

PROVIDER NEWSLETTER

December 2024



HEALTHIER WAYS TO ENJOY THE HOLIDAYS

The holiday season is well under way bringing a time of joy, celebration, and connection with family and loved ones. However, the holidays can also pose some physical and emotional challenges for patients, especially senior patients who may be managing chronic conditions. With your help, we can provide extra support to our members through thoughtful conversation and proper planning for the end-of-year festivities.

HEALTHY EATING

The holidays can be especially difficult for patients on restricted diets to adhere to restrictions. Encourage patients to enjoy the holidays without compromising their health by reminding them to prioritize a balance of starch- and carb-heavy foods with non-starchy vegetables, use smaller portion sizes to enjoy their favorite dishes, and reduce intake of refined sugars. Communicating restrictions with hosts and bringing healthy dishes to gatherings will enable patients to eat mindfully and share special time with friends and family.



HEALTHY HABITS

The holiday hustle and bustle can easily disrupt routines and healthy habits. This could leave patients feeling discouraged and struggling to return to their healthy routine after the holidays.

You can help patients stay on track with their goals by:

- Reminding them to stay active even with short daily walks
- Stick to medication schedules
- Stay in touch with their personal case manager to ask for support when they need it

TIPS FOR CLOSING CARE GAPS IN THE HOLIDAYS

The holidays can be an overwhelming time for seniors potentially bringing feelings of stress, loneliness, and isolation. Gold Kidney members have access to many resources intended to help them enjoy a festive season while still prioritizing their physical and mental health.



- 1 Members can use their companion care benefit for gift wrapping, mailing holiday cards, or to set up video chat applications to stay in touch with loved ones during the holiday season
- 2 Silver&Fit, our fitness and well-being club benefit, provides members with personal coaching to keep them on track with their fitness and dietary goals.
- 3 It's never too early to schedule 2025 wellness visits. Booking now helps prioritize patient health, and Gold Kidney members will be on the path to earning 2025 rewards.



SCHEDULE YOUR IN-SERVICE VISIT

Would you like to meet our Gold Kidney Provider Relations team?

Schedule a virtual or in-person visit today to meet the team and discuss changes for 2025!

MOC TRAINING

Reminder to complete your MOC training before the year ends—get it done today!

THANK YOU FOR A GREAT 2024!

We want to express our heartfelt gratitude to all our new and existing providers.

This incredible year wouldn't have been possible without the dedication and hard work of our amazing providers and staff.



HERE'S TO AN EVEN HEALTHIER AND BRIGHTER GOLDEN 2025!

CONTACT US

Feel free to contact Gold Kidney with any questions or concerns. Our Provider Relations Team is dedicated to assisting and streamlining processes for you, our valued providers and members.

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The first 3 offices to email us with the phrase **baby it's GOLD outside!** Will win a \$60 Dunkins Donuts gift card for their office!



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