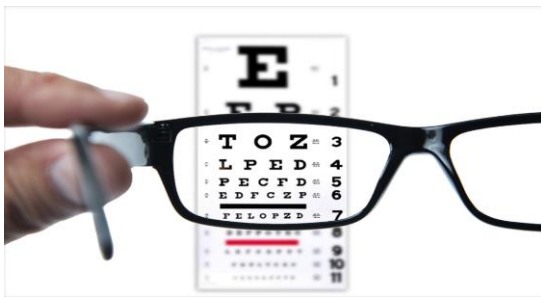


## Information to Help Improve Your Quality of Life!

### “Eye” Can’t Believe It’s Been A Year Already!



#### Get the most out of this plan...with a yearly eye exam!

A routine eye exam is so much more than simply checking your vision. When you cover your eye with one hand and read tiny letters in a row.... that’s a vision exam! When you go to one of the in-network Optometrists of Kalos Health, you will receive a comprehensive eye exam.

What else can be discovered during an eye exam?

- Autoimmune Diseases
- Cancers
- Blood Pressure Disorders
- Diabetes

#### Don’t Wait ... Schedule Your Eye Exam Today!

To find an in-network Optometrist, visit:

**KalosHealth.org**

or call us at **(716) 216-8368**

### Behind The Phone

Each newsletter, we feature one of our staff members who you don’t get to meet in person. It’s just one more way to show that we are here for you on a personal level. Your health and safety are our top priority!

#### Meet Laurie!



Laurie has been with Kalos for nearly three years. She’s an important piece of the Member Services department, helping book your rides, find you homecare services, and answer your questions about what is covered.

When she’s not on the phone helping our members, Laurie enjoys spending time with her three kids & cheering on both the Bills and the Sabres. She takes pride in talking about being one of the few fans that stayed in the stadium during the Buffalo Bills greatest comeback ever game against the Houston Oilers in 1993.

When we asked Laurie about some of her favorite moments while working at Kalos, she easily responded “I had a great time working alongside my daughter Rebecca.” She also takes great joy in talking to the members about their families and about our sports teams. When she needs to get away, Laurie loves to go camping and relaxing in her RV.

Be on the lookout in our next newsletter to see who is “behind the phone.”

# Kalos Kares

## *Heart, Love & Soul Food Pantry*

On June 22, members of the Kalos Kares volunteer team rolled up their sleeves to help our community. The team spent the day at the Heart, Love, & Soul food pantry in Niagara Falls. More than 120 people received groceries, but they also got so much more.

At Heart, Love & Soul they are more than a simple food pantry. They are an organization dedicated to healing one of the highest poverty neighborhoods in the area. Beyond food, they help people with housing, basic hygiene, and healthcare.

“It was a heartwarming experience for all of us,” said Danielle Coogan, one of the volunteers and the Manager of Member Services at Kalos. “This is our community. This is where some of our members live. Kalos is a Western New York plan and all of the staff live here. Helping this neighborhood helps us all.”



## *Eat Healthy... and Local!*

There's nothing like a juicy piece of watermelon on a hot summer day, or the taste of a strawberry from a local farm. Make sure to take advantage of the great produce grown here in Western New York. Here's a list of some of the best fruits and vegetables grown locally.



Blueberries



Peaches



Watermelon



Cantaloupe



Peppers



Broccoli



Cabbage



Zucchini