

FLORIDA HEALTH CARE PLANS

MEMORANDUM

To: All Primary Care Physicians, Specialists & Practice Managers
From: Wendy Myers M.D., President/CMO
Date: July 16, 2009
Subject: Osteoporosis Exercise Program – Improved Access

An exercise program for our members with or at risk for Osteoporosis or Osteopenia is still offered through Ability Health Services and Palm Coast Sports Medicine.

This program is designed to improve balance, strength and coordination; the goal is to decrease the risk of fractures. The member is evaluated by a physical therapist that develops an individualized exercise program. These are exercises that the member can do with minimal effort and at home.

The member can now self refer to this program. You no longer have to complete the Rehabilitation Services Request form. The member can call our Member Services Dept. or visit our website at www.fhcp.com for a list of available locations to make an appointment. A co-payment or co-insurance will apply to each visit as per the member's plan and policy limitations.

So often, patients do as their doctor suggests. Please encourage those members at risk who would benefit from a supervised exercise program.

Thank you for your continued support in caring for our patients. If you or your staff has any questions concerning this or any other Disease Management program, please call Debbie Bates @ 676-7100, ext. 7788 or email at dbates@fhcp.com.

cc: Irene Talarico
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