

# Health, Fitness & Beauty

## On Medicare? You could save money on prescriptions

Due to a new law, more people qualify for more prescription drug savings with Medicare's Extra Help program, so it could pay to apply even if you don't think you qualify or if you were denied before. Many people qualify for Extra Help and don't know it.

You may be able to save money on your Part D prescription drug costs through

Medicare's Extra Help program, including \$0 drug plan premiums, \$0 deductibles, and lower out-of-pocket costs. With Medicare's Extra Help, you'll pay no more than \$4.50 for generic drugs and \$11.20 for brand-name drugs. The savings can really add up.

Apply for Extra Help if you have income below these limits:

- Individuals—Your yearly income is less than \$22,590.

- Married and living with your spouse—Your yearly income is less than \$30,660.

Apply through the Social Security Administration by visiting [ssa.gov/extrahelp](http://ssa.gov/extrahelp) where you can complete and submit your application.

Need help applying? Access personalized health insurance counseling in your community at no cost, available from your State Health Insurance Assistance Program (SHIP). Visit [shiphelp.org](http://shiphelp.org) or call 1-800-MEDICARE for locations near you.

Even if you don't qualify for Extra Help now, you can reapply for Extra Help any time if your income and resources change.

To learn more about Medicare's Extra Help program, visit [Medicare.gov](http://Medicare.gov) or call 1-800-MEDICARE.

*Information provided by the U.S. Department of Health & Human Services.*

## Lasers: A safer alternative to weight-loss drugs?

(StatePoint) Weight-loss drugs have skyrocketed in popularity because of their quick results and use among celebrities and influencers. J.P. Morgan predicts that by 2030, 30 million Americans will use them.

However, some medical providers say the drugs' hidden health risks may not be worth their benefits.

"Weight loss is so often prescribed to improve health," said Dr. Cesar Lara, a board-certified medical bariatric physician. "The irony is that many of today's weight-loss medications bring forth their own set of serious risk factors."

A growing number of weight-loss drug users report side effects including nausea, vomiting, tachycardia, fatigue, depression and suicidal ideation.

And because these drugs are relatively new for weight-loss purposes, questions linger about their long-term impacts.

Lara said patients consider-



ing the drugs should know their potential side effects and alternative options.

"I would advise any patient of mine who needs or desires to lose weight to investigate safe options, like low-level lasers, and to understand the risks of taking medications that could potentially compromise their health," Lara said.

Low-level lasers are a non-invasive, pain-free option for people seeking safer weight-loss treatment.

For example, the Emerald Laser, an FDA-cleared low-level laser for fat loss and body contouring, is ad-

ditionally FDA-cleared for treating obesity, making it a good choice for those with a lot of weight to lose. The Zerona, also an FDA-cleared low-level laser for fat loss and body contouring, has over-the-counter clearance for overall body circumference reduction, providing a way to quickly target stubborn areas of fat.

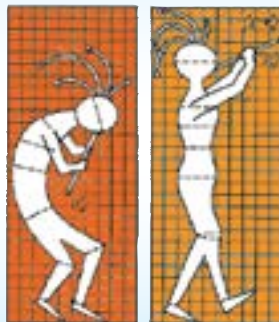
Both lasers create temporary tiny pores in fatty cells to release fat, which the body's lymphatic system naturally removes. Ultimately, the lasers shrink fat cells without damaging them.

This controlled approach helps ensure optimal results in target areas such as the waist, chest or back and requires no recovery time.

Unlike many other weight-loss treatments, lasers do not elevate plasma lipids, triglycerides or cholesterol. They also don't cause bruising or swelling.

Fat-loss laser treatments are often available at doctors' offices, chiropractors, spas, health centers and fitness centers. To find a location near you or to offer a laser service at your business, visit [fatlosslasers.com](http://fatlosslasers.com).

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