

SAVVY SEARCHING FOR SENIOR HEALTH

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OLLI Class October 8

Patient Forums

- Useful for general information
- Searchable for specific questions
- Good source of support
“We’re in the same boat”



Electronic Newsletters

- Select special areas of interest
- Choose email version
- RSS news feed (Really Simple Syndication)



Sources of Medical Articles

- PubMed Central

<http://www.ncbi.nlm.nih.gov/pmc/>

<http://www.youtube.com/watch?v=V0NYKFSphKY>

- Google Scholar
- Fairfax County Public Library Online Databases
- GMU Libraries Online Portal

Medicare

Medicare Open Season: Find Out What You Need to Know

Prepare now for Medicare Open Season (the annual election period). This year, open season begins October 15 and ends December 7. Howard Houghton, director of Fairfax County's Virginia Insurance Counseling and Assistance Program (VICAP) will make presentations locally on what you need to know about the 2013 Medicare health and drug plans.

IN ADDITION - During the Medicare open enrollment season, Fairfax County is offering guidance and enrollment assistance with an expert to meet with you individually. If you would like assistance, you must first call for an appointment and bring the following: a photo ID; copies of your current health plan and drug plan cards; your Medicare card; any letters from Social Security, Medicare, or Medicaid; and a list of all of your medications and their dosages. Assistance will be offered at the following sites:

- * Chantilly Center, 14150 Parkeast Circle, #200, Chantilly. Call 703.968.4000 for your appointment on Wednesdays, 10:00 a.m. to 5:00 p.m.

TEST YOURSELF

- Locate a neurologist
- What doctors treat Medicare patients?
- How much should you exercise daily/weekly?
- What are the symptoms of stroke?
- What drugs are used to treat hypertension?
 - What are the side effects?

Find an e-newsletter on depression

Medicare Counseling

- Your next opportunity to switch from one MA plan to another is during the **Annual Enrollment Period (AEP), October 15 – December 7, 2012**. Your new coverage would begin **January 1, 2013**. During the AEP, you may also add, drop, or change Medicare prescription drug coverage, and change plans to join a Medicare Medical Savings Account.
- * Chantilly Center, 14150 Parkeast Circle, #200, Chantilly. Call 703.968.4000 for your appointment on Wednesdays
10 AM to 5 PM

Mobile Apps

iPhone Apps [See All >](#)



PubMed4Hh

Medical

Updated Aug 20, 2012

+ FREE ▾



Health Hotlines

Medical

Updated Jun 29, 2011

FREE ▾



LibraryFloods

Reference

Updated Apr 04, 2012

FREE ▾



WISER for iOS

Medical

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LactMed

Medical

Updated Dec 14, 2011

FREE ▾



Drug Diary

Health & Fitness

Updated Aug 18, 2011

\$2.99 BUY ▾

iPad Apps [See All >](#)



NLM Native Voices

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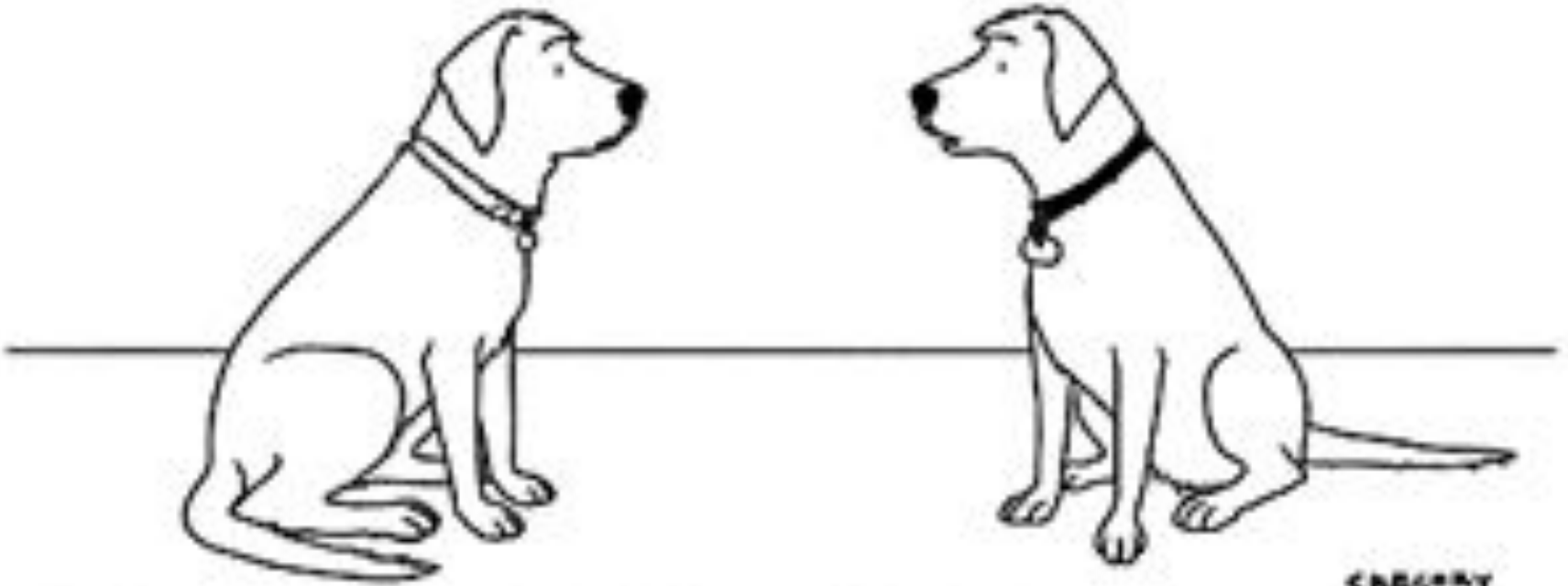
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Blogs



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“I had my own blog for a while, but I decided to go back to just pointless, incessant barking.”