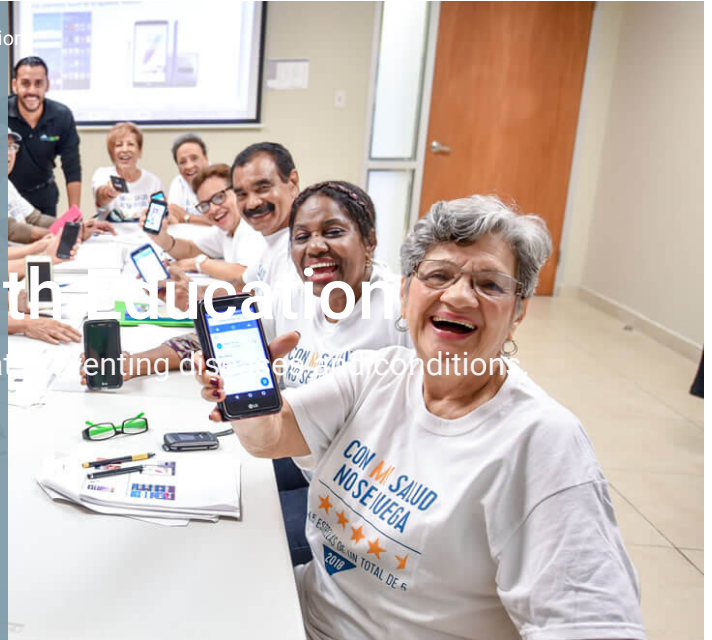


# Prevention and Health Education

Benefit from our services and clinics aimed at preventing disease and conditions



This program fosters preventive behavior to help mitigate diseases and conditions in older adults and people with disabilities, by offering free testings across the island.

## Among this program's tests and benefits are:

- Eye exam (eye fundus test) for patients with diabetes
- Spirometry for chronic obstructive pulmonary disease (COPD) patients
- Educational workshops in all Members Clubs

Soon we will publish the calendar for upcoming clinics.

 [SEE CALENDAR](#)

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For more information, call us:  
**787-522-5622** (Metro)  
**1-877-522-8604** (toll-free).

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## Influenza (Flu) vaccination

Yearly flu vaccines are essential, safe, and the best way to reduce the risk of contracting the disease. Consult your doctor or, if you are a member, benefit from the vaccination clinics we coordinate every year during the flu season.

[📅 SEE CALENDAR](#)

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The next flu season begins in September.



## RECOMPENSANDO TU SALUD

This program recognizes members who undertake preventive tests. Members will receive prizes for taking specific preventive tests for which they are eligible, according to the clinical criteria of their Primary Physician (PCP). Also they can access the program through our mobile application to know how many points they have accumulated and choose their reward in the Awards Catalog.

### The following preventive care tests or activities are rewarded:

- Influenza vaccine
- Diabetic retinopathy test  
(eye examination)
- Glycosylated hemoglobin under control (<9%)
- Bone densitometry test
- Rheumatoid arthritis
- Body mass index
- Breast cancer screening
- Colorectal cancer screening
- Review of medications
- Adherence to medicines
  - Diabetes (oral)
  - Hypertension (antihypertensive)
  - Cholesterol (statins)

# Health Education

- The Health Education Program offers members health education advice, talks, events, health clinics, and educational material to help with their quality of life. Read some health education tutorials here.

 [SEE TUTORIAL](#) 

- Bienestar magazine is designed exclusively for our members, in it you can find important information about varied health topics, services, and much more. Download the most recent edition here.

 [SEE MAGAZINE](#) 



Y0049\_2019 4006 0002 2  
Revised 5/2019  
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