

# 55PLUS®

*A special program for area residents 55 and older.*



**Programs, services and events for the benefit of your health and wellness.**

This program is offered by  
**Valley County Health System**  
in conjunction with Bryan LGH Medical Center.



## Join 55PLUS® today

Call Becky Ries, 55PLUS Program Coordinator,  
at 308-728-3011.

### Want to volunteer?

Volunteer opportunities are available for members of 55PLUS. If you would like to help plan and assist with events, please call the program coordinator at 308-728-3011.

## About 55PLUS

Valley County Health System is pleased to offer 55PLUS to meet the needs and concerns of people 55 years of age and older.

55PLUS is available at Valley County Health System in conjunction with BryanLGH Health System through the Heartland Health Alliance, and is co-sponsored by Valley County Health System Foundation.

55PLUS is designed to give you pluses when you're well and pluses when you're sick. Best of all, it costs you nothing to join and services are offered free or at reduced prices. Our membership list is not shared with solicitors. Your membership card entitles you to benefits at any 55PLUS member facility. 55PLUS is a community service to you, our valued friends.

### PLUSES WHEN YOU ARE WELL

- FREE membership
- FREE educational seminars and socials
- FREE 55PLUS Newsletters
- FREE Notary Public services
- FREE blood pressure checks
- Assistance with Advance Directive
- Assistance with insurance filing
- Travel opportunities

### PLUSES WHEN YOU ARE SICK

- Complimentary guest meal if you are hospitalized
- Visit by 55PLUS representative while in the hospital (if requested)

## SPOUSE OR OTHER IN HOUSEHOLD APPLICATION

Name \_\_\_\_\_ Sex M F Birthdate \_\_\_/\_\_\_/\_\_\_ Age \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number ( \_\_\_\_\_ ) \_\_\_\_\_ Social Security Number \_\_\_\_\_

Email Address \_\_\_\_\_

Marital Status:  Married  Single  Widowed  Divorced  Separated

Spouse's Name \_\_\_\_\_

Have you ever been hospitalized at BryanLGH Medical Center?  Yes  No

Heartland Health Alliance Hospital: \_\_\_\_\_  
Valley County Health System

FOR OFFICE USE ONLY  HE  HF  HD  HP  HM  HO

## 55PLUS CLUB BENEFITS

### Wellness Education

Valley County Health System (VCHS) wants to help you stay healthy. An important component of maintaining your health is education and we will offer a variety of educational opportunities to help you learn more about your wellbeing. Physicians and other medical professionals will host many of these events to share their knowledge with members.

### Pre-Hospitalization Registration

The 55PLUS application information helps expedite your registration process should you become an inpatient at VCHS. When you arrive at the hospital registration desk, be sure to show your 55PLUS card along with your insurance cards. We will need to copy them each time you register in order to file your insurance claims.

### Guest Visit

Hospitalization can cause anxiety. If you become an inpatient, be sure to inform a staff member that you are a 55PLUS member. Feel free to request a visit from a 55PLUS representative to help answer any questions you may have about your stay. You can rest easier knowing a 55PLUS representative is there for you.

### Guest Meal

Hospitalization of a loved-one can be a stressful time for family members. As a member, you will receive a free meal coupon for a family member so he or she can eat with you during your stay.

### Insurance Filing Assistance

Insurance forms for medical bills can be confusing and time consuming. The employees of the VCHS business office will help answer any questions you may have about your insurance. Call 728-4200 for an appointment.

### Notary Public Services

VCHS has a notary public on staff. As a 55PLUS member, free notary services are available to you. Call 728-3011 for an appointment.

### Advance Directives

VCHS has staff that can discuss with you the importance of having a living will and durable power of attorney for medical care. VCHS encourages you to bring a copy of these documents to have on file with your medical information.

Examples of these documents are available for you to discuss with your family and with your attorney. Call the VCHS Social Service Department for more information at 728-4224 or 728-4315.

### 55PLUS Scene Newsletter

Today's healthcare is constantly changing. To keep you better informed, a complimentary 55PLUS Scene newsletter will be mailed to you periodically to help you get the most out of the 55PLUS program. It will include health-related articles and keep you current on special programs and events offered through your 55PLUS membership.

### Community Health Education

Professionals from Valley County Health System are available to speak to public organizations on various topics. Call 728-4200 if you are in need of a speaker.

### Free Blood Pressure Checks

A periodic blood pressure check is a good health practice to follow. The VCHS clinics in Ord, Burwell, North Loup, Ericson and Loup City offer free blood pressure readings. No appointment is necessary, simply check in with the receptionist when you arrive at the clinic.

### About the Heartland Health Alliance

The 55PLUS program is available through Valley County Health System's membership in a network of urban and rural hospitals that are working together to bring the finest healthcare programs and services to the people of Nebraska. This membership is called the Heartland Health Alliance (HHA). 55PLUS is a program we are able to offer through our affiliation with BryanLGH Medical Center, an HHA member.

### Consider a gift to the Foundation

VCHS provides care for many of your friends, family and neighbors. The VCHS Foundation staff is available to provide consultation to 55PLUS members on how to make a gift that will benefit those we care for and provide support for programs and services at VCHS. Call 728-3011 for more information.

## 55PLUS® MEMBERSHIP APPLICATION

Name \_\_\_\_\_ Sex M F Birthdate \_\_\_/\_\_\_/\_\_\_ Age \_\_\_\_\_  
Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Phone Number ( ) \_\_\_\_\_ Social Security Number \_\_\_\_\_  
Email Address \_\_\_\_\_ Spouse's Name \_\_\_\_\_  
Marital Status:  Married  Widowed  Divorced  Separated  
Have you ever been hospitalized at BryanLGH Medical Center?  Yes  No  
Heartland Health Alliance Hospital: Valley County Health System