



December 2024

Happy Holidays from our family to yours!



2025 is Fast Approaching: Insurance Plans Restart Coverage, Including your Financial Responsibility

Many insurance plans restart with the new year. This means your insurance card will need to be rescanned to your chart for 2025. With our new pre-registration system - Phreesia - you can do that at home before your first appointment in 2025. Otherwise, our front desk team will ask for your card to scan at your first appointment in 2025. So, please anticipate a little extra time at that visit.

Benefits also restart at this time, making you responsible for deductibles, copays, co-insurances & needing to meet your yearly out-of-pocket maximum. If you have any financial or insurance concerns, please ask to speak with one of our Patient Advocates. They are here to assist with any questions! Financial assistance through foundations, drug assistance programs or additional insurance coverage options may be available to patients. Often there is help available!



Coping with Cancer During the Holidays

When cancer treatment – or the lasting effects of past cancer treatment – are added to the mix, normal holiday stress can become unbearable. Here are some tips to help!

1. Acknowledge where you are. You may be experiencing fatigue, discomfort, changes in mobility, nausea or changes in taste. Side effects of cancer can linger long after treatment ends. In addition you may be experiencing a financial burden, family dynamics may have changed, or you may be struggling with a fear of recurrence. It is important to accept those things and set reasonable expectations for yourself.

2. Reframe expectations and reshape traditions. Think about your typical holiday activities and determine those that are the most important to you. Modify them to meet your needs! Rethink traditions with changes or start new ones. Reassess gift giving and scale back if possible. Take care of you!

3. Maintain a healthy lifestyle. Try to get regular sleep, physical activity and eat sensibly. It all helps!

4. Recognize when you need support and seek it. If you feel overwhelmed and/or depressed seek out a resource to help you cope such as a trusted family member/friend, professional counselor or support group, either in person or online. Remember you can meet with our social workers!



What if

your cancer was found early enough to make a difference?

HOA offers the Galleri test for early-detection of multiple cancers!

Through a simple blood draw, the Galleri test looks at DNA for a shared cancer signal across **more than 50 types of cancer**. If a cancer signal is found, the results can predict where in the body the cancer is coming from to help your physician guide your next steps.

NEW LOWER COST!

Through March 2025 the maximum cost for the testing is \$749. While it is not yet covered by insurance, the test is usually covered by HSA and FSA accounts. You are billed by Galleri, and they have a monthly payment plan available, interest-free, for up to 12 months.

How it works:

Your first visit will include a blood draw and initial consultation with an advance care provider. The second visit includes an explanation of your results and guidance on any necessary surveillance. We do not deliver nor discuss results by phone.

You must have a current primary care provider, be 50 or older and cancer-free for at least three years.

For an appointment call 315-472-7504.

The Galleri test is intended to be used in addition to, and not replace, other cancer screening tests your primary care provider recommends.

For Questions/More Information:

Call 315-472-7504 or go to hoacny.com/earlydetection



Click here to listen to our Chief Operations Officer, Jennifer Pichoske, MS, EMBA, AOCNP talk about Hope on News Channel 9's Bridge Street!



Offices: Auburn - East Syracuse - Camillus | 315.472.7504 | hoacny.com

