

JUNE IS

Healthy Brain Month

hero
HEALTH™



Foods to Reduce Brain Decline

- **Green, leafy vegetables:** kale, spinach, collards, and broccoli are all high in brain-healthy nutrients, vitamin K, lutein, folate, and beta carotene.
- **Fatty fish:** fish are high in omega-3 fatty acids and can lower blood levels of beta-amyloid, the protein that forms damaging build-up seen with Alzheimer's disease. If you don't like to eat fish, ask your provider about taking an omega-3 supplement, or try some omega-3 sources such as flaxseeds, avocados, and walnuts.
- **Berries:** contain flavonoids which help improve memory. Aim for two or more servings of blueberries and strawberries per week.



Call Your Nurse First!

Hello@HeroHealthPlans.com
Call or text: (919) 238-1872

Playing games like Wordle, Connections, or Crossword Puzzles keeps your mind engaged!

Safely Discard Medicines

The best way to get rid of medicines that are expired, unwanted, or unused is through drug take back programs. Talk to your pharmacist about the best way to dispose of your medication if a take back program is not available or if the medication is not flushable.

1. **Drug Take Back Programs** — search for National Prescription Drug Take Back Day near you or ask your pharmacist to find a location near you.
2. **Flush medicines in a sink or toilet** — ask your pharmacy or search for "FDA Flush List" if medicine should be flushed down a sink or toilet if there is no take back option.

Your Pharmacist, Vinay

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Sleep Tips

Sleep is a priority for better health — it's the time when our bodies detox, repair and rejuvenate. Lack of quality sleep can result in brain fog, anxiety, even weight-loss resistance and can increase your risk for chronic diseases. Here are a few tips for better sleep:

- Go to bed at the same time every night
- Turn off all electronic devices within 2 hours of bedtime or use bluelight blocker glasses

- Do not eat within 3 hours before bedtime
- No caffeine after 2pm
- Avoid sugary snacks in the evening
- Exercise first thing in the morning



Better Benefits Overview

Congratulations! Your Employer truly cares about better benefits. Here are a few of the high quality benefits you can access for no cost or reduced cost when you Call Your Nurse First™!



Centers of Excellence

Your Employer believes that you deserve the best doctors in the finest facilities. Hero provides access to thousands of Centers of Excellence.



Second Opinions

Did you know that 20% of cancer diagnoses are wrong? Your plan offers free second opinions from world-class experts.



Pre-Diabetes Care

One-third of Americans are pre-diabetic, but your plan provides monitors, test strips, and counseling, too.



Specialty Drugs

If you are prescribed a branded or specialty medication, Hero can assist in getting the drug for a lower cost — or for free. Call us!



24/7 Telehealth

Your Employer provides telehealth services at no cost. Talk to a board-certified doctor via phone or video call 24/7/365.



Imaging

One of the most costly procedures is imaging — IF you go to the hospital. Call your nurse and go to a clinic for \$0!



Lab Work

Another very expensive procedure is lab work — IF you go to the hospital. Call your nurse and go to a clinic for \$0!



Mental Health

Your Employer offers high quality virtual mental and behavioral health services. Addiction counseling as well.



Medical Equipment

Another costly item is DME, Durable Medical Equipment — IF you get it through the hospital. Call your Nurse and have it delivered for \$0!



Physical Therapy

Why travel to a hospital for PT when you can arrange for a local clinic or virtual PT for free? Call your Nurse First!



Generic Drugs

Your Employer believes that you deserve \$0 cost generic medicine when you go to local pharmacies.



THE POWER OF ZERO

... and more

Your Employer has asked Hero Health to provide as many high quality benefits for \$0 deductible as possible.

Call Your Nurse First™ to access your Power of \$0 Benefits

herohealthplans.com