

UPCOMING NATIONAL HEALTHCARE OBSERVANCES

National Respiratory Care Week - October 19-25

Lung Health Day - Oct. 22, 2008

National Home Care Month -
November

National Family Caregivers Month -
November

National Alzheimer's Disease Month
November

Oxygen Technology and Your Future

In Service for Patients

Date: 11/04/2008
Day: Tuesday
Time: 11:00 AM – 1:00 PM*
Location: Oxygen One Inc Lobby
1900 Pewaukee Rd Suite F
Waukesha, WI 53188
Cost: \$5.00

Date: 11/06/2008
Day: Thursday
Time: 11:00 AM – 1:00 PM*
Location: Oxygen One Inc Lobby
1900 Pewaukee Rd Suite F
Waukesha, WI 53188
Cost: \$5.00

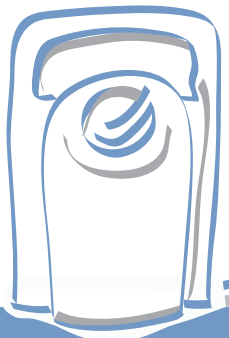
*A light lunch will be provided
Space is limited to first 21 people. Please call
Oxygen One at 262-521-2202 to reserve a spot.

CHANGES IN MEDICARE COVERAGE FOR OXYGEN

As you may know Medicare is making changes in their policy regarding the rental of oxygen equipment. These changes will go into effect starting in January 2009. Although Medicare has not yet published the guidelines for 2009, Oxygen One is aware that Medicare has repealed the transfer of ownership of oxygen equipment. Oxygen equipment will remain the rental property of the supplier.

Once Oxygen One is informed of the additional changes to the 2009 Medicare guidelines, we will send patients a letter explaining these changes and how they may affect you.

As a reminder, the oxygen equipment that you have in your home needs to be used as the physician has prescribed it or Medicare will not continue to pay. Please contact our office if you are not using it so that we can further explain your options.



OXYGEN & YOU

Fall 2008

MOBILITY

*Fighting chronic lung disease
one patient at a time.*

MARK YOUR CALENDAR

Please note our Holiday hours.

Thanksgiving;

Thursday 11/27 - Closed
Friday 11/28 - Open 8 AM - 1 PM

Christmas;

Thursday 12/25 - Closed
Friday 12/26 - Open 8 AM - 1 PM

New Years;

Thursday 1/1 - Closed
Friday 1/2 - Open 8 AM - 1 PM

NEW WEBSITE

Take a look at our website!

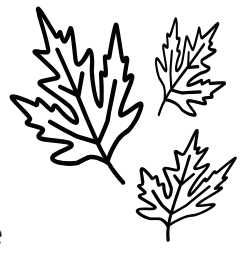
Log on now to...

www.oxygenone.com

It has a new look with useful tools including; Patient Resources, Equipment Showcase, Company Newsletters, Travel, and MORE!
The updated website will also help you request a prescription from your physician.

Fall is Here!

Once again summer is fading and autumn is close at hand. I personally felt that our summer was pretty good for breathing and I hope it was for you too. Now is the time when it is even more important to take care of yourself. Here are a couple of do's and don'ts that I recommend every year.



Get plenty of exercise. More of us find it easier to stay indoors when the summer has passed, which means you are not getting enough exercise. I can't emphasize enough the importance of exercise. For the outdoors, the autumn it is a great time to go for a walk. The humidity and dew points are low and it is not too hot. Going for a walk is best if it can be done on a flat surface. If you would rather, you can also go to a shopping mall and walk inside. When walking outside, you will want to beware of people burning leaves or brush. You may want to avoid those areas as it is difficult to breathe and can cause a lung infection.

For indoor exercise, I am a big advocate for Pulmonary or Cardiovascular rehab. Most hospitals offer these types of programs and you can attend two or three times a week. Joining one of these groups does a couple of things for you. First of all, you are getting the exercise that you normally don't get this time of year. There are different types of exercise equipment that you can use.



Some are easier than others, and depending on your condition, a Respiratory Therapist will show you what is best for you. Second, you will meet other people who have the same condition that you do. You can build some nice friendships which will make you

(Continued on p. 3)

Thank You!

The routing system Oxygen One implemented a few months ago has been a HUGE SUCCESS! Our new system allows our arrival time window to be cut in half, allowing our patients more freedom and flexibility. We would like to thank you, our patients and your families, for helping make it happen.

We ask for your help in maintaining this level of success by continuing to:

- Notify Oxygen One at least 2 days in advance of your scheduled delivery day.
- For next day oxygen delivery requests, call in before 3:00 p.m. the day before. Although we will do our best to accommodate your needs, same or next day deliveries may not be possible.
- Have someone available to sign the delivery ticket upon delivery. Remember, oxygen is considered a drug and Medicare requires a signature for receipt of oxygen equipment.
- Visit our office to make last minute exchanges or pickups. Call in advance and we'll have the items ready for you!
- Let your technician know you are low on supplies and stock up during your delivery.

Thank you for your cooperation! With your help, we'll be able to continue providing the best products available in the industry and the most knowledgeable staff to answer your questions!

SNOW BIRDS BEWARE

If you have been following any of the legislation over the past year or so you probably know that Medicare has made changes to oxygen coverage and payment policies. Effective January 2009, anyone who has been on oxygen 36 months or more will "cap" your oxygen benefit. This means Medicare will no longer pay a monthly rental fee to Oxygen One (or any other provider) for the rental of the oxygen system you use, but you will still have the equipment to use as prescribed.

What does this mean to you? This only affects patients who have Medicare and Medicare replacement plans.

If you live here in Wisconsin and don't travel, you may see small changes in your service and the number of deliveries you receive each month. You may see increases or decreases depending on your current system delivery schedule.

If you move or are accustomed to traveling to warmer

climates before the snow flies, you will experience the greatest changes. Having an oxygen system delivered by your destination provider, having them bill Medicare for the months that you are in their

area and then returning to Oxygen One in the spring will be more difficult than in the past. Once you reach the 36 month cap, Medicare will no longer make payments to any supplier for oxygen. This means you will be required to pay out of pocket for an oxygen system at your destination or at home. If you reach the 36 month cap using your destination provider's equipment, you will face the same challenges when returning home. Please feel free to contact Oxygen One should you have any questions. You may also want to contact your Congressman and ask him/her to help.



Ask Bill... (cont. from p. 1)



feel better. In other words, you won't feel like you are the only one with a heart or lung disease. If you cannot get to a pulmonary rehab program, Oxygen One offers in-home pulmonary rehab programs. Call them for pricing.

Always be sure to check with your doctor regarding the liter flow you will use when exercising. For example, I use 3 liters all of the time except when I am exercising. When I exercise, I use 6 liters. This makes a big difference. The additional liter flow keeps me from getting so winded. But, don't increase your liter flow until you have checked with your doctor.

You should always get plenty of rest and sleep and stay as active as you can. Rest helps the body heal and restore your physical and mental capacities.

Take off the excess weight by eating less. I find that I feel better this year than I have for a long time. I had put on excess weight which made everything I did more difficult. I knew I had to lose some weight but I just didn't know how to do it as diets have never worked for me. I talked to my doctor about it and she said I should eat the same foods I always eat, except to cut down

on the amount of food I eat. I found this difficult at first as I was still hungry after every meal, but as time went on it became easier. And now after about a year I have lost over 60 pounds. It has made a big change in what I can do. I have a lot more energy and I find my workouts at pulmonary rehab let me do things that I couldn't do before I lost the weight.

Get a flu shot every year. You should also have a pneumonia shot. If you have COPD, you may be more prone to colds and the flu. Your heart may be strained and become larger and you may have high pressure in the vessels that bring blood to your lungs. You are less likely to get the flu or pneumonia if you have these shots. Please check with your doctor and be sure to get your flu shot. As for the pneumonia shot, some doctors think you should have one every other year or every five years. Your doctor knows best so it is wise to follow his or her advice.

I hope you enjoy the cooler weather and that you have a chance to get out and see the beautiful colors that fall brings. The holidays will be here before you know it and I wish all of you the very best.

Don't forget that for any questions about the use of your oxygen or your equipment there is always a patient representative who will be more than happy to help you at Oxygen One.

Sincerely,
Bill Anderson

 **Oxygen One, Inc.**
The Home Respiratory & Sleep Specialists

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