

Healthy Feet, Healthy Life: Why Foot Care Matters for Medicare Advantage Members

Your feet carry you through every part of your day — from doctor visits to family time to the simple joy of moving around comfortably. That's why good foot care is essential, especially for adults managing chronic conditions.

Why Foot Care Should Be a Priority

- **Prevents serious complications** Conditions like diabetes, heart disease, and poor circulation can make small foot issues turn into big problems if ignored.
- **Reduces pain and improves mobility** Regular foot checks help catch issues early, keeping you active and independent.
- **Protects against infections** Clean, well-cared-for feet lower the risk of sores, cuts, and infections that may require medical treatment.

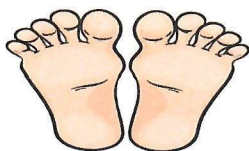
Simple Steps for Better Foot Health

- Wash and dry your feet daily
- Moisturize to prevent cracking
- Check for cuts, redness, or swelling
- Wear supportive, properly fitted shoes
- Report any changes to your doctor right away

Your Medicare Advantage Plan Can Help

Many plans include benefits like podiatry visits, diabetic shoes, and routine foot exams. If you're unsure what your plan covers, I'm here to help you review your benefits and make sure you're protected.

Your feet deserve the same care as the rest of your health — a few minutes a day can make a big difference.



♥ 11 Things About Your Grandchildren Loving You

- **Their excitement to see you** — That instant light in their eyes or the way they rush toward you says everything.
- **The way they remember your stories** — Kids don't hold onto boring things; they hold onto what matters.
- **They ask for your advice** — Even the youngest show love by wanting your wisdom.
- **Your traditions matter to them** — Whether it's a holiday dish or a silly ritual, they protect what you created.
- **They brag about you** — To friends, teachers, or anyone who will listen.
- **They feel safe with you** — Love shows up in who they run to when they're unsure or overwhelmed.
- **They mimic your habits** — A phrase you say, a gesture, a hobby — imitation is affection.
- **They share their achievements with you first** — Because your pride means more than applause.
- **They want you in their world** — Showing you drawings, games, music, or things they're learning.
- **They check on you** — A text, a call, a "How are you?" — tiny acts with huge meaning.
- **They remember the little things you do** — The snacks, the jokes, the nicknames, the comfort — love lives in details.



"Mom, when you want some privacy wear this. No one will come within 20 feet of you!"



Quick heads-up: I can now offer your adult children a Call a Doctor Program—just \$10 a month for the entire family. They get access to a doctor with no copays anytime, even without insurance. Interested? Call me for Details



Hey! I'm giving out \$25 for every person you send my way who completes an appointment. They don't have to sign up for anything—just show up to the appointment and you get paid. If someone pops into your mind, send them over. I really appreciate you. **Medicare Clients Only**

SmartSave RxARE PAYING TOO MUCH FOR YOUR MEDICATIONS? YOU COULD BE PAYING \$0. This program is designed for lowering the cost of brand name Medications

Hospital stays can be expensive. Call me to explore ways to cover the cost.

Life Insurance made easy. Call me for a Quote.

Quenon Smith Senior

Healthcare Specialist

404-246-3163