



# Trilogy

MEDICALLY ORIENTED GYM

PHYSICAL THERAPY

COLLABORATIVE PARTNERS



## BE YOUR OWN HEALTHCARE ADVOCATE

Amherst  
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Grand Island  
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## BE YOUR OWN HEALTHCARE ADVOCATE

One of the most important and proactive steps you can take in managing your health is assembling a health care team that will support all aspects of your health. Too often we only think of our Primary Care Physician as the manager. Your health care team should include your Primary Care Doctor, Pharmacist, Psychologist, Physical Therapist, Exercise Specialist, Dietician, and any other healthcare expert specific to your medical conditions or health goals. It is essential that you create your own team of experts and be prepared to provide each of them with your complete health history and inform them anytime something changes. Sharing information and educating yourself allows you to ask pertinent and meaningful questions. The more you understand your health status and the options for interventions, the better decision you can make that align with your values, health goals and preferences.

Not only should you become your own health advocate, but your family members and friends will also need an advocate. Often older family members grew up in a cultural environment where the healthcare expert was all knowing and should never be questioned. In today's healthcare environment every older patient should have a health advocate to assist them in understanding and navigating the healthcare system and making decisions. Having someone with you to attend medical visits and hear the discussion is invaluable when making decisions concerning health. Foremost the advocate must know the express wishes of the patient which would

be delineated in a *Living Will* or the *MOLST* form. A *MOLST* form is the only legally binding medical form that can address DNR, DNI, feeding tubes, antibiotic use, and other fluids to help additional medical conditions. Being the Advocate or Health Care Proxy on these legal documents does not give you permission to make healthcare decisions for the patient, it is a supportive role. The only time a Health Care proxy can make medical decisions for the patient is when the patient has been deemed incompetent by a medical professional.

Self-advocacy or self-promotion has become essential in managing your own health. People who are empowered to make decisions about their health and healthcare services have more favorable health outcomes, have less anxiety, quicker recovery times and increased compliance with healthcare services. Shared decision-making is a model of patient-centered care that enables and encourages people to play a role in the medical decisions that affect their health. It operates under two premises:

- First, consumers armed with good information can and will participate in the medical decision-making process by asking informed questions and expressing personal values and opinions about their conditions and treatment options.
- Second, clinicians will respect patients' goals and preferences and use them to guide recommendations and treatments.

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# Be Your Own Healthcare Advocate

Unfortunately, complicating the decision-making process is the fact that decisions related to preventive testing, diagnostic workups, and treatment options are often driven by Provider's preferences rather than scientific evidence. It is not breaking news that providers of care are stretched way too thin. Skillful communication between the individual and health expert is essential in gathering information to make good decisions and will result in efficient healthcare delivery.

Technology has improved the overall knowledge of the public when it comes to individual health. Finding exercise and good nutritional advice is easily found on the internet. Basic medical information can be found as well. The downside of technology has also made it easy to question medical intervention, testing, treatment protocols or plans for care.

Often family members use what they have "learned" online to challenge the healthcare expert and therefore makes the relationship between Patient and Provider confrontational. Trust is the most important thing in any relationship including the Patient/Provider relationship. Asking questions to better understand health conditions to allow for better decisions and advocacy is a good thing.

Be informed, participate in partnering with your healthcare team. Create a plan for improving and managing your health and lifestyle choices. Make wise decisions about how you live, the choices you make with food and exercise, take ownership of preventative care. Become your own best advocate and consider becoming a good advocate for family and friends.



## FREE SCREENINGS

### SCHEDULE YOURS TODAY!

We're celebrating National Physical Therapy month and our one-year anniversary of our successful merger! This milestone marks a year of unity, growth, and collective achievements as we've combined our strengths to create a stronger and more dynamic organization. We look forward to continued success and innovation as we build an even brighter future together.

To celebrate our milestone, we are offering free physical therapy screenings the entire month of October! These screenings can help you get started on your health goals. Space is limited so be sure to call today to schedule yours today.



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## GET STARTED ON YOUR 2024 GOALS

*Have You Met Your Annual Insurance Deductible, Or Used Your Wellness Benefit?*

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses.

This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan. It's worth checking your insurance to see if you have any type of a wellness plan, some expire at the end of the year and are "Use it or lose it". Let us help you get a head start for 2024! Call to book your appointment today!

## MEMBER SUCCESS

A big congratulations goes out to West Seneca patient Patrice! Patrice wanted to make changes to foster a healthier lifestyle and decided to quit smoking. As a tool for coping, West Seneca Physical Therapist, Jess, provided Patrice with a coloring book and crayons. About a week later Patrice arrived at PT excited to show off her creation. The artwork will be displayed in the West Seneca office to celebrate victories, big and small. Patrice is now 2+ months cigarette-free. Way to go Patrice!



## THIS OCTOBER YOU CAN GET 90 DAYS OF OUR MOG FOR \$90

It doesn't matter if you're brand new to exercise or a seasoned veteran, our MOG will take you to the next level. We provide one-on-one assistance to help you reach your goals. Our exercise programs can help increase strength, endurance, and flexibility, and more. Request a tour at one of our facilities today! Our \$90 for 90 days promo runs from 10/1/23-10/15/23\*. Are you ready to reach your fitness goals? Call us at one of our locations or e-mail us at [info@mytrilogy.org](mailto:info@mytrilogy.org)!

*\* A person does not qualify if they have had an active membership in the last year.*

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