

# Appreciating the Beauty of Life

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The Medicare Annual Enrollment period ends on December 7 – don't go another year without SummaCare!



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## Proud to be Magnet® Redesignated

Summa Health System – Akron and St. Thomas Campuses have reached Magnet® Redesignation, granted by the American Nurses Credentialing Center, an honor shared with just 8% of hospitals in the country.



# Caring For a Nosebleed At Home



Nosebleeds are common. Some people may even have several over a few weeks. They usually occur when a small blood vessel inside the nose lining bursts and bleeds. Most nosebleeds cause only minor discomfort and do not require medical treatment.



**60%** of people experience a nosebleed during their lifetime.

Nosebleeds most commonly occur in **children** 2 to 10 years old and **elderly individuals** 50 to 80 years old.

Nosebleeds occur at any age, but are **2x as common in children.**

Only **10%** of nosebleeds are severe enough to warrant medical treatment.



## Care At Home

### Follow these simple steps:

1. Sit upright and bend slightly forward.
2. Use the thumb and forefinger to pinch the nose.
3. Squeeze firmly over the soft part of the nose just above the nostrils.
4. Hold for 10 minutes and then release the grip slowly.
5. Be prepared to repeat these steps until the bleeding stops.



## Common Causes

- Colds, flu, allergy or hay fever
- A bump or fall
- An object pushed up the nostril
- Nose-picking
- Constipation causing straining
- Fragile blood vessels
- Certain medications, such as blood thinners or anti-inflammatory tablets
- An infection of the lining of the nostrils, sinuses or adenoids
- A bleeding or clotting disorder (rare)



## Nosebleed Tips

- Stay calm. Crying may make the bleeding worse.
- Do not keep checking if the bleeding has stopped – the blood needs time to clot.
- Do not blow your nose once the bleeding has stopped, otherwise it may bleed again.
- Breathe through your mouth while your nostrils are pinched.
- Spit out any blood that comes into your mouth. Do not swallow it.
- Put a cold pack or cloth over your forehead or the bridge of your nose.

If the bleeding happens often, you may have an underlying issue. Talk to your primary care provider or a Summa Health ENT specialist at **877.201.1042.**



Appreciating the

# Beauty of Life



Medina resident Nadera (aka Naddie) Cathy Bacchus always was diligent about receiving her 3D mammogram each year. A routine mammogram at Summa Health in August 2019 showed suspicious cells. She quickly had a biopsy which came back as positive for Stage 1 breast cancer.

"When I heard the word cancer, I was in total shock; it was daunting," recalls Cathy. "I never would have expected it in a million years. I was really in denial initially."

Dr. Victoria Van Fossen, her surgeon, performed a lumpectomy and removed the cancerous growth. Dr. Teresa Goebel, her oncologist, started treatment — a full year of chemotherapy as

well as three weeks of radiation. Cathy decided to receive genetic testing at Summa as well, due to a family cancer history. Luckily, her results show her as low-risk overall.

"I was very fortunate to go to Summa Health's Medina Medical Center, which is just down the road from me," shares Cathy. "I love that facility. I got the best possible treatment there. I would sit there and look out at birds eating from the feeder, deer walking by. That brought me to a different level of calmness while I was receiving my chemotherapy."

"Knowing that you're not alone is a major factor," adds Cathy. "I had a lot of support from my family,

friends, my Summa doctors and all my caregivers at Summa."

The COVID-19 pandemic hit during her treatment, and she was forced to go to some of her appointments alone. However, she had so much love and support throughout her cancer journey she knew she was already strong enough to finish her treatment.

It's been two years since her diagnosis day, a day she won't easily forget. She feels good now. She went back to school for her master's degree, started playing the fast-growing sport pickleball with her husband, is keeping active and enjoying life.



“ I feel as if I’ve got a second chance in life. ”



“This cancer experience has made me more spiritual. I have a different type of feeling in my heart and I feel as if I’ve got a second chance in life,” says Cathy.

“This diagnosis taught me to be very grateful. I try and stop and be more aware of my surroundings. It made me think of how crucial life is and the importance of the quality of the time we spend during it; I am eternally grateful.”

To learn more about the cancer services and treatments available at Summa Health, visit [summahealth.org/cancer](http://summahealth.org/cancer) or call **888.234.1660**.



# Am I at a Higher Risk for Breast Cancer?

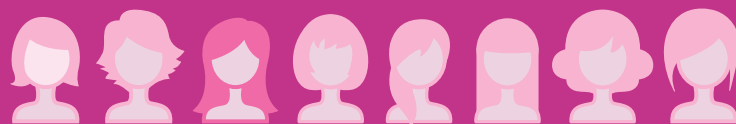
It is difficult to know exactly why one person develops cancer and another doesn't — but what is known is that regular screening mammograms save lives.

Some cancer risk factors are in our control — namely choices that we make — but other risk factors are things we cannot control, like age and family history.

Regular screening mammograms reduce breast cancer deaths by **20 to 40%**

## 1 in every 8 women

will develop breast cancer within her lifetime.



### Specific risk factors for developing breast cancer include:



Family history of breast and ovarian cancer



Dense breasts



Genetic mutations, having family members with a mutation, especially BRCA1 and BRCA2 genes



A high body mass index (BMI) of 25 or over



History of abnormal breast biopsy



Increasing age

Summa Health uses a Breast Cancer Risk Assessment for women at the time of their mammogram to identify women at higher than average risk for breast cancer. Based on your individual risk, your provider will be able to determine what preventive cancer screening is best for you, the frequency of screening and if you might benefit from genetic testing. To make an appointment with a high-risk breast specialist, call **888.234.1213**.

# We're growing to better



## ENT Services

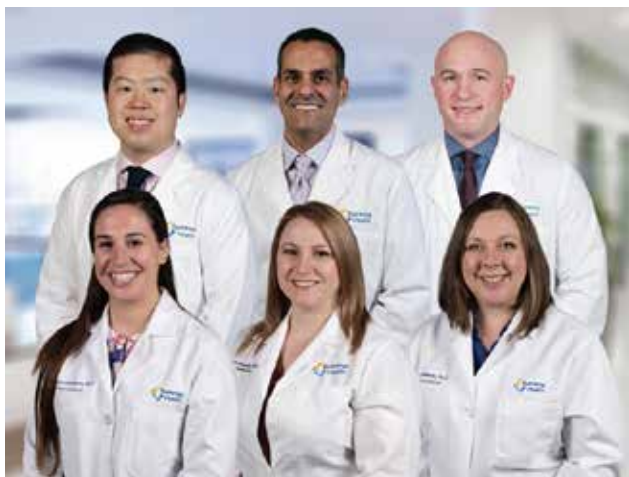
### Coming Soon to Medina

3780 Medina Rd, Suite 250, Medina, OH 44256

Summa Health Ear, Nose and Throat (ENT) will be welcoming new patients at the Summa Health Medina Medical Center. Using the latest medical and surgical therapies, our ENT team diagnoses and treats a variety of conditions, including:

- Chronic sinus conditions
- Deviated septum
- Chronic nasal obstruction
- Hearing and balance disorders
- Hearing aids
- Obstructive sleep apnea
- Snoring
- Voice disorders
- Thyroid problems
- Head and neck surgery

Call **330.375.6917** to schedule an appointment.



## Pride Clinic

### Welcomes New Providers

1260 Independence Ave, Akron, OH 44310

The Summa Health Pride Clinic is excited to welcome three new LGBTQ+ inclusive providers to improve patient access and further meet the needs of our community:



**Joseph Dankoff, M.D.**  
**Urology**

First Tuesday of Every Month  
8:00 to 11:30 a.m.



**Ashley Ballester, M.D.**  
**OB/GYN**

Second Tuesday of Every Month  
8:00 a.m. to 4:30 p.m.



**Traci Kalpac, LISW**  
**Social Worker**

Monday, Wednesday, Friday  
8:00 a.m. to 4:30 p.m.

To schedule an appointment, call **234.867.7740** or email [prideclinic@summahealth.org](mailto:prideclinic@summahealth.org). Visit us at [summahealth.org/prideclinic](http://summahealth.org/prideclinic) for more information.



# serve *You*



## **First Step Addiction Program Expands to Green Emergency Department** 1825 Franks Pkwy, Uniontown, OH 44685

The First Step addiction program – which initiates addiction treatment right in the emergency room – has expanded to the Green Emergency Department (ED). Providers consult with specialists at Akron and Barberton Campuses virtually to treat symptoms and ease cravings, as well as provide care coordination to ensure that a patient doesn't leave without the next treatment option in place.

The First Step program is made available through a partnership with the United Way of Summit County and other community agencies. Visit [summahealth.org/firststep](http://summahealth.org/firststep) for details.



## **Rootstown Medical Center Now Open**

4211 State Route 44, Rootstown, OH 44272

Those living in the Rootstown area now have access to a full suite of quality, compassionate healthcare services close to home. The newly opened Summa Health Rootstown Medical Center offers:

- Behavioral Health
- Cardiology
- Corporate Health
- Gynecologic Oncology
- Neurology
- Orthopedics and Sports Medicine
- Physical Therapy\*
- Primary Care
- LabCare PLUS
- Weight Management
- Urgent Care (Opening Late 2021)

To learn more, visit [summahealth.org/rootstown](http://summahealth.org/rootstown) or call **234.867.7107** to schedule an appointment.

\*Physical therapy is provided by Summa Health Therapy at Rootstown, located across the street from NEOMED at 4242 SR 44.

**NOW OPEN!**

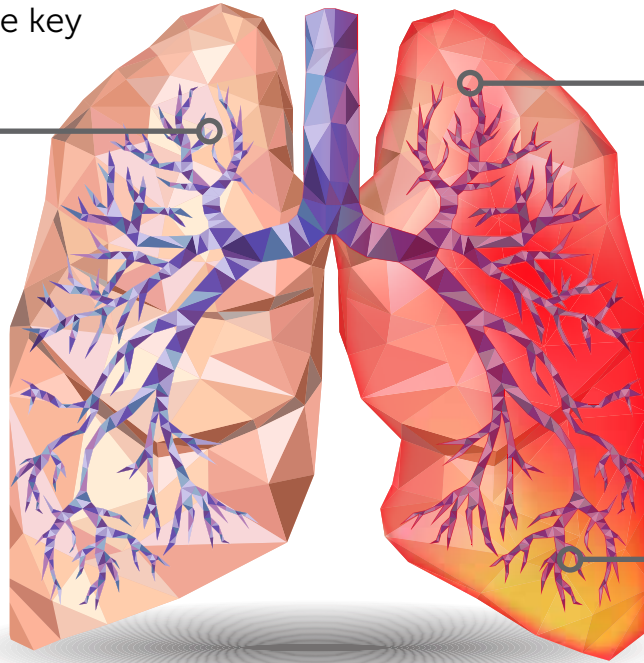


# Be Lung Aware

Lung cancer (both small cell and non-small cell) is the second most common cancer in both men and women (not counting skin cancer). Here are some key facts to consider:

## Lung cancer key statistics:\*

- Leading cause of cancer death among both men and women
- About 80% of all lung cancer deaths are thought to result from smoking
- Black men are about 15% more likely to develop lung cancer than are white men
- Average age at diagnosis: about 70 years old



If you are interested in information about tobacco cessation classes, please visit our website at [summahealth.org/quitsmokingnow](http://summahealth.org/quitsmokingnow).

## Risk factors:

- Smoking
- Secondhand smoke
- Exposure to radon gas, asbestos or other cancer-causing substances
- Previous radiation therapy to lungs
- Personal or family history of lung cancer

## Know the early signs:

- Persistent cough
- Chronic chest pain that is often worse with deep breathing, coughing or laughing
- Coughing up blood
- Hoarse voice
- Shortness of breath

If you have a history of smoking, talk with your healthcare provider to see if a CT lung screening would be right for you. To learn more about lung screening, visit our website at [summahealth.org/lungscreening](http://summahealth.org/lungscreening) or call **888.202.7570**.

## Leading Causes of Cancer Death\*

Types	Estimated deaths, 2021
<b>Lung</b>	<b>131,880</b>
Colorectal	52,980
Pancreas	48,220
Breast	44,130
Prostate	34,130

Lung cancer is typically diagnosed at more advanced stages, when it is more difficult to treat. That's why regular screening is so important.

## Screening Recommendations – CT Lung Screen (Low Dose)

The USPSTF recommends screening for individuals who meet the following criteria:

- Are age 50-80
- Currently smoke or have quit within the past 15 years
- Have at least 20 pack years\*\* smoking history
- Are asymptomatic

Those with private insurance may be eligible for screening costs to be covered under USPSTF guidelines.

The CMS recommends screening for individuals who meet the following criteria:

- Are age 55-77
- Currently smoke or have quit within the past 15 years
- Have at least 30 pack years\*\* smoking history
- Are asymptomatic

Medicare and Medicaid currently follow CMS guidelines.

Who Should Get Screened?



Current and Past Smokers



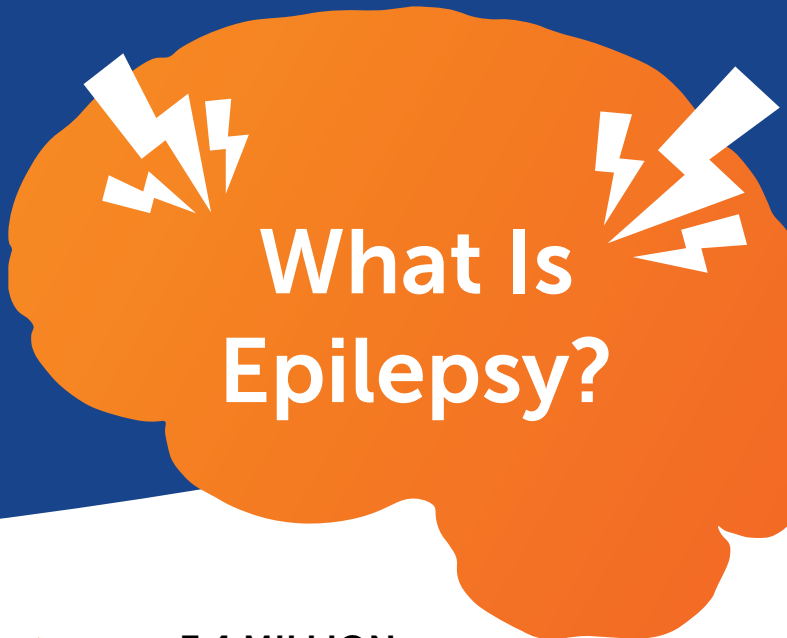
Age 50+

\*Source: American Cancer Society

\*\*Pack years = number of packs per day X number of years. Ex. 2 packs/day x 15 years = 30 years.



Epilepsy is a neurological condition that causes neurons in the brain to become disrupted, resulting in seizures, unusual behavior or loss of consciousness.



# What Is Epilepsy?



**1 IN 26** people in the United States will develop epilepsy at some point in their lifetime



**3.4 MILLION:** Number of people in the United States who have epilepsy



### Possible Causes

- Genetics
- Structural changes in the brain
- Metabolic disorders
- Infection



### Seizure Triggers

- Specific time of day or night
- Poor sleep
- Flashing lights or patterns
- Alcohol or drug use
- Missed medications
- Menstrual cycle or other hormonal changes



### Risk Factors

- Seizures in the first month of life
- Brain abnormalities
- Infections or injuries of the brain
- Conditions with intellectual and developmental disabilities
- Family history of epilepsy or fever-related seizures
- Use of illegal drugs such as cocaine

The Summa Health Comprehensive Epilepsy Center is one of the country's only population health-centric comprehensive epilepsy treatment centers.

#### We offer:

- Cutting-edge medical therapies
- State-of-the-art surgical options ranging from minimally invasive laser ablation therapy to implantable devices
- Epilepsy-specific diets
- Behavioral health programs
- Integrative therapies
- A developing telehealth initiative

#### Welcome to the Team



Marvin A. Rossi, M.D., Ph.D.  
Epilepsy Neurology



Craig Hansen, M.D.  
Epilepsy Neurology

Meredith Hepburn, M.D. (Not Pictured)  
Neuro ICU Monitoring

For more information or to make an appointment, call **234.867.6970**.

## Seizure Do's and Don'ts



### DO

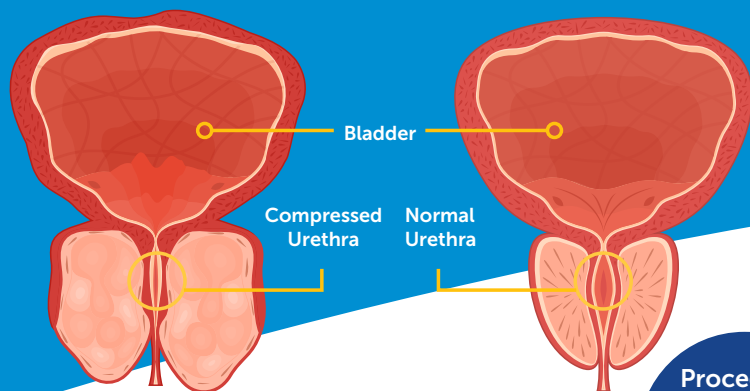
- Guide from danger – remove nearby harmful objects and cushion the head
- Stay with the person until they are recovered
- Call an ambulance if the seizure lasts more than 5 minutes
- Stay calm and reassuring



### DON'T

- Restrain movements
- Give anything to eat or drink
- Move the person unless in danger
- Attempt to "wake" the person up

# Surgical Innovations



## Aquablation Therapy For BPH, or Enlarged Prostate

Procedure uses water delivered through the urethra

Summa Health – Urology is proud to be among the first in Northeast Ohio to offer aquablation therapy, a new type of surgical treatment for benign prostatic hyperplasia (BPH). This advanced, minimally invasive procedure uses the power of water delivered with robotic precision to provide long-lasting BPH relief.

Results of aquablation therapy include:

- No impact on erectile function, orgasmic function, sexual desire, intercourse satisfaction or overall sexual satisfaction
- Nearly all men with BPH preserve ejaculatory function
- 99% of men with BPH did not have incontinence after treatment

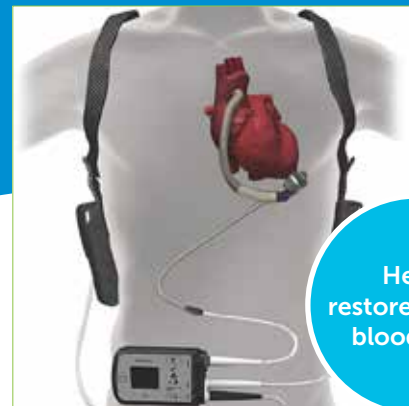
What's more, aquablation therapy is a resective procedure, which means that the prostate tissue causing symptoms is surgically removed. No incision is made in the abdomen, as the prostate is reached through the urethra.

To learn more about this one-of-a-kind procedure, visit [summahealth.org/aquablation](http://summahealth.org/aquablation).

## SADI-S – An Effective Weight Loss Procedure

A variation of the “duodenal switch” procedure, the Single Anastomosis Duodeno-Ileostomy with Sleeve Gastrectomy (SADI-S) is the latest surgical procedure to gain acceptance for obesity and associated conditions. It shows promising results with some of the greatest weight loss and remission rates for type 2 diabetes amongst the available options. Ideal for those with a genetic predisposition to super-morbid obesity and refractory diabetes, it can be performed on patients who have already undergone a sleeve gastrectomy as the first stage.

Find out if SADI-S may be an option for you. Contact our Weight Management Institute at **888.757.7605**.

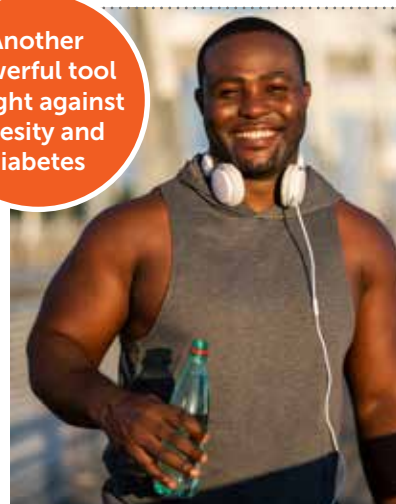


## LVAD – Helping the Heart Do Its Job

If you or someone you love have a heart that's been severely weakened by heart disease, ask your physician about a left ventricular assist device (LVAD). An LVAD is a mechanical pump placed inside the chest, where it assists the heart in pumping blood from the lower chambers of your heart to the rest of the body. By helping to restore normal blood flow, the LVAD can relieve symptoms of heart failure such as severe shortness of breath, and can prolong life.

For more information on the LVAD, reach out to the Summa Health Heart Failure Clinic at **888.878.7064**.

Another powerful tool in fight against obesity and diabetes





# SummaCare Medicare Advantage

## Once you join, you'll want to stay!



### SummaCare Medicare Advantage plans feature:

- \$0 monthly premiums
- Dental, vision and hearing aid coverage
- Over-the-counter allowance
- An extensive provider network
- Family On-Demand with Papa
- Assist America®



**NEW! BrainHQ** – the online brain fitness program

Ask. Learn. Even enroll on the spot.

## Join us for a free informational seminar.

Space is limited. **Call or go online to reserve your spot today!**

### SEMINARS NEAR YOU

**Wednesday, November 10, 2021, 5 p.m.**  
Summa Health Stow-Kent Medical Center  
3825 Fishcreek Rd. Ste. 200, Stow, OH 44224

**Thursday, November 11, 2021, 11 a.m. and/or 1 p.m.**  
Summa Health Tallmadge Medical Center  
60 North Ave., Tallmadge, OH 44278

**Monday, November 15, 2021, 5 p.m.**  
Summa Health Medina Medical Center  
3780 Medina Rd., Medina, OH 44256

**Call 888.240.9024 (TTY 800.750.0750)**

**Visit [summacare.com/vitality](https://summacare.com/vitality)**

SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal. For accommodation of persons with special needs at sales meetings, call 888.464.8440 (or TTY 800.750.0750). H3660\_22\_62\_M Accepted 10042021



**Can't make it to a seminar?**

## Get the kit.

Call or go online to request your **free Medicare Plan Comparison Kit** today so you can make the right decision when it comes to your 2022 Medicare coverage.

**The Medicare Annual Enrollment period ends on December 7 – don't go another year without SummaCare!**



# Living Pain Free with Endometriosis

For years, Hayley Stumbo, an office manager from Glenmont, suffered from chronic pelvic and abdominal pain. She was finally diagnosed in 2016 with endometriosis, a disorder in which tissue similar to the tissue that forms the lining of your uterus grows outside of your uterine cavity.

However, despite the diagnosis, no relief was in sight. The pain became so debilitating by late 2020 that it was completely disrupting her life, and she couldn't eat, walk or work.

Her obstetrician/gynecologist referred her to Summa Health where she met Dr. Megan Cesta, a pelvic health and minimally invasive gynecologic surgery specialist, and Dr. Kellen Welch, a colorectal surgeon. They recommended surgery to remove the areas that endometriosis had affected her organs and, in her case, performed a hysterectomy as well.

"I met Dr. Cesta, and she was wonderful," recalls Hayley. "I felt like I was talking to a friend, not a doctor. And she introduced me to Dr. Welch, who also felt like

another friend. And together they worked on a treatment plan that was the best option for me."

Over the course of 10 years, she felt that this was the first team of doctors who validated her and actually had an answer to help her.

"They were lifesavers; everyone was so helpful," says Hayley. "It was one of the best experiences I've ever had."

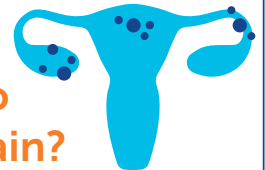


Megan Cesta, M.D.



Kellen Welch, M.D.

Why do I have so much pain?



Endometriosis is an often painful disorder in which tissue similar to the tissue that normally lines the inside of your uterus grows outside your uterus, such as on the ovaries, fallopian tubes and other organs such as the bowel.

### Symptoms:

- Painful periods
- Pain in your lower back, abdomen, with intercourse, bowel movements or urination
- Excessive bleeding
- Infertility

# Don't Ignore Your Pelvic Floor

In women, the pelvic floor is a group of muscles that form a hammock-like support across the opening of a woman's pelvis. These muscles, together with connective tissues, ligaments and nerves, keep all of the pelvic organs, such as the bladder, uterus, vagina and rectum, in place and help these pelvic organs function. Sometimes the pelvic floor can be compromised, such as from childbirth, chronic constipation/cough, obesity, menopause or surgery (hysterectomy).



## What's that bulge?

Pelvic organ prolapse (POP) is a common, treatable medical condition. It occurs when pelvic muscles and tissues become weakened, stretched or are injured. When this happens, it can cause the pelvic organs to bulge (or prolapse) into the vagina. In some cases, the pelvic organs may prolapse beyond the vaginal or anal opening.

## Symptoms:

- Urinary or fecal incontinence
- Sensation of heaviness or pulling in your pelvis or tissue protruding from your vagina
- Difficulty in urinating or moving the bowels
- Frequent urination and/or difficult urination



## Don't Be Embarrassed to Have a Potty Mouth

It can be embarrassing to talk to a doctor about urinary or fecal incontinence, which is the loss of bladder or bowel control. There's a stigma around these hidden conditions, forcing many to become prisoners in their own homes. Don't be one of the millions of people who suffer in silence.



Over 33 million Americans suffer from some type of urinary incontinence or bladder condition

Now several months post-surgery, Hayley wakes up every morning pain free.

**"My life is incredible. I kind of feel like I'm getting a second chance at life," shares Hayley.**

Her advice to women dealing with this same issue would be to not give up; there is definitely hope.

"The doctors and the team I found, it's very difficult to find a team like that. And the fact that Summa does offer that, it's remarkable. Most people have to travel very far to find teams like this and we have it right here."

If you are suffering from pelvic pain, help is available. Call **888.234.2321** to make an appointment with one of our specialists.

## Summa Health Urogynecology Team



Bogdan Orasanu, M.D.



Jenifer Byrnes, D.O.



Bridgett Hoover, APRN-CNP

Visit [summahealth.org/pelvicquiz](https://summahealth.org/pelvicquiz) to take our five-minute quiz to help determine if you have a pelvic floor disorder and the appropriate next steps. Your results will be emailed to you confidentially. Call **855.200.3115** to make an appointment with one of our specialists.

# Thank you



Medical care for those in need



Medical research and innovation



Continued education for the next generation of caregivers



And much, much more

Every gift helps us provide the highest quality, compassionate care to our patients and members and to contribute to a healthier community. You can make a gift to honor a loved one, remember a deceased member of your family or express your gratitude to a skilled caregiver.



### To make your gift:

- Scan the **QR code**
- Call **330.375.3159**
- Visit [summahealth.org/givenow](https://summahealth.org/givenow)



## Join the Summa Health Team!



Summa Health is hiring passionate individuals committed to serving others to join our team! Current opportunities are available including Registration, Housekeeping, Food Services, Transportation, Administrative Assistants, Medical Office Coordinators, Nursing, Medical Assistants and more!

We offer:

- Meaningful Work
- Flexible 1st, 2nd and 3rd Shift Hours
- Competitive Pay and Excellent Health Insurance
- Paid Time Off
- Career Development Opportunities
- Educational Assistance, Retirement Benefits and More!

To learn more about these career opportunities, visit [summahealth.org/careers](http://summahealth.org/careers).

We are an EOE M/F/D/V and Smoke/Drug Free workplace

## Fall Into Volunteering

Volunteers are a vital part of our team. You'll find Summa Health's volunteer experience a rich and rewarding way to give back to your community while forging valuable new friendships. Make a difference at one of northeast Ohio's leading healthcare facilities. Apply to volunteer today!

**Some volunteer opportunities include:**

- Visiting patients and providing comfort and support
- Assisting patients with therapy activities
- Greeting and escorting patients and visitors
- Delivering flowers
- Providing clerical support and assistance with special projects
- Assisting with creative activities (games, crafts, etc.)
- And many more!

For more information about applying for one of our programs, visit [summahealth.org/volunteer](http://summahealth.org/volunteer).



## Community

# Events

Due to COVID-19 in our communities, some events may become virtual or be canceled. Please visit [summahealth.org/events](http://summahealth.org/events) for up-to-date information.

### NOVEMBER

**November 5, 11:30 a.m.**  
Meet Me at the Museum (Free)  
Akron Art Museum  
[summahealth.org/meetme](http://summahealth.org/meetme)

**November 10, 10 a.m.**  
Summa Health Wellness  
Chat – Medicare (Free)  
Soprema Center, Wadsworth

**November 18, 10 a.m.**  
Silver Sneakers Center  
Coffee Talk (Free)  
Tallmadge Recreation  
80 Community Rd, Tallmadge

### DECEMBER

**December 3, 11:30 a.m.**  
Meet Me at the Museum (Free)  
Akron Art Museum  
[summahealth.org/meetme](http://summahealth.org/meetme)



Vitality Magazine  
(1000-94010)

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## Want more info?

Sign up for our free monthly newsletter that's full of general health and wellness tips, Summa Health program updates and more.

Visit [summahealth.org/vitality](https://summahealth.org/vitality) or call us at **888.689.2037** to schedule an appointment.

You can also check out our Flourish blog at [summahealth.org/flourish](https://summahealth.org/flourish) every week for helpful articles on health and wellness for the betterment of a healthier community.



MAR-21-56310/CS/TZ/10-21/417000

\*\*\*\*\*ECRWSEDDM\*\*\*\*

Residential Customer

## Shopping for Health Insurance?

Looking for a health insurance plan that fits the needs of you and your family? If you don't have health insurance through your employer, don't yet qualify for Medicare or don't qualify for Medicaid, you can enroll in a SummaCare Individual and Family Plan for 2022.



## Open Enrollment is November 1 – January 15



**New!** Much lower premiums for 2022 health plans



**3 FREE office visits** on most plans to your in-network Primary Care Physician (PCP) and outpatient mental health services for each person on your policy



**FREE preventive health services** including immunizations, flu shots and mammograms



Access to **telehealth visits through Teladoc®** or any in-network provider who offers telehealth visits for general medical, dermatology and behavioral health visits

To pick a plan that's best for you, call **888.251.7957** to speak with a licensed enrollment advisor. Visit [summacare.com/individual](https://summacare.com/individual).

