Gyaur COMPREHENSIVE



CARE Team

- > Your On-site Pharmacy
- > Clinic Providers / Specialty Providers / Visiting Providers
- > Continuous Care Management Program
- > Medicare & Insurance Options
- > Transportation
- Now Offering Psychiatry Services
- Independent Living
- Estate Planning, Trust & Wills & More



SOLVERA HEALTHCARE CENTER, INC.
3525 N UNIVERSITY STREET, PEORIA, IL 61604
309-886-9172 / SOLVERAHEALTH.COM/PEORIA



SOLVERA HEALTH



SOLVERA HEALTHCARE CENTER, INC.

256 S. SOANGETAHA ROAD GALESBURG, IL 61604

309-233-2836 / SOLVERAHEALTH.COM/GALESBURG



Join Our Community **Get Started Today!** Visit to learn more at:

LibertyEstateSeniorLiving.com

40 Years of Service

ALL-INCLUSIVE RETIREMENT HOME

INDEPENDENT LIVING • VETERAN'S RETIREMENT HOME

AFFORABLE SENIOR HOUSING

Peoria's #1 Top-Rated Residential **Retirement Home**

Liberty Estate is a distinguished Retirement Home where seniors can experience inspired independent living. Our purpose-built community offers private and semi-private rooms, providing residents with a comfortable and secure environment tailored to their unique needs.







Amenities & More

- All utilities included (water, gas, electricity, and trash)
- 24/7 staff access for assistance and peace of mind
- Engaging community games and activities
- Community-wide Wi-Fi and phone service
- Fenced-In Adjacent Private Park for Residents
- Resource Areas for Health & Wellness Services
- Bi-monthly housekeeping and lawn care
- Transportation Set-Up Assistant
- On-site washer and dryer
- Three delicious, nutritious meals served daily
- We accept Social Security, SSI, SSDI, Pension, Program Funding, Veteran Benefits, and Private Pay)







Call Now: 309-685-8716

support@libertyestateseniorliving.com | 1511 N Bigelow St., Peoria, Illinois 61604 | LibertyEstateSeniorLiving.com





Why Choose Liberty Estate Senior Independent Living: "IT'S ALL HERE!"

Retirement is a new chapter, and for those looking to write their best one yet, Liberty Estate Senior Living in Peoria is the perfect place to begin. Designed with the comforts of home and the perks of community living, Liberty Estate offers seniors the opportunity to thrive while maintaining the independence they cherish. Here, you're not just moving into a residence; you're stepping into a welcoming, vibrant lifestyle where "It's All Here!"



Peoria's Homestyle Haven for Seniors

Nestled in the heart of Peoria, Liberty Estate Senior Living is more than just a housing option; it's a haven that fosters a sense of belonging and security. The environment is intentionally crafted to blend the freedom of independent living with the reassurance of support when you need it. Whether you're enjoying a quiet moment on our sunny courtyard or participating in a lively game night, Liberty Estate ensures that your days are filled with laughter, connection, and the warmth of a close-knit community. It's the perfect balance of privacy and engagement—all while staying close to the vibrant culture and charm of Peoria.

Everything You Need Under One Roof

Life at Liberty Estate means saying goodbye to the hassles of traditional homeownership and hello to convenience. Our community offers both private and semi-private rooms, all thoughtfully designed to feel like home. And with utilities included, you can relax knowing that budgeting is simple and predictable.

Dining is another cornerstone of life here. Residents enjoy three daily nutritious and delicious meals, prepared to please both the palate and the body. You'll also find that housekeeping services and a wide array of activities are seamlessly integrated into your daily routine, making every day as enjoyable as it is effortless.

A Day in the Life

Imagine starting your morning with a refreshing walk in our private park, followed by coffee with friends in the common lounge. The activity center offers something for everyone, whether it's a creative workshop, a fitness class, or a cultural outing to one of Peoria's beloved attractions. Evenings bring the chance to unwind with movie nights, social gatherings, or simply enjoying the peace of your comfortable living space.

Health and wellness are also at the forefront, with programs tailored to help you feel your best. And if you need additional care, our trusted third-party partners are discreetly available to provide supportive services, so you can focus on enjoying your day.

Your Place to Thrive

At Liberty Estate, we understand that independence is priceless. That's why our community is built to empower you to live life on your own terms, surrounded by opportunities to grow, connect, and explore. From our thoughtfully curated amenities to our warm, welcoming atmosphere, every detail is designed with your comfort and happiness in mind.



Join Our Community

Ready to see for yourself why so many seniors love calling Liberty Estate Senior Living home? Schedule a personal tour today by calling us at **309-685-8716** or visiting **LibertyEstateSeniorLiving.com**. Discover the joy of living in a place where "It's All Here!"

Welcome home to Liberty Estate Senior Living—where life is vibrant, fulfilling, and tailored just for you.

Call Today! 309.685.8716

or email support@LibertyEstateSeniorLiving.com



WE PROVIDE CURBSIDE
PICKUP AND FREE
PRESCRIPTION DELIVERY



COMPLETE SERVICES OFFERED

- > **Prescriptions**, medications and special over the counter (OTC) orders
- > Medication Synchronization Coordinating refills so they can be picked up on the same day
- Medication Therapy Management –
 Helping patients better understand their health
 conditions and the medications used to manage them
- Medication Management Pocket List Providing a printed list of all medications and dosages for patients to carry with them
- > Immunizations Flu, Pneumonia, Shingles, TDAP

OFFERING THE CONVENIENCE OF A FULL-SERVICE, ON-SITE PHARMACY

Solvera Health has a focus on making healthcare simple and convenient for all our patients. That's why we have so many on-site services, including a licensed pharmacist and full-service pharmacy, to support our primary care providers and their patients.

Our pharmacy is designed to provide a more convenient patient experience. Our in-house pharmacy has hundreds of generic prescription medications available in 30 or 90-day supplies to make sure you don't run out of the medication you need.

Broakfast SAMPLE PACKET SHOWING DAILY

MEET OUR PHARMACISTS







Katie Kapleson, RPh



Aundrea Stodgel, CPh

SOLVERA PHARMACY DISCOUNT CARD Save up to 80% on your prescriptions at virtually all pharmacies!

BIN: 009893 PCN: 96 ID: 123

Group: 123

Group: 123

HEALTH.

Save up to 80%

Bring this FREE card to your local pharmacy. Get your card at the clinic or download it online.

COMPLIANCE PACKAGING

Compliance packaging is a convenient solution designed to help you manage your medication regimen with ease. By organizing your prescriptions into clearly labeled blister packs or dose packs, compliance packaging ensures you take the right medications at the right time, reducing the risk of missed or incorrect doses. This is especially beneficial for individuals with multiple prescriptions or complex dosing schedules. With pre-sorted packaging, staying on track with your health becomes simpler, safer, and more effective.

PHARMACY HOURS

8:30am – 5:00pm Monday - Friday (Closed 12:30 – 1:00pm for lunch)



YOUR INFORMATION

>	Name
	Provider(s)
>	Care Coach
>	Insurance
_	
>	Next Appointment

KEEPING YOU WELL

> Website

Emergency
 Pharmacy/Refills
 Peoria: 309-886-9172 > press 1

 Galesburg: 309-233-2836 > press 1

 Appointments
 Peoria: 309-886-9172 > press 2

 Galesburg: 309-233-2836 > press 2

 Care Coaches
 After Hours Messages
 On-Line Appointments
 Dial 911 in case of an emergency
 Peoria: 309-886-9172 > press 2
 Galesburg: 309-233-2836 > press 2

 SolveraHealth.com/Contact

SolveraHealth.com





REFER US TO YOUR FAMILY AND FRIENDS

There is no higher compliment than to have a current patient refer a friend or family member to us!

Most of our new patients come from these referrals. If you're happy with your care at Solvera Health, we would appreciate you letting them know about our Family and Senior Care services.

Leave us a Review

Our patients rely on positive reviews from insightful people such as yourself to decide which healthcare providers and services are right for them.

We love getting positive on-line reviews and would



5 Stars - "Very comforting atmosphere, the nurses are extremely helpful and patient. Quicker than average turn around on waiting and definitely an easy experience."

— MYK / PEORIA PATIENT



CARE MANAGEMENT

Care Management is a pro-active, patient centered approach designed to help patients and their support systems — including their family members — more effectively manage chronic illness.

Successful care management is designed to enhance the coordination of patient care, reduce the risk of complications, and help prevent costly hospital admissions and readmissions. Our experienced Care Coaches play a vital role in helping with this.



CARE COACHES

Solvera Health is focused on comprehensive primary care. We want to be sure that your current issues are solved and that our providers can quarterback your overall health.

But once you leave the clinic, there may be on-going care needs that require regular follow-up or management, especially in the case of post hospital recovery or chronic care conditions.

That's why a key role at Solvera Health is the Care Coach.

This group of experienced professionals stays in close contact with you and can serve as a single point of contact between your provider and your specific healthcare needs.

SERVICES INCLUDE

- > Assisting with healthcare cost or healthcare access issues
- > Advance Care Planning
- > Assistance with Care Coordination
- > Continuous Care Management
- > Health Risk Assessment
- > In-person or phone assessment and consultation
- Remote Monitoring of Vitals Signs



You can contact a CARE COACH AT (309) 741-2410

My Care Coach is: _____







ANNUAL WELLNESS VISITS

WE ACCEPT MEDICARE

If you have **MEDICARE PART B** (Medical Insurance), you can get a "Welcome to Medicare" preventive visit or a yearly "Wellness" visit to develop or update your personalized plan to help prevent disease or disability, based on your current health and risk factors. These visits aren't physical exams.

Your first yearly "Wellness" visit can take place
12 months after your Part B enrollment or your
"Welcome to Medicare" preventive visit. However,
you don't need to have had a "Welcome to Medicare"
preventive visit to qualify for a yearly "Wellness" visit.

In Original Medicare you pay nothing for this visit if your doctor or other health care provider accepts Medicare insurance. The Part B deductible does not apply.

However, if your doctor or other health care provider performs additional tests or services during the "Wellness" visit that Medicare doesn't cover under this preventive benefit, you may have to pay coinsurance and the Part B deductible may apply.

If Medicare doesn't cover the additional tests or services (like a routine physical exam), you may have to pay the full amount for those services.



HEALTH RISK ASSESSMENT

Our care team will assist you with filling out a questionnaire, called a "**HEALTH RISK ASSESSMENT**," as part of these visits. Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit. Your visit may include:

- > Routine measurements (like height, weight, and blood pressure).
- > A review of your medical and family history.
- > A review of your current prescriptions.
- > Personalized health advice.
- > Advance care planning.



Your provider will also perform a cognitive assessment to look for signs of dementia, including Alzheimer's disease. Signs of cognitive impairment include trouble remembering, learning new things, concentrating, managing finances, and making decisions about your everyday life. If your provider thinks you may have cognitive impairment, Medicare covers a separate visit to do a more thorough review of your cognitive function and check for conditions like dementia, depression, anxiety, or delirium and design a care plan.

NOTE: If you have a current prescription for opioids, your provider will review your potential risk factors for opioid use disorder, evaluate your severity of pain and current treatment plan, provide information on non-opioid treatment options, and may refer you to a specialist, if appropriate. Your provider will also review your potential risk factors for substance use disorder and refer you for treatment, if needed.

(as per Medicare.gov – June 1, 2023)

OUR CONTINUOUS CARE MANAGEMENT PROGRAM

The Solvera Health Continuous Care Management Program provides a personalized path to maintaining your health. Encouraged and supported by Medicare, our program is fully covered by most Medicare Advantage plans or Part B & Supplement combination benefits after your deductible is met.

- We'll Help You Enroll in the Program Your provider will recommend the program and your Care Coach will work with you to get enrolled.
- You'll Get Monthly **Phone Appointments**

Your Care Coach will schedule these with you.

- We'll Help Coordinate Specialty Care This helps ensure there is coordination of care across all providers.
- **We Can Remotely Monitor Your Vital Signs**

This is an optional enrollment opportunity you can discuss with your Care Coach.

We Can Provide Community Resource and Health Education Support This could include home health, home care needs,

Meals on Wheels, etc.



OUR CARE COACH TEAM

CCM services at Solvera are administered through our Care Coach team. This group of experienced professionals stay in close contact with you and can serve as a single point of contact between your provider and your specific healthcare needs.

Once you're enrolled in our Continuous Care Management Program, you'll be assigned a specific Care Coach. These dedicated Care Coaches will talk with you on a regular basis outside the office, making care coordination easier than ever.

You can contact a CARE COACH AT (309) 741-2410



HEALTHY SENIOR

I appreciate the attentiveness and thoroughness everyone exhibits when I visit Solvera. The professionalism of every person from the front desk to the doctor and pharmacists is exceptional! I'm so grateful to be a patient here, Thank you for all of your sublime service.

REMOTE MONITORING OF VITAL SIGNS



The ability to monitor certain aspects of your health from your own home has become an increasingly popular option. Remote monitoring of vital signs lets your provider manage acute and chronic conditions.

Remote monitoring of vital signs pair well with telehealth when you need to be regularly monitored for certain health conditions. It can also prevent health complications when you may not be able to travel easily.





THERE ARE MANY SYMPTOMS
AND CONDITIONS THAT CAN
BE TRACKED THROUGH
REMOTE MONITORING.

- > High Blood Pressure
- > Diabetes
- > Weight Loss or Gain
- > Heart Conditions
- Chronic Obstructive
 Pulmonary Disease
- > Sleep Apnea
- > Asthma



MANY OF THE DEVICES
THAT YOU WILL USE MAY BE
FAMILIAR, INCLUDING:

- > Weight Scales
- > Blood Glucose Meters
- > Pulse Oximeters
- > Blood Pressure Monitors

OTHER CONDITIONS MAY REQUIRE MORE COMPLICATED DEVICES THAT WILL REQUIRE TRAINING. Once you're set up on a remote monitoring program, our Care Team will monitor these on a regular basis and contact you if the results show any significant changes or issues. The vitals also provide a good baseline for your next appointment with your provider.

THE BENEFITS OF REMOTE MONITORING INCLUDE:



- > Reduced hospitalizations
- Shorter hospital stays if the patient can be discharged with a remote monitoring device to use at home
- > Fewer visits to the emergency room
- Better health outcomes for patients in rural areas
- > Better preventative management for chronic conditions
- Reduced risk of illnesses for patients and health care workers

ESTATE PLANNING FOR SENIORS: PROTECTING YOUR LEGACY FOR FUTURE GENERATIONS

As you grow older, planning for the future becomes more important than ever. Estate planning ensures that your assets are distributed according to your wishes while minimizing stress for your loved ones. Whether you're considering creating a will, establishing a trust, or understanding probate, taking these steps now can offer peace of mind and financial security for the future

Why Estate Planning Matters

Estate planning isn't just about passing on wealth—it's about protecting your legacy. Without a plan in place, your estate could go through probate, a court process that can be time-consuming and costly for your family. By taking proactive steps now, you can ensure that your assets, property, and healthcare wishes are honored.

The Importance of a Will

A will is a legal document that outlines how your assets should be distributed upon your passing. Without one, state laws determine who receives your property, which may not align with your wishes. A properly drafted will can help avoid family disputes and ensure that your beneficiaries receive what you intend.

Benefits of a Trust

A trust is another valuable estate planning tool that allows you to manage and distribute your assets without going through probate. Trusts provide:

- Privacy Unlike wills, trusts are not public record.
- Faster Distribution Assets can be passed on quickly without court delays.
- Protection from Legal Challenges Trusts are harder to contest than wills.

Understanding Probate

Probate is the legal process of validating a will and distributing assets under court supervision. If you want to spare your loved ones from probate, a trust or beneficiary designations on accounts can help bypass this process.

Start Planning Today

The best time to plan your estate is now. Consulting an estate planning attorney can help you draft a will, set up trusts, and explore other legal options to protect your legacy. By taking action today, you ensure a smooth transition for your family and provide them with security for the future.

Give ESSIG Law Office a call and start planning your future today for you and your future generations. Visit essiglaw.com or call 309.316.3890.



In business over 50 years

Estate Planning • Probate • Wills/Trust

Essig Law Office specializes in estate planning, probate, and creating secure wills and trusts to protect your legacy. Our experienced team is dedicated to helping you plan for the future with confidence and ease. Trust us to provide personalized, compassionate legal support tailored to safeguard your assets and loved ones. A name you can trust for over 50 years.

essiglaw.com

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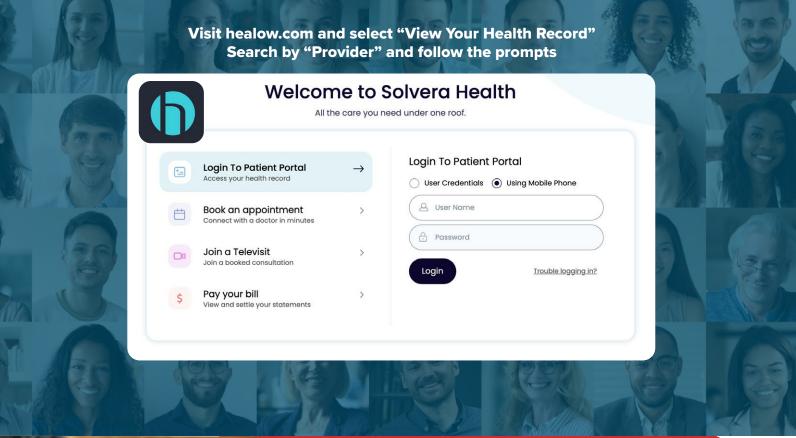
309.316.3890

Accessing Your Health Information

SOLVERA HEALTH PROVIDES ALL PATIENTS THE OPPORTUNITY TO USE OUR PATIENT PORTAL THROUGH A FREE APP CALLED HEALOW. THIS APP ALLOWS ACCESS TO YOUR HEALTH RECORDS, TEST RESULTS, UPCOMING APPOINTMENTS, AND MORE!



SOLVERAHEALTH.COM/RESOURCES/PORTAL



DOWNLOAD THE APP

If you'd like assistance accessing the app on your phone, talk with your Patient Advocate during the checkout process or by calling our office, or talk with your Care Coach.

If you would like to setup the app on your own, you can access the app and find installation details at:

https://solverahealth.com/resources/portal/

A detailed "Self Help Guide" is also available and located at this link. Step-by-step installation instructions (with visuals) are included.

NOW OFFERING PSYCHIATRY SERVICES

Welcome

We want to welcome Dr. Mia Galioto to the Solvera Health Care Team.

Dr. Mia Galioto is an Adolescent, and Adult Psychiatrist focusing on providing compassionate, individualized care that supports teens, adults, and seniors through unique mental health challenges.

She is rooted in having a deep respect for her patients recognizing that no two people experience mental health in the same way, whether it's anxiety, depression, ADHD, PTSD, or bipolar disorder.

Taking that first step to talk to a psychiatrist can help you regain control over your life, improve your emotional well-being, and bring more clarity and pleasure into your day-to-day experiences.



DR. MIA GALIOTO **PSYCHIATRIST, MD**



SOLVERA HEALTH CARE TEAM

MAKE AN APPOINTMENT WALK-INS WELCOME



Samuel Fox, MD Family Med. / OBGYN



Julio Santiago, MD **Family Medicine**



Shronda Phillips, FNP



Melissa Norris, CNS



Kalpanaben Patel, DPT **Physical Therapy**



Shelby Berry, AuD, CCC-A Audiology



Kristen Lee, PA Family Med. / Diabetes



Mia **Psychiatry**



Christy Galioto, MD Coppenbarger, LSW **Behavioral Health Program Manager**



Austin Arnold, RPh **Pharmacist**



Katie Kapleson, RPh **Pharmacist**



Aundrea Stodgel, CPhT **Pharmacy Technician**



OFFERING MEDICARE INSURANCE OPTIONS

WE ACCEPT MEDICARE



AT SOLVERA HEALTH, WE FOCUS ON YOUR HEALTH FIRST

Our Primary Care Team is here to support your healthcare needs, including referrals to specialists. However, navigating healthcare costs and coverage can be complex—that's where our licensed and certified agents come in.

Our experts can help you:

- > Understand your current Medicare coverage
- > Compare Medicare Advantage and Supplemental plans
- > Find a plan that best fits your medical needs

Why choose Solvera Health?

- > Direct, ongoing access to licensed and certified agents
- > Free, no-obligation insurance plan reviews
- > A variety of Medicare plan options to explore

Administered through WLM Insurance with support from American Senior Benefits. Discover the benefits of alternative insurance options at no cost or obligation!





OUR AGENTS CAN HELP:

REQUEST A CONSULTATION APPOINTMENT BY CONTACTING:



The advantages of working with Colin and the WLM Insurance team include:

- > They're licensed and certified.
- > They have access to a wide variety of plans.
- You don't call an 800 number and talk to a random agent.
- > They're available all year long to address any questions, concerns, or problems.

SOLVERAHEALTH.COM

NOW ACCEPTING NEW PATIENTS



BRINGING HOSPITALITY TO HEALTHCARESM





Solvera Care

PROVIDING PRIMARY CARE

We believe comprehensive primary care is the core of improving health outcomes.

- Meaningful Guest/Patient Experience
- · Coordination of Specialty Referrals
- On-Site Specialties and Services



Solvera Well

KEEPING YOU WELL

We pro-actively manage your health and wellness.

- Ongoing Care Management
- · Focus on Preventative Health
- · Workplace Wellness



Solvera Sure

NAVIGATING COSTS

We help you understand and manage your overall healthcare cost.

- Medicare Plans
- · Group Share Plans
- No Obligation Consultations
- · Sliding Scale Fee







PRIMARY CARE

- > Seniors / Families / Individuals
- > Addiction Recovery and Wellness
- > Continuous Care Management
- > Workplace Wellness
- > Preventative Health
- > Coordination of Referrals
- > Same-Day Appointments

WOMEN'S HEALTH

- > OBGYN Services
- > Family Planning

PHARMACY

- > Medication Management
- > Delivery Services
- Vaccine Administration (Flu, Pneumonia, Shingles, TDAP)

LAB & DIAGNOSTICS

- > Blood Draw
- > EKG
- > Flu & COVID Testing
- > Ultrasound & X-Ray
- > Bone Densitometry (DEXA)

SPECIALTIES

- > Audiology
- > Psychiatry
- > Physical Therapy
- > Lyme Disease

OTHER SERVICES

- > Care Coaches
- > Insurance Consulting
- > Transportation Services

YOU MIGHT SEE US AROUND TOWN!





Take Charge of Your Vascular Health!



Dr. Andrew Mullins Interventional Radiologist & Vascular Specialist

\$99 "Lifestyle Screening"

- 1. Carotid Artery Ultrasound
- 2. Abdominal Aortic Aneurysm
- 3. Peripheral Artery Disease

Call for your appointment today: 309-680-5000



Vascular Screenings

Your vascular health is vital, and early detection is key. Our non-invasive screenings can help identify potential issues, such as carotid artery disease, aneurysms, or PAD, before they become serious. Schedule your screening today to stay proactive about your health.



Peripheral Artery Disease

This common condition occurs when arteries are narrowed, reducing blood flow to your limbs. Our specialists offer minimally invasive treatments that can help restore circulation and relieve symptoms, helping you get back to an active lifestyle.



Venous Insufficiency

Venous insufficiency happens when veins struggle to send blood from the legs back to the heart. Our advanced vein treatments are designed to reduce pain and improve the appearance of your legs with little downtime.



Embolization Therapies

We provide advanced embolization therapies for a range of conditions, including osteoarthritis-related knee pain, uterine fibroids, and benign prostatic hyperplasia (BPH). Our innovative, non-surgical treatments are designed to offer effective relief and improve quality of life.

'Pain-Free Knees Without Surgery— Discover the Power of Genicular Artery Embolization!"

GOT KNEE PAIN?

Suffering from chronic knee pain due to osteoarthritis? Genicular Artery Embolization is a revolutionary, minimally invasive procedure that targets the blood vessels causing pain. It's an excellent non-surgical option for those looking to avoid knee replacement surgery while still finding relief from discomfort.



309-680-5000



Office@HLVCare.com





SERVING THE ENTIRE COMMUNITY SENIORS / FAMILIES / INDIVIDUALS

Solvera Health is a Proud Partner of Golden Tours





