He's Getting Better with a Little Help from Valley—Managed Care Support for Chronic Health Conditions

What is AmazonSmile?

For the family with a low-income, the cost of groceries can be a challenge. You can help them by using AmazonSmile. When you shop at smile.amazon.com, you'll find the exact same selection of products at the same low prices, vast selection and convenient shopping experience you know and love from Amazon, with the added benefit that Amazon will donate a portion of the purchase price to your favorite charitable organization. Find out how to support VIA.

How Can You Sign Up to have Fred Meyer Donate to VIA?

Now you can support VIA just by shopping at Fred Meyer with your GoldenLife card! For every purchase in the department stores, you'll earn points. These points will be converted to cash donations to VIA. Simply register your card online and you're ready to go. Get your transfer form from the VIA office at Valley Medical Center.

Managed Care—A New Care Option for Valley

In addition to serving the hospital with their time and talents under hospital staff direction and supervision, our VIA team continues to grow in number and services. The organization is a valuable financial contributor to Valley. The VIA staff have volunteered nearly 30,000 hours since January 2013. A group of VIA members attended an event to raise funds for their organization. The event was well attended and resulted in donations for VIA.

Improving Everyday Foods: Avoiding钠-laden Delicatessen Delights

Adding a little variety to your diet can help you cut down on the amount of sodium you consume. The following are examples of how sodium levels can vary in different foods:

- **Cheese:** One 4-ounce slice of cheese can contain up to 1,000 milligrams of sodium.
- **Bread:** A 1/2-slice of bread can contain up to 180 milligrams of sodium.
- **Pizza:** A slice of pizza can contain up to 760 milligrams of sodium.
- **Poultry:** The sodium levels in poultry can vary. Frozen chicken can contain 370 milligrams of sodium.
- **Pork:** A 3-ounce serving of pork can contain up to 360 milligrams of sodium.
- **Seafood:** A 3-ounce serving of seafood can contain up to 320 milligrams of sodium.
- **Vegetables:** A 1-cup serving of vegetables can contain up to 35 milligrams of sodium.
- **Deli Meats:** A 1-ounce serving of deli meats can contain up to 650 milligrams of sodium.
- **Herbs and Spices:** The sodium levels can vary depending on the type of herb or spice. A teaspoon of dried oregano can contain up to 150 milligrams of sodium.

Sources

- Centers for Disease Control and Prevention
- American Heart Association
- American Medical Association
- American Diabetes Association
- American Lung Association
- National Heart, Lung, and Blood Institute
- National Institute on Aging

Healthy Decisions...Great Food...

If you are interested in learning more about healthy eating, consider attending one of the cooking classes that are offered at Valley Medical Center. These classes provide tips on how to make healthy, delicious meals. The classes are taught by a registered dietitian and are designed to help you make better choices when it comes to food. For more information, contact the dietary department at Valley Medical Center.

What You Should Know and Do This Flu Season

Get your flu shot. The flu is a serious illness that can cause hospitalization and death. It is estimated that between 400,000 and 500,000 people die from the flu each year. The flu season is now in full swing, and it is important to take steps to prevent the spread of the virus. The flu shot is an integral part of your annual primary care and needs to be considered. The flu shot is effective in preventing the flu or reducing its severity. If you have symptoms of the flu, see your primary care provider. If you are at high risk for complications from the flu, you should get the flu shot.

Seek medical advice quickly if you develop flu symptoms. The flu can be very serious for people who are over 65 years old, and for those with underlying medical conditions. If you have underlying medical conditions, you should see your primary care provider if you develop flu symptoms. If you have a fever, you should contact your primary care provider.

Practice good health habits. To prevent the spread of the flu, it is important to wash your hands often and avoid people who are sick. If you have the flu, you should stay home from work and school.

Here’s three tips from the CDC that will help protect you from the flu:

1. Wash your hands often with soap and water for at least 20 seconds.
2. Cover your mouth and nose when you cough or sneeze with a tissue or your sleeve.
3. Get your flu shot. The flu shot is the best way to prevent the flu. The flu shot is available at most pharmacies and health centers.

Choosing the right Medicare plan means understanding your healthcare needs. Medicare is a federal health insurance program for people 65 years and older, and people with disabilities. Medicare is divided into two parts: Part A covers hospital insurance and Part B covers medical insurance. It is important to understand the differences between these parts and choose a plan that best fits your needs.

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