ONE CONNECTION

VOL. 1

When you are informed, you are cared for

ONE HEALTH EVOLVES FOR YOU

TOGETHER WE MAKE HISTORY
A LEGACY THAT GROWS WITH YOU

ENROLLMENT PERIOD
NEW OPTIONS FOR YOUR WELL-BEING

WE ARE ONE HEALTH
OUR PATIENT TESTIMONIALS

ONE HEALTH UP TO DATE
HEALTH & WELLNESS TIPS

10 YEARS OF SERVICE

Follow us on our **Social Media**

From your phone, scan our **QR codes:**

Stay up to date with all the benefits of your **health coverage.**

Access a **health and wellness tips** tailored to your **needs**.

Be the first to know about our exclusive **One Health** events and activities.

Instagram:

Facebook:

YouTube:





Together we make

HISTORY

A **legacy** that **evolves** with you

More than **10 years ago**, we chose to walk by your side, supporting you in moments of health and life, and today we are still here, **more committed than ever.**

With **over 45 years of experience in the healthcare industry,** we carry in our DNA a legacy built across generations.

That journey has allowed us to better understand your needs, serve you with professionalism, and keep our commitment to you alive.

This is a new chapter for **One Health Medical Centers.** With **One Connection,** we want to be even closer to you, sharing who we are, what we feel, and what we do every day to care for you like family.

We have improved our processes, adding faster and more accessible channels so that your experience with us is **simple, warm, and memorable.**

One Health, a new way to care for you… always putting you first.

Everything we do has one purpose: for you to continue choosing us as your number one health center.

Our VISION

To provide seniors with **comprehensive, accessible,** and **compassionate care,** with **medical excellence, innovation,** and **convenience**, both in the clinic and at home.

Our MISSION

To become the **new standard** in senior healthcare, combining the excellence of a major medical center with the **closeness** and **humanity** of **truly personalized care.**



ENROLLMENT PERIOD

New options for your **well-being**

The **enrollment period** is a key moment for all patients with health insurance.

During these weeks, **you have the opportunity to join a new health plan, adjust your current coverage, renew your benefits, or add extra services.**

Understanding this process is **essential** to ensure you receive the best possible care.

Don't miss the chance to enroll or renew on time, and avoid interruptions in your medical coverage or **losing access to your benefits.**

Your Key Health Dates

This year, the **Medicare General Enrollment Period** will run from **October 15 to December 7,** a window of time to update your plan, make changes, or choose the option that best fits your needs.

There are also **special enrollment periods** for private plans or specific life circumstances, such as **moving, a change in marital status, or retirement,** that allow you to make changes outside of these dates.



Choose with confidence
with One Health

At **One Health Medical Centers**, we understand how important it is to enroll or renew on time, that's why we become your **trusted ally** throughout this process.

Our team of specialized advisors will guide you to understand **what changes you can make to your plan**, how to **maximize your benefits**, and what **new options are available** to you during the **Medicare** enrollment window.



From ***October 15 to December 7***, this is your opportunity to optimize your **healthcare coverage** with **One Health** by your side.



At **One Health** we...

- **Answer all your questions** about the enrollment process.
- **Clearly explain** your benefits and available options.
- **Guide you i**n choosing the plan that best fits your needs.
- **Make sure you don't lose any benefits** due to lack of information or late renewal.



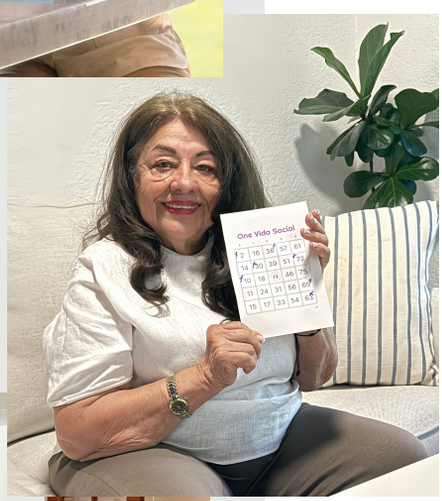
ONE HEALTH GOES BEYOND

A new way to care for you

At **One Health Medical Centers**, we believe health doesn't end with a medical visit, it's part of daily life, at home and in the community

That's why we want to provide new experiences that transform **medical care** into something more **real**, **personal**, and **connected** with our patients.







Fun is also **health**

exercise, play, and share

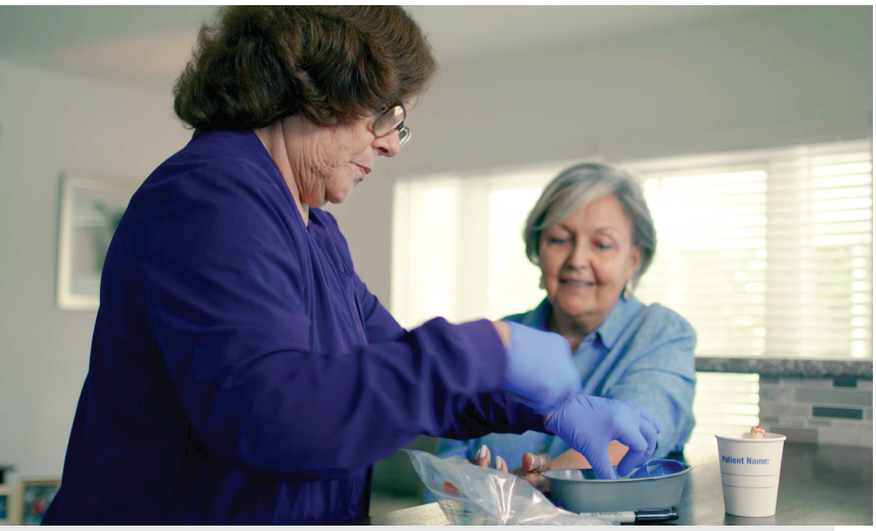
Today, our patients can stay active without leaving home, by joining online programs that promote:

- **Movement**
- **Creativity**
- Social **connection**

... and most importantly,
a **healthy life.**

Scan
to learn more

"A new way to care for you" **is our promise, to be with you beyond our clinics.**



Your **lab tests,**

without leaving home

You can also complete your medical tests from the **comfort of your home**, avoiding unnecessary trips.

Scan
to learn more

Here for you, anywhere *your health 24/7*

And when your health requires immediate attention, we've created an **urgent care service** that brings our care right to your door, ensuring support **24 hours a day.**

Scan
to learn more





Live with **peace of mind,**

we take care of the rest

And because we know your well-being goes beyond medical care, you also have a **Life Advocate** by your side to guide you through:

- Housing programs
- **Social Security**
- Food Stamps
- **Medicaid** and **Medicare**
- Utility payments

Scan
to learn more



ONE HEALTH UP TO DATE

Health & Wellness Tips

Garlic Butter Shrimp with Rice and Herbs

Serves: 4 | Prep time: 10 minutes | Cook time: 15 minutes



Ingredients

- 1 lb *(450 g)* large shrimp, peeled and deveined
- 3 tbsp unsalted butter
- 2 tbsp olive oil
- 4 cloves garlic, minced
- Juice of 1 lemon *(about 2 tbsp)*
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh thyme *(or 1 tsp dried)*
- 2 cups cooked white rice
- Salt and black pepper, to taste
- **Optional:** *a pinch of red pepper flakes for heat*

Instructions:

- Cook the rice and keep warm.
- Sauté garlic in butter and olive oil.
- Add shrimp, season, and cook 1–2 min per side.
- Finish with lemon juice, extra butter, parsley, and thyme.
- Serve over rice with the garlic butter sauce.



Did you know…

30 minutes of exercise a day can:



1. **Improve** your memory
2. **Strengthen** your muscles
3. **Boost** your energy

And best of all, it can help reduce the risk zof **cardiovascular disease.**

Work out with us!

Join us every **Tuesday** and **Thursday** from the comfort of your home.

Get active from home, just call us:
(786) 725-2929





WE ARE ONE HEALTH

Our patient testimonials

Baldomero Canoura

7 years with One Health

At **88 years old** and born in Cuba, Baldomero describes his experience at **One Health as a "true wonder."**

Every morning, Baldomero arrives at 8 AM to our **West Kendall center,** using **One Health** transportation, to enjoy wellness activities. His favorite is **Virtual Bingo**, where he says he's very lucky.

He also enjoys these experiences from home, because at **One Health** we bring wellness to you, wherever you are.

For Baldomero, what makes **One Health** unique is the **Virtual Store,** exclusive to bingo winners, where he redeems points for special items.



> **"For me, One Health has been my second home. Being here is wonderful."**

"This is something I haven't seen in any other center," he proudly says, appreciating the experiences that enrich his daily life and well-being.

For Baldomero, **One Health is more than a medical center:** it's a home of wellness where he feels accompanied, valued, and motivated to live fully.



No doctor's appointment needed…

just bring your smile!

Have fun with **One Health**

Word Search Challenge:

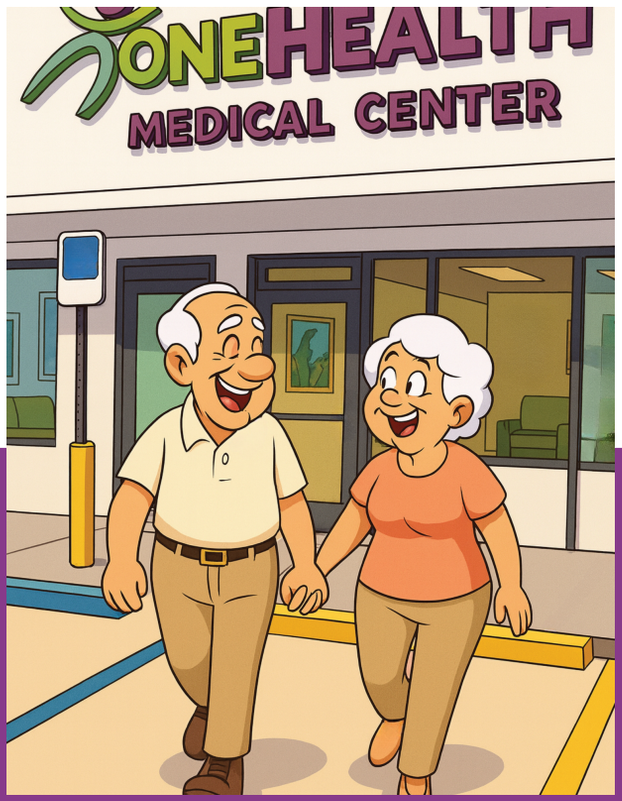
(It's playtime with One Health!)

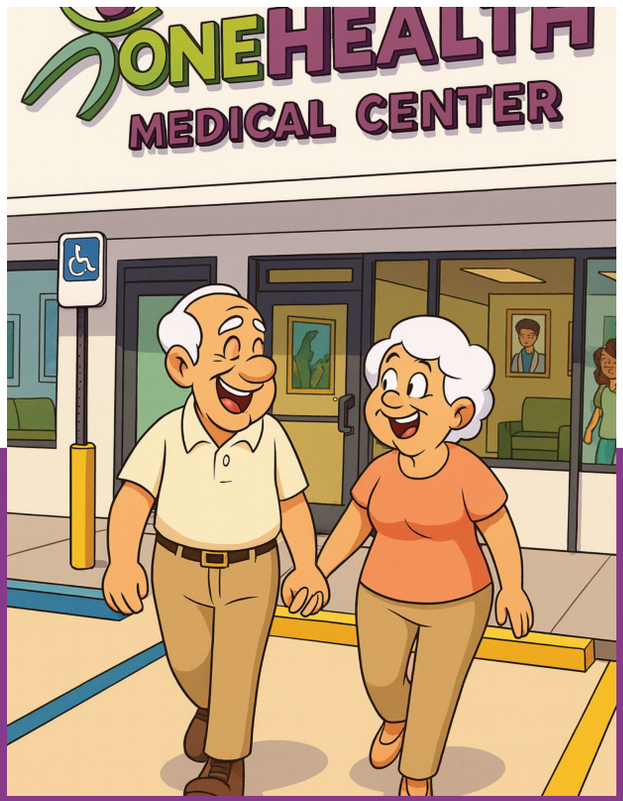
- CARE
- ONE HEALTH
- PATIENT
- ATTENTION
- HOME
- JOY
- LIFE
- ART
- TRUST
- DOCTOR
- SUPPORT
- WELL-BEING
- COMMUNITY
- MEDICINE

C	C	F	P	E	H	X	A	L	T	H	S
A	O	U	A	T	T	E	N	T	I	O	N
R	O	N	T	M	I	X	J	O	Y	M	L
E	P	N	I	D	I	C	A	T	V	E	I
Z	T	A	E	O	A	L	H	Z	E	D	F
N	V	M	N	H	M	D	Y	T	C	I	E
C	E	I	T	J	E	U	O	R	S	C	D
D	O	C	T	O	R	A	N	U	I	I	A
O	V	I	H	A	I	T	L	S	H	N	R
N	P	S	U	P	P	O	R	T	D	E	T
W	E	L	L	B	E	I	N	G	H	A	F
C	O	M	M	U	N	I	T	Y	O	H	D

Spot the **7 Differences**

Can you find them all?





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A new way to care for you

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