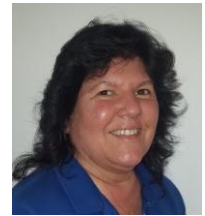




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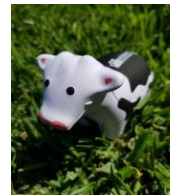
hablo español



What I Did Over the Summer: Check out my new logo, email, and website, above. Because of Federal regulations, the word “Medicare” is now *not* allowed in email or website names. My first website, www.GetMedicareAndMore.com, is still active, but I also have a new website, www.GetGreatPlans.com. Don’t worry, I will always monitor emails to my original email address, BestMedicare@yahoo.com. **Also New:** I **just certified** as a **Registered Social Security Analyst!** Now I can help people determine the best time to take their Social Security benefits. 😊

Helena is *Not* at Walmart This Year! She’s Having a (Molina) Cow

This year Walmart will use only captive (employee) agents at their health insurance tables, but you can see me at other venues! I’m still at the **Los Alamitos Optum Clinic** at 3460 Katella Avenue on alternate Fridays from 9 to 12 and now at select CVS and Albertsons locations – just call or email me for times and places.



Raffles! Giveaways! Health Screenings! Kittens! Saturday, October 14, 9-1 in Cerritos
You’re Invited to the **Concordia Lutheran Church Health Fair!** It’s at **Concordia Cerritos** at **13633 183rd Street, Cerritos**. The health and resource fair will feature health screenings and education from various local medical groups, giveaways, and other vendors, raffles, food, drink, two magic shows for the kids, kitties, and me! The magic shows are at 10 and 12. **And on January 20, 2024, there will be another health fair, this time in Huntington Beach!**

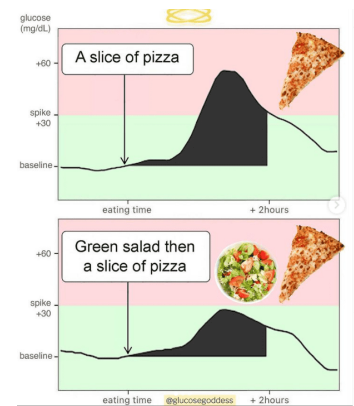
About Continuous Glucose Monitors (CGMs)

People with Type 1 or 2 diabetes may be prescribed a CGM by their doctors, but will insurance pay for it? **Original Medicare** covers CGMs as a Part B benefit, so those with a Medicare Supplement will have the coinsurance covered. Those on a **Medicare Advantage** can also get CGMs, but the brands vary by company. Many **Advantage** plans cover the Freestyle Libre models, a few the Dexcom meters. Your *medical group* is often the big factor here about which meter and IF you can get one! If you are on **Covered California**, they all cover the regular meters, but few the CGMs. Biochemist **Jessie Inchauspé** used a CGM to how what she ate affected her blood sugar. The order of what she ate made a difference! *Keep reading!*

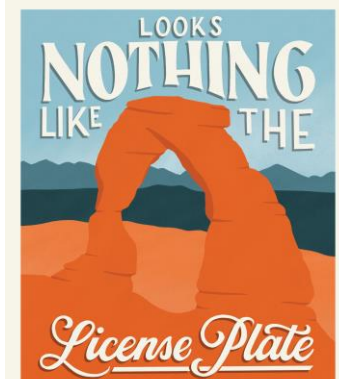
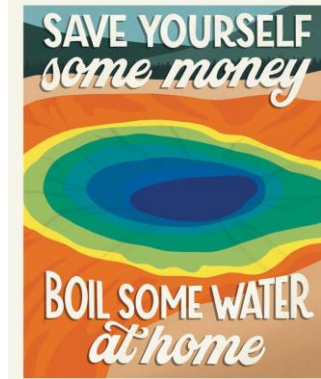
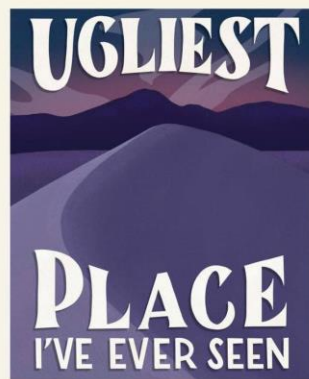
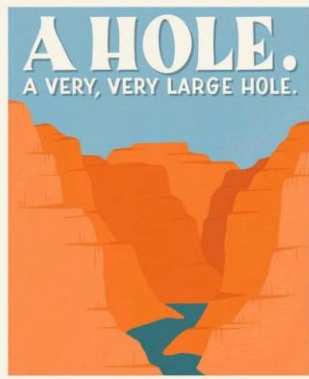


Tips from Jessie Inchauspé's *Glucose Revolution*:

1. Meal eating order: First non-starchy vegetables, then protein and fat, last carbs, starchy vegetables, and sugars (dessert).
2. One tablespoon of vinegar (apple cider, white wine, rice vinegar) diluted in a tall glass of water, up to 30 minutes before a meal.
3. Have a savory breakfast (best mix of protein, healthy fat, fiber).
4. Use your muscles for at least 10 minutes after a meal (a walk, cleaning the house, walking up the stairs, dancing, squats, doing a plank).
5. Never eat a carb or dessert on an empty stomach, leave it for the end of a well-balanced meal and/or drink 1 tablespoon of diluted vinegar in water before eating it and/or use your muscles for at least 10 minutes after you've eaten it.
6. No naked carbs/sugars, put some clothes on them - pair it with some protein, healthy fat and/or fiber (like chocolate cake with some Greek yogurt, piece of sourdough with some avocado or butter, rice with some eggs or salmon or greens, cookie with 10 raw almonds).
7. Eat whole fruits, no juices (even if it's mixed with some vegetables).
8. Avoid dried fruits, oat milk, coconut water, rice cakes (treat them all as a dessert).
9. Well-balanced smoothies (protein, healthy fat, fiber) with no fruits or very little fruit (best berries).
10. Better choices: Sourdough over white bread, steel cut oats over oatmeal, starchy vegetables over white bread or pasta.
11. Grapes, pineapple, bananas have higher fructose levels; always eat with protein or eat as dessert.
12. Eat more healthy fats - avocados, avocado oil, olive oil, fish (they slow down glucose spikes).
13. Stress and poor or lack of sleep spikes glucose levels and the body's ability to properly function.
14. If you wake up tired, eat a savory breakfast, 10 minutes high intensity workout shortly after you wake up, then coffee or just skip coffee to feel better and reset your body.



Author Amber Share Illustrates Negative Yelp Reviews on National Parks in *Subpar Parks*



Delicious Onions for Dinner!

On one of our first dates, my husband cooked onions for me. He peeled them and wrapped them in foil, then grilled them over indirect heat on the BBQ while he cooked the steaks. When the onions were soft, he cut them in four, separated the pieces, and added butter and salt. (His father used to cook them directly on the grill, onion skin and all!) Nowadays he likes to give them “radar love” by cutting them first and nuking them in a covered container for a couple of minutes until they’re soft. He then drains the onion juice and adds butter and salt. Get one regular brown onion per person and cook them in your favorite way; I guarantee everyone will love them. From my house to yours!

Required Disclaimer: "We do not offer every plan available in your area. Currently we represent 0 to 28 organizations that offer 0 to 28 or more products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program to get information on all of your options." So there.