



Award-winning Medicare expert Naama O. Pozniak helps seniors navigate the options

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BY STAFF ON OCTOBER 13, 2016

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Consultation is free; Medicare open enrollment begins Oct. 15

Naama O. Pozniak was recently voted one of the 25 most influential women in the insurance benefit advising industry for 2016 by Employee Benefit Adviser Magazine, and she's right here in our own neighborhood. Her team of knowledgeable, licensed professionals at A+ Insurance Services has been serving our community's health-insurance needs since 1989.

With Medicare open enrollment for baby boomers 65 or older upon us (October 15th through December 7th for an effective date of January 1st, 2017), now is the time to make changes to current coverage. She reminds that your Part A and B won't cover prescriptions, dental, vision or travel outside the country. You do need to purchase a separate travel medical policy.

Expert assistance is indispensable in navigating the choices and A+ Insurance's services are at no cost to you.

"This year we are again helping to guide clients to a better Medicare supplement and Part D benefit," explains Pozniak. "We also need to find ways to save on our medications, and I highly recommend clients have a conversation with their doctor for alternative, cheaper or generic prescriptions. Even better are medications that can be eliminated and replaced by other types of therapies."

"Wellness first" is Pozniak's mantra. "Many plans offer 'silver sneakers' gym memberships, and people should take advantage of that. Yoga and meditation are terrific balancers of mind, body and spirit for better overall health and are recommended. One extra breath a day can make a huge difference," she advises.

A+ Insurance Services are open year-round to help with any changes, special enrollments or qualifying events beyond the open enrollment, Monday through Friday and some Saturdays, 8:30am-6:30pm. A+ is located at 12500 Riverside Dr., Suite #206, in Valley Village. Call (818) 508-7177 or visit RightPlan.com.



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