



American HealthCare Group, Inc. works with employers, community groups and senior facilities to help manage health care dollars.

Contact Information:

Robert E Hagan Jr., CPA, *President*

Phone: 412-563-7804

Email: bhagan@american-healthcare.net

Sarah Steranka, *Wellness Program Coordinator*

Phone: 412-563-7802

Email: ssteranka@american-healthcare.net

www.American-Healthcare.net | www.PathwaysWellnessProgram.com

1910 Cochran Road | Manor Oak One, Suite 405 | Pittsburgh, PA 15220

Senior Supportive Services from American HealthCare Group, Inc.

On-site Health Events

The Health and Wellness Event provides an opportunity for seniors, their families, and facility employees to interact with area health and wellness providers. The event can be opened to invite the community-at-large to showcase and market the facility.

In-Home Medical and Home Care

Evaluations by medical, behavioral health and social services professionals can be scheduled on-site. These professionals will address the physical, mental and social needs of the residents and offer appropriate treatment and counseling options to effect positive change in the health and wellness of the residents.

Vaccination Clinics

An annual **Flu Vaccination Clinic** can be scheduled on-site during the fall. Individuals enrolled in Medicare can receive a flu vaccination at no charge. Individuals not enrolled in Medicare will be charged a nominal fee for the flu vaccination.

Immunizations: Seasonal immunizations, such as flu and

pneumonia vaccinations, can be incorporated into the Event.

Pathways to SmartCare[®] Membership Program

The Pathways to SmartCare annual membership program can be available to seniors, their families and facility employees. This program helps the member to make informed decisions about health insurance and health care services. Services to help the member save money include: medical bill resolution, claims advocacy, and insurance product counseling. An annual membership fee is charged.

SmartCare[®] Sessions

These educational and informative presentations are typically one hour in length. The facility can choose from a wide variety of health or wellness topics to address the needs or interests of their population.

Sample SmartCare[®] Sessions: Maintain Your Brain, Medicare Issues, Personal Safety

SmartCare[®] Programs

These programs are conducted by an expert healthcare or wellness provider in a class-type setting,

and typically meet from 4-6 weeks. Individuals register to take part in these educational or fitness activity sessions. A minimum number of participants are required.

Sample SmartCare[®] Programs: Yoga; Pilates, Massage Therapy; Personal Computer

Health Screenings

Clinical Screenings can be provided by a Medical Professional on-site to alert individuals to the state of their health and demonstrating the need to make necessary lifestyle changes.

Farm To Table

Farm-To-Table offers seniors an on-site "farmers' market" of fresh fruits and vegetables supplied by local farmers. Individuals can order "fresher than market" locally grown produce at a discounted price to be picked up on-site at a regularly scheduled date and time.

Farm Market Vouchers can be used for payment! This program can be opened to the community and is a great way to recruit new members to the center