

# AMS NEWSLETTER



## December 2018

It is our mission to provide the highest quality of medical products and personal service to all customers!

We strive to help our customers live better! We take pride in working with our customers to meet their needs and in turn enhance their ability to live independently.

# Arkansas Medical Supply

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## Calendar of Events

- o Office will be closed for Christmas 24<sup>th</sup>-25<sup>th</sup>
- o Hanukkah is the 2<sup>nd</sup>-10<sup>th</sup>
- o Kwanzaa begins on the 26<sup>th</sup>
- o First Day of winter - 21<sup>st</sup>

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 CLOSED	25 CLOSED	26	27	28	29
30	31					


### MAKE A COUNTDOWN TO SANTA!

- You will need Piece of white paper, markers, and cotton balls
- Directions: Draw the face of Santa: get creative he can wear whatever you want
- Draw numbers in his beard.
- As the days go bye tape or glue the cotton ball on the date! Visit [www.architecturendesign.net](http://www.architecturendesign.net) for more



## Attention Medicare Customers:

By now you should have received your new Medicare cards in the mail. We need a copy of your card for your file. If you have not received your Medicare card you need to call 1-800—Medicare to get your new card and number. If you have received your new card be sure to destroy the old card AND notify all Doctors, providers and caregivers the new information. **Please mail or email Arkansas Medical Supply a copy front and back of your NEW Medicare card.** If you need help please call the office at 501-227-8220 you can request a stamped envelope and we will send you one. Knowing this information will help us get you your supplies on time.

 <b>MEDICARE HEALTH INSURANCE</b>	
Name/Nombre <b>JOHN L SMITH</b>	
Medicare Number/Número de Medicare <b>1EG4-TE5-MK72</b>	
Entitled to/Con derecho a	Coverage starts/Cobertura empieza
<b>HOSPITAL (PART A)</b>	<b>03-01-2016</b>
<b>MEDICAL (PART B)</b>	<b>03-01-2016</b>

Tip: The new Medicare ID has NUMBERS and LETTERS

# Take charge of your health care!

The Basics: When you play an active role in your health care, you can improve the quality of the care that you and your family get. Start by speaking up and asking questions at the doctor's office.

Health care is a team effort, and you are the most important member of the team. Your team also includes doctors, nurses, pharmacists, and insurance providers and us here at Arkansas Medical Supply.

Keep track of important health information.- Keeping all your health information in one place will make it easier to manage your health care. Take this information with you to every medical appointment.

See a doctor regularly for checkups. Getting regular checkups with your doctor or nurse can help you stay healthy.

Know your family's health history. Your family's health history is an important part of your personal health record.

Be prepared for medical appointments. Write down any questions you have about your health. Take the list with you to your doctor, nurse, or pharmacist. Be sure to talk about any changes since your last visit.

For more information visit [HealthFinder.gov](http://HealthFinder.gov) and [Medicare.org](http://Medicare.org)

Follow up after your appointment-This is one of the most important steps. It can take time and hard work to make the healthy changes you talked about with your doctor or nurse. Remember to:

- Call if you have any questions or side effects from medicine.
- Schedule follow-up appointments for tests or lab work, as needed.
- Contact the doctor to get your test results.