

You will soon be able to **make your payments online 24/7**, 365 days a year. *If you give us your e-mail address, we can even electronically send your statements to you, securely and conveniently.*

Our billing policies have not changed. Those with insurance, which we bill as a courtesy, will eventually get a statement by mail, requesting payment for any "uncovered" amount. Please pay this on the FIRST statement. There is a \$10 fee for subsequent statements, and serious collection efforts begin after the second posting.

New Address, But We Haven't Moved! -- AND New Fax

After tearing up our street and taking part of our landscaping, the City of Olympia has informed us that our address has been changed. It is now: 4001 Harrison Ave NW, Olympia, WA 98502. The new street is beautiful with even a left-turn lane! We have also changed our Fax number to: **360-350-1445**.

Health Tips: Aspirin, Niacin, Vit. D3, and Emergency and Hospital Care

Remember, last year, we told you that unless you had already suffered a heart attack, that 81 mg (only) of Aspirin was no longer recommended. Cancel that. The argument continues. Newer data suggests *maybe* a 19% advantage to avoid the first heart attack and *maybe* about 8% reduction in stroke. (I am taking it again.)

Niacin for prevention of coronary heart disease is the latest "great idea" recently challenged. Despite several smaller studies reporting its usefulness, the largest, best designed study just failed to demonstrate benefit. I am not yet stopping mine, but I won't "yell" at any patient who wishes to stop, and does.

Also, we continue to believe supplementing with Vitamin D3 (about 800 iu daily) is good for everyone in the Northwest, even without blood testing.

A reminder: We personally take care of most patients of HFM who are admitted to Capital Medical Center (only). We also encourage use of its Emergency Department when our office is closed and an urgent care center (like Westside Clinic) is not adequate. Children who may require admission should go to Providence Saint Peter Hospital, as they have the only pediatric inpatient unit. Remember, HFM will see its own sick or injured patients in our office the same or next business day—*count on it*.

PLEASE, Your E-mail Address

This snail-mail means of reaching our patients is costly and environmentally unfriendly. Please provide us with your current e-mail address. Go online to www.heritagefamilymedicine.com/P50.asp and fill in the "Contact Us" form. *In fact, why not do it now while you're thinking about it?*

More Stuff

For those without insurance or those with a high deductible catastrophic policy, DirectcareMD is an Affordable Healthcare Alternative -- for only \$35 - 50 per person per month. More information is found on the tip-in. On the other side of that tip-in, is information for our patients who struggle with a weight issue. HFM has been running a very successful medication based **weight loss program** for a year.

We Like You

The staff of HFM and our supporting business office in Chehalis genuinely like our patients. We consider it a privilege to serve you and are grateful and honored that you have entrusted your health care to our team.

Sincerely,



Richard Faiola, MD

PS: This mailing is being sent ONE per household. Please share.

PSS: Several patients have noted our "New Zealand Spam" photo journals in the reception area and wished to read at leisure. They are now on our website. GRANDCHILD PHOTOS ALSO!!!

