My doctor _____</p> <p>Doctor's phone _____</p>	<p>A copy of my Advance Directives can be found:</p> <p>_____</p> <p>Other copies are with:</p> <p>Name _____</p> <p>Phone _____</p> <p>Name _____</p> <p>Phone _____</p>
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SOCIAL SERVICES AND ECONOMICAL ASSISTANCE

ASK US TO SEE IF YOU QUALIFY **305.642.5366**

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 too; 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 community partnership says Efrain Monzon Vice President of Strategic Partnerships & Engagement at Leon Medical Centers, 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.

**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.



@LEONMEDICALCENTERS



leon.medical



@LeonMedical



Leon Medical Centers

GAME ANSWERS:

HISTORY

- 1 - Dwight D. Eisenhower
- 2 - Sputnik
- 3 - Fidel Castro
- 4 - Bay of Pigs
- 5 - Sir Edmund Hillary
- 6 - Rosa Parks

MUSIC

- 1 - Que Sera Sera
- 2 - Nat King Cole
- 3 - Alan Freed
- 4 - West Side Story
- 5 - Bill Haley and the Comets
- 6 - Elvis Presley



MOVIES

- 1 - Gregory Peck
- 2 - Anthony Perkins
- 3 - Hole in the Wall Gang
- 4 - Boeing B-52
- 5 - Mary Poppins
- 6 - Sidney Poitier

POP CULTURE

- 1 - James Dean
- 2 - Goldfish
- 3 - Marilyn Monroe
- 4 - Jacqueline Kennedy Onassis
- 5 - 1969
- 6 - Cassius Clay



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Miami, FL
Permit #2332**

Leon Health, Inc. is an HMO with a Medicare contract. Enrollment in Leon Health, Inc. depends on contract renewal. The benefits mentioned are a part of a special supplemental program for the chronically ill. Not all members qualify. Medicare approved Leon Health, Inc. (HMO)(D-SNP) to provide these benefits and/or lower copayments/co-insurance as part of the Value-Based Insurance Design program. This program lets Medicare try new ways to improve Medicare Advantage plans. Eligibility for the Model Benefit or Reward and Incentives Program (RI program) under the VBID Model is not assured and will be determined by Leon Health, Inc. (HMO)(D-SNP), based on relevant eligibility criteria tied to each individual's socioeconomic status/level of low-income subsidy (LIS). Benefit must be utilized through the Leon Plus card at the point of transaction and not submitted for reimbursement. Unused amounts expire at the end of each month. Purchases may only be made via an approved vendor. Every year, Medicare evaluates plans based on a 5-star rating system.