



Rhode Island Alliance for Retired Americans plus Your Primary Care Physician

The Rhode Island ARA and your primary care physician are reaching out to all retirees in Rhode Island to become a member of the **HealthLink Wellness Program**.

Benefits available to you and your spouse as a member of HealthLink Wellness:

Numerous discounts - Log onto www.retiredamericans.org for the list.

Vision Care Program- through Davis Vision, with no premium.

Dental Care Program- discounts of 30-40% off usual & customary fees, with no premium.

Participation in the HealthLink Wellness program with no cost to you, in fact if you participate in our community based screenings you will receive a \$10 CVS gift card. We pay you!

For more information you can e-mail us at Info@NewEnglandSenior.com

The RI - ARA HealthLink Wellness Mission

Since 2001, the goal of the RI ARA HealthLink Wellness program is to initiate a process of prevention and early detection that will become a model for expansion into other community settings. Our mission is to create a community health culture that revolves around these principles:

Education: Setting up comprehensive approaches to retiree health wellness education. Giving members the knowledge they need to stay healthy through regular health screenings and the HealthLink Wellness Newsletter.

Health Programs: Engage a large proportion of retirees in health wellness promotion activities such as walking clubs, healthy cooking & exercise programs to reduce retiree health risk.

Follow-up & Prevention Programs : From a preventive medicine standpoint, follow-up activities should be more focused. Ongoing monitoring of health and health education programs that emphasize healthy eating, smoking cessation and physical activity will go far in promoting a healthy lifestyle for retirees. Partnerships: Develop an extensive network of partnerships that engage retirees and their primary care physician in the fabric of the community For example; outreach for this program should lead to networking with existing senior citizen centers, community based organizations and primary care physicians throughout Rhode Island.

For more information on the RI-ARA HealthLink Wellness program, go to:

www.NewEnglandSenior.com