

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



Copies available at tpm.scgov.net or from Angela Deem at adeem@scgov.net



Founded in 1989 by doctors affiliated with the renowned Harvard University School of Medicine, Best Doctors is the leader in helping people get the best medical care.

Imagine you were diagnosed with a serious illness. For a moment, time would stand still as your mind raced through a myriad of questions. *What will happen now? Is my diagnosis correct? What kind of treatment will I need?*

Best Doctors has pioneered a worldwide database of 50,000 top medical specialists in more than 400 subspecialties. These are doctors chosen by their own peers for one simple reason: They are among the best.

Best Doctors harnesses this exclusive database, bringing the clinical knowledge of experts to the problems of people with serious medical conditions. Best Doctors unique approach is to work doctor-to-doctor to help ensure that the right decisions are made and that our members have the best chance for recovery.

By conferring with the Best Doctors physicians, local treating doctors have the unprecedented opportunity to consult with some of the world's top medical specialists regarding a patient. Once Best Doctors completes its medical evaluation, a report is returned to the patient's treating physician in approximately ten days. Patients with complex, critical medical conditions are reassured in knowing that their physician has collaborated with a team of experts to reaffirm their original diagnosis and recommended treatment protocols.

It Starts with One Simple Phone Call

One phone call sets it all in motion. Call the Best Doctors **member line at (866) 904-0910** and you will be connected with a nurse who is ready to listen and answer questions about your medical situation and the Best Doctors service.

You can learn more about Best Doctors and the members who have benefited from their services by accessing their website at www.bestdoctors.com/members.

Additional Health & Fitness Screening dates recently added to TRAC's schedule

Due to the positive response of employees scheduling for the Health & Fitness Screenings (\$25 incentive), the Living Well Program has added a number of additional dates that employees can make an appointment. Please visit TRAC or email-call Angela Deem-Gustafson for an appointment adeem@scgov.net 650-9908.

Screening includes a free cholesterol-lipid panel, diabetes screening, blood pressure, flexibility, body composition, cardiovascular assessment and an individual 10 year risk assessment for Coronary Heart Disease.



Morsels & Mocktails Class

Snacks, appetizers and beverages don't have to be loaded with fat and calories to be delicious. Mary Jo Oswald will provide healthy ideas and recipes for holiday entertaining or for everyday snacking. Register on TRAC; class code: IFIT3091

Wednesday Nov 14, 2007; 1-3 pm
Twin Lakes Park, Green Bldg Conf Rm

