



2209 Jefferson St, Ste 101
Alexandria, MN 56308

Health or wellness or prevention information



Get your daily dose of aspirin at no cost to you! Only products on your health plan formulary are covered by this benefit.



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DID YOU KNOW...?

A daily dose of aspirin may help prevent heart attacks and strokes.

Read inside to see how you may be able to get your *daily dose of aspirin* at *no cost to you*, according to your health plan's drug formulary.



Did you know . . . ?

- People with heart disease or diabetes are at a greater risk of having a heart attack or stroke. Aspirin may reduce this risk.
- There are a few people with certain health conditions who should not take aspirin. Only your health care provider can decide if you should take a daily dose of aspirin.
- The American Heart and American Diabetes Associations recommend a daily dose of aspirin as a safe and effective way to help prevent heart attacks and strokes.
- Many health care providers recommend a daily dose of aspirin. Your health care provider can write a prescription for your daily dose of aspirin, at no cost to you.

Visit your health care provider to see if a daily dose of aspirin is right for you. Ask:

- Given my health conditions and medicines, should I take a daily dose of aspirin?
- How much aspirin should I take every day?
- Does the benefit of taking aspirin outweigh the risk?

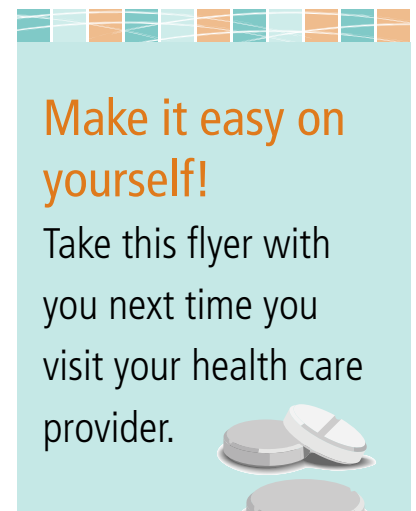
Remember to tell your health care provider about all of the medicines, vitamins, and herbal remedies that you are taking and if you have an allergy to aspirin.

Your health care provider can write a prescription for your daily dose of aspirin. There will be no cost to you if you are a PrimeWest Senior Health Complete (HMO)* member.



If you have questions, call Member Services at **1-800-366-2906**; TTY users call **1-800-627-3529** or **711**. Calls to these numbers are free. Hours: 7 days a week, 8 a.m. – 8 p.m.

**PrimeWest Health's name for the Minnesota Senior Health Options (MSHO) program*



Member Services 1-800-366-2906

Attention. If you want free help translating this information, call the above number.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al número que aparece más arriba.

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjama dda macluumaadkani oo lacag la'aan ah, wac lambarka kore.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم الموجود أعلاه.

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមទូរស័ព្ទ ទៅលេខទេសាងលើ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite gornji broj.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no dawb, thov hu rau tus xov tooj saud.

ໂປຼດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປ ຂໍ້ຄວາມດັ່ງກ່າວນີ້ຟຣີ, ຈົ່ງໂທສຕາມເລກໂທສທີ່ຢູ່ຂ້າງເທິງນີ້.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsa armaa olii bilbili.

Внимание. Если вам нужна бесплатная помощь в переводе этой информации, позвоните по указанному выше телефону.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi số nêu trên.

This information is available in other forms to people with disabilities by calling Member Services at **1-800-366-2906**. To reach us through Minnesota Relay for TTY, Voice, ASCII, or Hearing Carry Over, call **1-800-627-3529** or **711**; for Speech-to-Speech relay service, call **1-877-627-3848**. Calls to all of these numbers are free.