

Concierge Nurse Navigator

From Our Home to Yours

In This Issue

Insurance Deductibles

Immunity Begins with Your Fork!

Patient Story

Meet Our Team

Concierge Nurse Navigator, LLC

p. 440-992-7000

f. 440-992-1342

a. 1515 E 46th St.

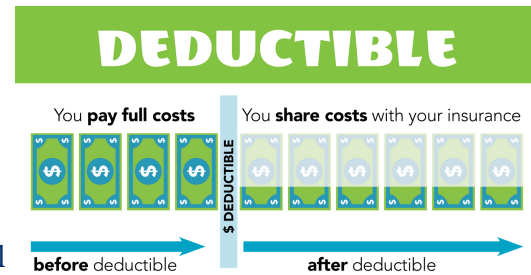
Ashtabula, OH 44004

Insurance Deductibles

What is an Insurance Deductible?

An insurance deductible is the amount you are responsible to pay out-of-pocket apart from your typical office visit copays before your insurance plan or employer starts to pay claims on covered services.

Your deductible may be waived if you call your Nurse Navigator prior to scheduling appointments. This one phone call could save you thousands of dollars! Of note - *Deductibles reset January 1st, 2021.*



Deductible amounts can vary between companies, but the savings in waived deductibles can amount to thousands of dollars for families over the course of the year.

Immunity Begins with Your Fork!

by Lisa Heinbaugh, C.H.C., L.P.T.A., *Functional Medicine Health Coach*

We hear it all the time... How can I boost my immune system? Well, guess what!? Boosting your immune system lies at the end of your fork! What you eat is not just about what will make you fat, but what you eat is information to your body! Food talks to you. Will that piece of food that is heading towards your mouth add vitamins and nutrients that support your immune system? Or will it speak stress to the body?



Our bodies are strong, resilient, and able to handle the occasional “junk food”, however, the problem is this type of food is on our forks way too often! Chronic intake of crap food leads to inflammation and inflammation breaks down our immune system.

For example, when you have broccoli at the end of your fork it is like stabbing a multi-vitamin! Broccoli contains fiber, protein, iron, potassium, calcium, selenium, and magnesium as well as the vitamins A, C, E, K and a good array of B vitamins! On the contrary, grabbing that chocolate mocha and a muffin for breakfast every day lacks key vitamins/nutrients, spikes your blood sugar (don't forget the drop later), and declares inflammation.

What the fork stabs is totally up to you, but let it work for you, let it fight for you!

To be connected with our Health Coach, Lisa Heinbaugh, please contact your Concierge Nurse for an introduction!

Patient Story

As Concierge Nurse Navigators, we can help in several ways. There are so many success stories we could share! Recently, an employee called experiencing terrible joint pain and their PCP advised them to go to a local orthopedic. The local orthopedic said to rest the joint for one month and then come back. We advised the employee to seek a second opinion at the highly ranked Crystal Clinic. The employee did not initially want to travel, but was experiencing so much pain and decided to make the drive. After the appointment, the employee called to inform us that surgery was needed and asked for our help to expedite approval. We made the calls, and the approval was obtained before the employee returned home! One of the top ranked surgeons in the tri-state area will be performing the necessary joint surgery soon. The employee loved the physician at Crystal Clinic and is heading into this complex surgery with a sense of confidence and peace.

Meet Our Team

Hello! My name is Faith Barron and I am a Concierge Nurse Navigator. I have been an RN for 31 years in northeast Ohio. I have worked in ICUs and hospital supervisor positions. I love being a nurse and helping others! I married my high school sweetheart in 1990 and we have four amazing children. I have homeschooled all our children (this is year 21...and the last year!). I also serve as the Children's Ministry director at our church. In my free time I love hiking, kayaking, biking, playing games and doing puzzles. Please feel free to call me anytime with questions or concerns! I look forward to helping you navigate the complex world of healthcare.

