

▶ FEATURED PARTNER

Life Line Screening

ASBA is proud to announce our new partnership with Life Line Screening. Members are now able to take advantage of the power of prevention and receive a discount on preventive health screenings for members and their families. Life Line Screening offers high-quality, non-invasive preventive screenings in the comfort and convenience of our members' communities. There are four screenings involving the use of safe, painless ultrasound technology offered to help identify risk of stroke, vascular disease and osteoporosis. As the leading provider of community-based preventive health screenings in the United States, Life Line Screening uses advanced ultrasound equipment, the same as the equipment found in hospitals. Screenings are performed by highly trained healthcare professionals. Results are reviewed by board-certified physicians to ensure the highest standards.



Life Line Screening, the nation's leading provider of community-based health screenings, has offered preventive screenings since 1993. More than 6 million people have taken advantage of these potentially life-saving tests. The conditions for which Life Line Screening screens are considered "silent killers" because they often strike without warning. In fact 4 out of 5 stroke sufferers had no apparent symptoms. However, 80% of strokes can be prevented when detected early and then treated by a doctor.

There are several ways to make an appointment for a screening. ASBA members, family and friends may call 1-800-718-1169 or visit www.LifeLineScreening.com/ASBA to schedule an appointment. Life Line Screening has a specially-priced Stroke, Vascular Disease and Heart Rhythm Package available for \$135.



The American Senior Benefits Association is a not-for-profit organization focused on advocacy, education and member benefits for men and women age 50 and above. We are national in our reach and our membership is over 500,000 strong. You received this newsletter because you are an ASBA member. Your free ASBA membership was awarded through the mail or through one of our endorsed partners. **There is no membership cost to belong to ASBA, and in these current economic times, we know how important this is.** With a solid history as a trusted resource for its members, ASBA brings you first class educational and consumer programs designed exclusively for ASBA members. We are always adding new programs to your membership, and we encourage you to take advantage of our newest program with Life Line Screening.



Quarterly

MEMBER BENEFITS

Advocacy and Legislative Updates that concern America's seniors from our team in Washington DC (*monthly bulletins found on our website, <http://asbaonline.org/legislative/legislative.htm>*).

Exclusive ASBA discount on the Dental Care Advantage program which includes:



- Special pricing: \$5/mo (\$60/year) for ASBA members and their entire household. For example, a member can participate in this program for \$60 per year. If desired, member, spouse and children all can participate – the cost is still \$60 a year TOTAL.
- 20-55% discount on dental services when seen by a participating dentist, dental group or location
- 5-55% discount on vision services when using a participating vision location
- 50% savings on diagnostic and X-Ray services with a participating Chiropractor
- 30-60% savings on hearing diagnostics (not covered by major medical), hearing rehabilitation and hearing aids
- Call 1-888-540-9488 and mention "ASBA" for more information regarding this highly valuable program

NOTE: This is a discount program, NOT insurance.

A 10% ASBA discount through 1-800 Flowers

Log on to 1-800-flowers.com. Use Promotion Code "ASBA" to receive your association discount.



Car Rental Discounts

- 5-20% savings on Alamo: 1-800-354-2322
Discount Rate Code: ID #606897
- 5-20% savings on Hertz: 1-800-654-2200
Discount ID: CDP #1132773
- 5% savings on Avis: 1-800-831-8000
Discount Code: #T589000
- 5-15% savings on National: 1-800-CAR-RENT
Discount ID: #5450091



ASBA member discounts of 10-20% when staying at one of the Choice Hotels Call 1-800-4CHOICE, quote discount #00062449.



25% discount on health and wellness products through Vitabits To receive a FREE catalog, call 1-800-838-4584. Be sure to mention code "NAC."



FREE Funeral Protection Plan through TributeDirect (\$99.99 Value) for ASBA Members. TributeDirect™ can help take the emotional burden of end of life planning off of your family by answering questions that arise during the funeral planning. Call Toll Free, 800-231-8527, and mention "Benefit Group ASBA." TributeDirect™ will provide you with a unique Personal Identification Number (PIN), activating your Funeral Protection Plan. From there, they'll walk you through all of the steps one needs to consider for end-of-life planning. This program is just one of many ASBA member programs waiting for you.



Medical Air Services Corporation In our continuing effort to improve the quality of benefits for our members, we are pleased to announce the endorsement of the "Platinum Membership" prepaid emergency assistance service through Medical Air Services Association (MASA). Please call 1.800.258.7041 and mention you are an ASBA member to enroll today!



T-Mobile Program – ASBA members will receive a 12% discount on monthly wireless service, a FREE phone (\$150 value, no rebate required) and FREE activation (\$35 value). Call 1-866-464-8662, (select option 3) and mention code 8902TMOFAV.



Loyal Member Accident Insurance Plan for ASBA members

underwritten by Hartford Life and Accident Insurance Company. With the ever-present risk of accidents, we are pleased to offer ASBA members the opportunity to enroll in our Loyal Member Classic Care Accidental Hospitalization and Loss of Life Insurance Plan. Plus, your membership allows your benefits to grow 10% each year for the first five years of coverage — for no additional premium! If you have questions, please call the ASBA Loyal Member Customer Care Representative at 1-866-605-5702, weekdays from 8:00 a.m. - 5:00 p.m. CST.



Exclusive ASBA Offer Through Wachovia Securities

IRA account fee WAIVED on any account over \$50,000 for the 1st year (\$50 Value!) and account fee WAIVED on any account over \$100,000 for the 1st year (\$125 Value!) Call 1-800-522-7422 to learn more TODAY!



As we continue to enhance the ASBA membership experience, we are pleased to announce our partnership with ScriptSave®. **ScriptSave offers significant savings on prescription drugs, diabetes care and supplies, and Daily Living Products.** There is NO COST to enroll into the program – visit scriptsave.com or call 1-800-700-3957 and use ASBA Code 890 to learn more.



Like to golf? Dine out? Travel? And do it all for less? **Check out these great travel and entertainment offers through ASBA & My Reward Vacations**, which gives significant savings on resorts, day-cruises, golf courses and fine restaurant! Visit asbaonline.org or call 877-388-2228 for more info.



Liberty Mutual, an ASBA Endorsed partner, offers ASBA Members special pricing on auto and home insurance Call 1-800-981-2372 and mention your ASBA membership.



ASBA is proud to endorse the life and health insurance products designed to meet the needs of senior Americans offered by the family of companies of **Great American Supplemental Benefits Group**. If you have any questions about any of Great American's products please feel free to contact a GASBG representative at 877-232-8398, by email at inquire@gafri.com.



Visit our website, www.asbaonline.org, to receive the most up-to-date information on everything we have to offer. Note: All programs subject to state availability.

ASBA COLLEGE SCHOLARSHIP PROGRAM

ASBA is proud to offer educational scholarship grants for members and their children and grandchildren. The ASBA College Scholarship program provides up to \$1,000 in scholarship grants to qualifying applicants. Winners not only receive a scholarship grant, they're also featured on the ASBA website. For more information call 1-877-906-ASBA (2722), or visit the ASBA website to fill out an application.

ASBA NEWS FOR YOU

Taking control of your health care costs: Simple steps for consumers

On a daily basis, Americans are inundated with numbers - gas prices, stock points, tax increases, credit scores - that are causing consumers more anxiety than ease.

These numbers, and the strain of economic resources, are inflicting added stress upon American families that is having an immediate impact on health care.

Health care is a vital resource in prosperous as well as challenging economic times; however, as the strain and stress on the average American is magnified, health care and its costs are a growing concern.

Each of us must take responsibility for our own well-being. There are simple things each health care consumer can do to take control of his or her health - easy steps one can make to help reign in the cost of health care, regardless of the economy.

Preventable diseases are a major contributor to the long-term costs of health care. The total bill for delivering health care in our country would decline sharply if more Americans focused on changing their lifestyles such as adopting healthful eating habits, quitting smoking and exercising regularly.

Quality of life is dependent on engaging in healthful behaviors. Preventive health, such as physical exams, hearing tests, colonoscopies, mammogram, prostate screenings, as well as keeping current with our immunizations, is critical to maintaining our well-being and avoiding serious illnesses - such as heart disease and diabetes - that put enormous strain on health care resources and in turn drive up costs.

Good communication with health care providers, a solid understanding of generic prescription drug alternatives, and the ability to be informed also contribute to preventive health. More consumers are logging on to the Internet as a primary source for health care information.

Unfortunately, many Americans are not aware of their personal health until a significant health issue, such as the onset of a major illness or a trip to the emergency room arises. We can avoid many serious health, and financial, problems and reduce our health care expenses if we stay on top of what we can control - our health, well-being and quality of life - instead of stressing over what we cannot. Like taxes.

Source: *The Flint Journal* /Monday December 29, 2008/Jelka.Retrieved 1/12/09 from http://www.mlive.com/opinion/flint/index.ssf/2008/12/taking_control_of_your_health.html