

Hello, friends,

Once again, we had a great turnout for the meeting. We welcomed several new people, and hope they'll continue to join us for meetings and the lunches on the 4th Friday of each month.

As we discussed at the last meeting, I brought several Vial (or File) of Life options. Everyone at the meeting received a basic File of Life to place on their refrigerator. This contains a medical information sheet and a decal for the front door to let emergency personnel know where the information is located. There are other styles and add-ons available, such as a card to alert that you have a pet at home and how to care for it. I'm attaching a price list for those who would like to have one. I will bring them to the next meeting for those who didn't see them at this meeting.

Kathylee did a lot of research to narrow down the options for medical alert systems. An attachment to this email shows several of those that might work for our members. Two of those she selected as samples are worn by some of our members: the Lively Mobile Plus and the Medical Guardian Smartwatch. They were given good reviews by those that wear them, so that might be a good place to start. The thing to remember when selecting a device is how you intend to use it, and the commitment to wearing the device. It does no good lying at home when you're out and about. Another thing to remember is that if you need fall-detect, a wristwatch device is not the first recommendation. Too much movement of the arm results in frequent false alarms. It's a good choice for active people who don't require fall alert. If anyone needs help deciding which device to get, or help filling out the medical information cards, please let me know.

Announcements & Things to Do:














- **Friday, August 26: Suddenly One lunch at the Oak Room Grille, 11:30. Please let me know if you plan to attend so I can give the club an accurate count.**
- **Saturday, August 27:**
 - Night at the Movies, *The Lost City* with Brad Pitt and Sandra Bullock, 7:00 pm, the Orchid Club. Presented by Friends of the Library. Donations accepted. Snacks available for purchase.
 - Tribute to Bubbles at Palm Grove. Show time 6:30, doors open at 5:45. BYOB/snacks.
- **August 31: Ingrid leads Chair Yoga at 10:30 at Palm Grove. Good for all ages and abilities.**


















We are always on the lookout for things to do as a group, especially on weekends. Some of our members work or have other obligations on Fridays and would like other opportunities to get together. One option would be to move the Friday lunch to a Saturday or add an event to an evening or weekend day. If you have any ideas, please contact me.

The latest membership roster is attached. For those of you who don't have email addresses, Ingrid Crane will deliver this message and any attachments to your home. *If you don't plan to return to the group, or don't want to receive this information, please let me know, and I'll remove you from the list.*

Thank you, and I hope to see you next month on **September 9th in the card room.**

Shelley
210-410-0090

Company	Type of Devices	Landline Range	Cellular & Features	GPS included?	Fall Detect Included?	Cost	Notes
  www.lively.com 866-461-7793	Lively Mobile Plus Wear on belt or as a necklace Charges on a base		<ul style="list-style-type: none"> • Get help 24/7 • Urgent Response • Fast call response • Reliable coverage • Enhanced GPS • Lively Fall Detection • Two-way communication • Waterproof 		For additional fee	<div>Basic Package \$19.99/mo. <i>(limited time)</i></div> <div>One time set up \$37.49</div> <div>No contracts</div>	AARP members get \$5 discount
	Lively for your iPhone or Applewatch		<ul style="list-style-type: none"> • Urgent Response <ul style="list-style-type: none"> ○ Locked out ○ Roadside ○ Directions ○ Chest pain • Urgent Care <ul style="list-style-type: none"> ○ Speak with RN ○ Refill Rx • Lively Link 	Only as feature on iPhone (not provided by Lively)	Only as feature on Applewatch (not provided by Lively)		Save \$200 on Applewatch at Best Buy with 24-month subscription
  www.mythrive.com 888-920-6229	My Thrive 2.0		<ul style="list-style-type: none"> • Get help 24/7 • 4G LTE • Wi-fi location service • Comes in 14 colors • 30 day battery life • Water resistant 			Starts at \$79 with 2 months free service then \$36.62/mo	This website has a limited of selections and plans.
	My Thrive PRO		<ul style="list-style-type: none"> • Up to 7 days battery life • Same as My Thrive 2.0 (above) PLUS • GPS location • Live Tracking • Fall Detection 			Starts at \$99 with 2 months free service then \$36.62/mo	

   www.bayalarmmedical.com 877-522-9633	Bay Alarm Medical Home System	 Landline has 2-acre range		GPS included in cell version only	For additional fee	Landline starts at \$19.99/mo Cellular starts at \$29.95/mo	
	SOS Smart Watch		<ul style="list-style-type: none"> • Help button • 2-way talk • Enhanced battery life 			Starts at \$29.95/mo	
	Automatic Fall Detection		Pendant style			Available as an upgrade for \$10.00/mo	This website has a large selection of devices and plans.
  www.medicalguardian.com 800-910-5056	Medical Guardian Classic Guardian Home 2.0	 	<ul style="list-style-type: none"> • Connects via landline • 1,300 ft range (land) • 1,400 ft range (cell) • Can sync with included necklace or wristband • Includes access to the MyGuardian Portal • 32-hour battery backup 			\$29.95/ mo \$34.95/mo (Less if annual plan selected)	Online offer of up to 30% off currently available Available in black or white unit.
	mgMOVE Smart watch		<ul style="list-style-type: none"> • SOS button • Step tracker 			\$39.95/mo (Less if annual plan selected)	This website has a large selection of devices and plans.

TIPS_{FOR}CHOOSING A MEDICAL ALERT DEVICE

Excerpts from MedicalAlert.org

Determine if you need a landline or cellular system.

As the names imply, landlines plug into your phone jack, so if the device will be used only at home, this option should suffice. Much like a mobile phone, a cellular system connects to a cellular network and can be designed for mobile or at-home use but are generally less reliable than a landline system.

Do you need a monitored system?

A monitored system means the call button connects with someone at a 24/7 dispatch center. Other systems can call a person of your choosing like a family member or friend.

Do you need fall detection?

Some companies offer fall detection for an additional fee. If this is a feature you need, many systems provide it.

Beware of complicated pricing plans and hidden fees.

Companies will sometimes add these to 'trick' consumers. Look for ones without extra fees related to equipment, installation, or activation.

Find out if your insurance or Medicare will cover your system.

In some states Medicaid will cover at least part of the cost and your insurance company may offer discounts and waivers as well.

WHAT TO LOOK FOR IN A HOME MEDICAL ALERT COMPANY

- **Transparency:** Companies should be upfront about their pricing. Avoid companies with hidden fees or those who use misleading sales tactics.
- **No Long Contracts:** Some companies have contracts that last up to 3 years and breaking the contract can result in a steep fee. Make sure you can cancel your service at any time without paying a cancellation penalty.
- **Customer Service:** If a company is hard to get a hold of or not good at communicating, you may want to think twice about relying on its emergency services.
- **Comfortable and Durable Devices:** If you are purchasing a mobile device, bulky all-in-one units may not be comfortable and can make the user feel less inclined to actually wear the device. Make sure the device is comfortable to wear or carry around all day. You'll also want a device that can withstand normal wear-and-tear and is water resistant.
- **Protection in the Shower:** Bathrooms present a high-fall risk for many seniors due to the slick, hard surfaces and potential for water to create hazards. Look for waterproof pendants or other solutions that ensure you or your loved one will be protected in the bathroom.

NO MONTHLY FEE MEDICAL ALERT SYSTEMS

Medical alert systems are available with no monthly fees but should be carefully considered. Choosing the right one can be difficult. Some have only the basic features, and others will add bells and whistles. Basic devices will usually have a lower cost, but the quality of the device may not be sufficient under certain conditions. For example, devices with a low range between the alert button and the transmitter may have a lower price tag, but this benefit is at the expense of the device's range. This feature has life-saving implications, so it should be evaluated with caution.

No Monthly Fee Medical Alert Devices, Pros and Cons

There are different types of systems available, and this plays a role in the device's effectiveness. Potential customers should consider two major types of plans carefully before deciding which one is most appropriate.

Some of the most important features of no-monthly fee devices include the following:

- The range of the device is better, so the alerts can be sent even when the distance between the device and the alert button is longer.
- The range between the alert button and the device should be at least 600 feet. Devices with a lower range are not sufficient even for small apartments.
- The more expensive equipment also allows you to program more numbers into the device.
- You can control the routing of the alerts to your preferred numbers.
- The overall cost of the system is lower than plans that charge a monthly fee.
- There is a two-directional voice feature included.

Some of the drawbacks of no-monthly fee devices include the following:

- Wait times tend to increase during serious situations, which might become life-threatening in some cases.
- The number might not get picked up by family members if they are busy.
- Some people might be reluctant to use the system even in situations where it is completely justified.

Three No-Monthly Fee Companies

1. Geemarc Ampli600: This system allows the user up to six emergency numbers, and the device is fully portable. This allows the person to freely move around their home. Custom messages can be programmed into the wireless transmitter. A cancel button is conveniently located on the top of the device. There is an amplifier on the system, which is great for users who have difficulty hearing.
2. Lifelink: This system allows eight different emergency numbers, and it can be used in either the U.S. or in Canada. This system has an option that allows users to connect via Bluetooth, and this is an ideal option for people who don't want to use a landline. The attached pendant is fully waterproof, and this means it can be used in the shower.
3. LogicMark: This system is connected via landline, and the pendant is not waterproof. However, the company also offers two different systems. The first is called Freedom Alert, and the second is Guardian Alert. The user can program the order of the calls. This is great if the first call doesn't connect. There is another mode in the program that allows the calls to go to 911 if none of the emergency contacts respond.

Summary

The different providers also offer different types of payment plans, which can determine the total cost of the medical alert system. Most people are already familiar with medical alert systems that charge a monthly fee, for example. However, there is also the option of getting a medical alert system that does not require you to purchase a monthly subscription. This type of system only charges you for the original cost of the equipment.