



Health story tips
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HealthExtra

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America's Healthiest Hometown

Our community medical partners are committed to making The Villages a preeminent home to quality health care, longevity and enhanced quality of life for seniors. It's a mission crafted through innovative primary care practices, cutting edge technology, a nationally renowned hospital system and research university. Here is a roundup of health and medical happenings this week, compiled by Managing Editor Lauren Richardson.

From Local Health Staff

UF Health announced Wednesday it has signed a multi-year agreement with UnitedHealthcare, effective May 5. The deal means UF Health hospitals and physicians will once again be in UnitedHealthcare's provider network, including UF Health Spanish Plaines Hospital and UF doctors in The Villages. UF Health hospitals and physicians throughout the state of Florida continue to participate in UnitedHealthcare's Medicare Advantage network. The new arrangement is designed to reduce administrative overhead, improve efficiency and enhance care management.

From Local Health Researchers

Charter Research, which has locations in The Villages and Orlando, is currently recruiting for several clinical trials in pursuit of new discoveries for cures and treatments of many of the most common debilitating diseases, including Alzheimer's disease, obesity and MASH. Trials depend on volunteers who fit certain criteria being monitored over a period of time. Sign up for an initial pre-screening assessment at charterresearch.com/studies. The Villages location is open from 8 a.m. to 5 p.m. Monday through Friday at 1025 Lake Sumter Landing. Call 352-441-2000 for more information.

At The Villages Health Learning Center

The Sunshine State's warmer weather is a draw for many, but with summer just around the corner, it's important to know how to stay safe in the extreme heat and humidity. The Villages Health offers "Staying Healthy During Florida Summers" for area residents who want to learn about the causes and symptoms of heat-related illnesses and how to prevent them. The class is from 2:30 to 3:30 p.m. May 6 at the Brownwood Care Center, 2910 Brownwood Blvd. To sign up for the event or to find other opportunities with The Villages Health Learning Center, visit thevillageshealth.com.

THIS WEEK'S FITNESS GOAL

Flexibility: Exercising and stretching can help you to move more freely. Remember to stretch when your muscles are warmed up and consider incorporating yoga into your daily life.

LOCAL EVENTS

BOOST YOUR HEALTH I.Q.

1

TLC Services' "Living on Purpose: Journey to a Meaningful Life" begins May 19. The five-week group, facilitated by Bonnie Hovel and Jean Yingling, meets at 9:30 a.m. Mondays at Bacall Recreation. Villages ID is required. To register, visit tlc-services.org or email groups@tlc-services.org.

2

Charter Research is hosting "First Steps: Living Well with Cognitive Impairment," a support group for people with mild cognitive impairment or early stage Alzheimer's. It meets at 10 a.m. Friday at Charter Research, 1025 Lake Sumter Landing. Register at charterresearch.com/events/.

3

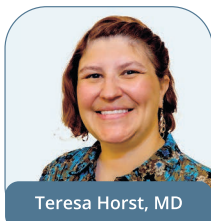
The next meeting of the Lewy Body Dementia support group at Charter Research is May 7. Anyone with Lewy body and their loved ones can attend. The meeting starts at 3 p.m. at Charter Research, 1025 Lake Sumter Landing in The Villages. Register at charterresearch.com/events.

Join a Clinical Study: Opportunities to participate in health care research in The Villages include Charter Research (charterresearch.com/open-studies), the UF Health Precision Research Center (tinyurl.com/UFVillagesResearch), and K2 Medical Research (craigcurtismd.com).

Upgrade your medical care.



Troy Rachel, DO



Teresa Horst, MD



Miguel Mantilla, MD



Phuong Thi Tran, MD



Thumati Jagalur, MD



Obie Ramsay, MD

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MEDICARE
ADVANTAGE
PLANS

