



## August Birthdays

Ruth Williams  
Kathleen Munyer  
Teresa Parker  
Jack Sharpe  
Delores Fazekas  
Joanne Peat  
Margaret Flores  
William Greenwall  
Hans Noordhoorn  
Linda Winslow  
Rogelio Jacobo  
Marion Sandu  
Ralph Vinje  
Sandra Ayres  
Marie Matthys  
Jack Whidden  
Rosalee Carney  
William Pansegrau  
Shirley Duffy  
Dorothy Smith  
Eileen Mulcahy  
Jerry Smith  
Georgeanna Yoder  
Elizabeth Tritschler  
Sharon Munster  
Marvin Munster  
Renate Shein  
Charlene Wilson  
Donald Vaughan  
Dolores Fry  
Charles Koludrovic  
Richard Knudson  
Joesph Oviatt  
Emma Noriega  
Donald Clute  
Diana Aruffo  
Terence Collins  
Ava Mayne  
Sharon Hewitt  
Thomas Deans  
Tom Markel  
Jane Markel  
Marilyn Escher  
Sharon Provence  
Grete Templeton  
Roxana Corbett  
Sandra Pettit  
Barbara Foster  
Susan Blitz  
James Murphy  
Jaqueline  
Schloeder  
John Giffin  
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# HEALTHY NEWS

## HEARING AIDS NOW AVAILABLE

### **BREAKING NEWS: Jeff Wetzel of Healthy News and North County**

**Audiology Have Agreement On UnitedHealthcare Hearing Aids.** On July 10th, 2013 Jeff Wetzel with UnitedHealthcare and Dr. Kenneth Podlenski of North County Audiology have agreed to terms to use the UnitedHealthcare hearing aids. These hearing aids range in price from **\$340 for behind-the-ear or \$390** for in-the-ear style hearing aids. The reason we have unable to recommend the hearing aids in the past has been the need for a professional audiologist to take the new hearing aids and have them fine tuned before they are able to be used everyday. Through the power of the large membership of Health News readers, Dr. Podlenski has agreed to service and fine tune the UnitedHealthcare discounted hearing aids at a reduced rate. In order to qualify for Dr Podlenski's reduced rate:

- 1. Be a Healthy News Member**
- 2. Have Jeff Wetzel as your agent of record.**

Dr. Ken Podlenski has been serving North County San Diego for over 20 years. North County Audiology has won the Union Tribune's "Readers Choice Awards" for Best Audiologist. Having received his Doctor of Audiology from the University of Florida, Dr. Podlenski has spent years building long term trust and excels in taking care of the patient needs and finding the appropriate hearing solutions.

Terms of the agreement are as follows, North County Audiology will provide a Comprehensive hearing test for the reduced rate of \$110. This test is needed to program the hearing aids at the factory. The hearing aid will then be ordered and when they arrive, you return for your "Fine Tuning." The final step is the most critical and Dr. Podlenski has reduced his rate for fine tuning to \$30 for 15 minutes or \$50 for 30 minutes. (rarely does it take longer than 30 minutes) These hearing aids have a 45 day money back guarantee.

So \$110 for the test, \$340 for the hearing aid and \$50 for fine tuning, You can have a brand new hearing aid for \$500 fine tuned and ready to go. **As promised, Healthy News is there to bring value and trust to our members.**

North County Audiology is located at 12396 World Trade Drive Suite 205. San Diego CA 92128 (corner of Camino Del Norte and World Trade Drive. Big white 3 story building. Go to second floor and go left off of elevator to suite 205) Phone number is **858-674-1910 .....and tell them Jeff Wetzel sent you.**

**Congratulations Healthy News Members!!!**



## August Funnies

A golfer is walking down the road carrying his clubs when he sees an Arab being held up at gunpoint. He pulls out a wedge and smashes it over the back of the robber's head, knocking him unconscious.

"You probably saved my life," says the grateful Arab. "I am a member of the Saudi Royal Family and I have the power and money to give you anything you desire as a reward."

The golfer glances at his golf bag. "Some new golf clubs would be nice," he says. Two weeks later, the Sheikh's secretary calls him up. "We've got your golf clubs," she says, "but the Sheikh would like to apologize to you in advance: only three of them have swimming pools."



A man riding his Harley was riding along a California beach when suddenly the sky clouded above his head and, in a booming voice, the Lord said, 'Because you have tried to be faithful to me in all ways, I will grant you one wish.'

The biker pulled over and said, 'Build a bridge to Hawaii so I can ride over anytime I want.' The Lord said, 'Your request is materialistic, think of the enormous challenges for that kind of undertaking; the supports required reaching the bottom of the Pacific and the concrete and steel it would take! It will nearly exhaust several natural resources. I can do it, but it is hard for me to justify your desire for worldly things. Take a little more time and think of something that could possibly help mankind.'

The biker thought about it for a long time. Finally, he said, 'Lord, I wish that I and all men could understand women; I want to know how she feels inside, what she's thinking when she gives me the silent treatment, why she cries, what she means when she says nothing's wrong, and how I can make a woman truly happy.'

The Lord replied, 'You want two lanes or four on that bridge?'

### Beware of your lover

After a long night of making love, the guy notices a photo of another man, on the woman's nightstand by the bed.

He begins to worry. 'Is this your husband?' he nervously asks.

'No, silly,' she replies, snuggling up to him.

'Your boyfriend, then?' he continues. 'No, not at all,' she says, nibbling away at his ear. 'Is it your dad or your brother?' he inquires, hoping to be reassured.

'No, no, no! You are so hot when you're jealous!' she answers.

'Well, who in the heck is he, then?' he demands.

She whispers in his ear. 'That's me before the surgery.'



### Birthdays Cont:

- Lawrence Fimon
- George Roundtree
- Manuel Rezendes
- Gisela Probst
- Paula Albert
- Karen Thompson
- Pat Coburn
- Harriette Powell
- Martha Steffens
- Janice Bigelbach
- Juanita Harwood
- Donald Anderson
- Jens Edvarsen
- Patricia Wilson
- Nancy Wahlmann
- Thomas Percy
- Maria Garcia
- Jerry Maccini
- Lauro Gomez
- Cathy Clark
- Jim Lutes
- Diedre Oflaherty

### Congratulations to the 90 Plus Club

### Jens Edvarsen 97 Ralph Vinje 97

- Juanita Harwood 94
- Manuel Rezendes 93
- Gisela Probst 91
- Don Vaughan 91
- Jack Sharpe 90

Note that both Jens and Ralph were born on the same day 97 years ago!!

Happy Birthday to everyone in August. I hope you have a special day.



## UnitedHealthcare Leaving California

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I've received multiple calls about news that UnitedHealthcare is pulling out of California. **This Has NO Affect On UnitedHealthcare Medicare Members.** This is the individual under 65 market. UnitedHealthcare has about 8,000 member in all of California and with Obamacare being handled under **Coverca.com** there would be plenty of options for these folks.



UnitedHealthcare decided not to participate with Obamacare due to the fact that people with pre-existing conditions are expected to flood the market and United thought it best to sit the first round out and watch and see how it goes. They figured the first round of folks would be really expensive to cover and there were plenty of other insurance companies willing to take the risk. I think it's a smart move.

Your UnitedHealthcare Medicare plan is just fine. The scuttle butt is the 2014 plans premiums are staying the same but a few co-pays will be higher which is kind of expected.

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### **Negotiating for Lower Drug Prices**

Today, seniors and all patients in the United States pay significantly more for prescription drugs than people in other advanced countries. Yet unlike private insurance plans, Medicare is legally prohibited from negotiating with pharmaceutical companies to lower drug costs. Allowing Medicare to use the bargaining power of its 49 million beneficiaries to negotiate lower prescription drug prices, particularly for high-priced brand name drugs, could save money for seniors and reduce the cost of health care.

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### **Third most common cancer killer in U.S. often preventable**

Many people don't want to talk about their colon, but by age 50 or even earlier, it's a conversation everyone should have with their doctor.

Colorectal cancer affects 145,000 people each year and about 50,000 die from the disease. Fortunately, colorectal cancer is often preventable with proper screening. This type of cancer grows slowly, almost always starting with abnormal growth, or polyp, in the colon or rectum. During the early stages of the disease, most people don't notice symptoms. Polyps often take 10 years to become cancerous, so the goal is to find and remove them before that happens.

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### **Healthy News August Referral Tree**

I wanted to thank those that thought enough of me to refer their friends and family. It didn't seem enough to just say "thanks" so the Referral Tree is so I may thank those responsible properly.

**Jon Coats** referred **Jay Hansen**  
**Kay Bennet** referred **Diane Ferguson**  
**Lydia Persails** referred **Mike Moreno**  
**Bob Martin** referred **Connie Claus**



Giving a referral is the greatest compliment you can give. It allows me the opportunity to help someone that I would have never had without you. Thank You So Much !! I promise to give them the best service I can provide and make you proud.

## Glaucoma: Why should you care?

As the years pass, you might expect to have some vision problems. Maybe you need to hold the newspaper farther away to read it. Or you may have trouble reading the small print on restaurant menus. But there's a more serious issue to be aware of, too. As you age, you have a higher chance of developing glaucoma, which can rob you of your eyesight. The good news is that when caught and treated early, you can stop glaucoma-related vision loss. That's why it's so important to get regular eye exam that includes a glaucoma screening.

### What is It?

When you have glaucoma, fluid builds up in you eye. Over time, the pressure from this fluid harms your optic nerve, which could lead to blindness. Glaucoma is the second leading cause of blindness. And can develop with little or no warning.

### How's it Detected?

As part of a regular eye exam, your eye doctor will screen for glaucoma by doing several painless tests. The most common of these is the "puff-of-air" test to measure pressure inside the eye.

**There's No Cure for Glaucoma**, so finding it early is key to saving your vision for years to come. That's why it's so important to get a regular eye exam that includes a glaucoma screening.



## Healthy News Recommended Phone Numbers

**Dr. Roxanna Mashoon ....Dentist 858-451-0202 (Inquire about Healthy News Dental Plan)**

**Dr. Michael Novikoff .....Dentist 760-744-8314 (Only UnitedHealthcare Dentist I Recommend)**

**Dr. Ken Podlenski... Audiologist 858-674-1910 (Featured on front page)**

**Wolfgang Kranzle... Real Estate 760-737-9800 (Straight shooter and Healthy News Member)**

**Paulette Millander...Long Term Care 858-231-5186 (Expert in LTC)**

**Bill Chaffin... Investments 858-674-3900 (Vice President at Morgan Stanley)**

## Personal Notes:

Last month I was excited about the Healthy News Dental plan and this month with a terrific Audiologist onboard... Wow! I have hated telling you to wait on the hearing aids until things worked themselves out and now that all the pieces are in place, I expect everyone to have their finely tuned hearing aids ready to go for this October's open enrollment meetings.

Just a P.S. ....I'm working on a big meeting for Healthy News members around the first week in October. This will be a 'Sneak Peak' at the 2014 plans and I expect this event will draw 200-250 members and guests and be held in a Rancho Bernardo location. I hope to have all the Healthy News recommended doctors and professionals on hand and in person for you to meet.

If there was one event to bring your friends, neighbors and loved ones to, this would be it.

Stand by for future details as I have a boat to catch to Aruba first. I'll be back August 6th

rested and ready to take on the next adventure... I'm thinking we should have Chiropractor and Acupuncture doctors hooked up with the Healthy News team.... Do you know any good ones??

Aruba here I come!

Jeff Wetzel

#1 UnitedHealthcare Independent Agent San Diego County 2010-13

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