

**Flu Clinics start
September 9th!**

Flu Season is Here
 6 easy tips to protect you & your family now!



Eat right, exercise and get plenty of rest to stay one step ahead of staying healthy.

Boost your immune system with antioxidant rich fruits and vegetables like spinach, red grapes & blueberries.

Wash your hands often with soap and hot water. No water? Use an alcohol-based hand sanitizer.

Always cover your nose and mouth with a tissue when you cough or sneeze, and throw it away after you use it.

Stay away from people that have colds to keep your body healthy and strong.

Don't spread germs. Don't touch your eyes, nose or mouth. If you have a fever stay home from work or school. If you continue to have symptoms after 48 hours visit your doctor or healthcare provider.

Mollen Immunization Clinics are the largest and most trusted provider of flu immunizations in the Southern United States with over 22 health insurance companies representing hundreds of plans.

Upcoming clinics at Bashas'

- September 9, 10a-6p
48th Street & Warner, Phoenix
- September 17, 10a-6p
Hayden & Indian School, Scottsdale
- September 23, 10a-6p
Power & McDowell, Mesa

For a full listing of flu clinics and schedules visit us online at www.bashas.com

HealthStyles



A monthly publication containing valuable health tips and information for you and your family!

In this Issue



Flu Tips & Advice
 Mollen Immunization Clinics:
 Page 1



Smart Screen
 Low cost, convenient Screenings for you and your family! Page 2



Eat Smart
 Lower your Cholesterol: Page 3



Home Diagnostics
 FREE Offer: Page 4

We accept the following Arizona insurance plans without any Co-Pay required for our patients at our FLU SHOT CLINICS.


Free with the following Arizona insurance providers. Non-insurance patients pay \$30.00

<ul style="list-style-type: none"> • Medicare Part B • Railroad Medicare • Abrazo Advantage Health Plan (AAHP) • Arizona Physicians IPA (APIPA) -19 years and above only • AETNA • AETNA Medicare Open (PFFS) • Blue Cross Blue Shield of Arizona (Only)* • Care1st/ONECare - 19 yrs and above only • Desert Canyon Community Care • Evercare AZ • Health Choice Arizona • Health Choice Generations • Health Net Arizona • Humana Gold Choice • Humana Gold Plus • Humana HMO • Humana PPO • Humana POS • Humana One Plan - 17 yrs and under only • Maricopa Health Plan (MHP) 	<ul style="list-style-type: none"> • MediCare Complete • MEDISUN (Sun Health) AZ (flu shots only) • Mercy Care AZ - 19 yrs & above only • Multiplan • PacifiCare Signature Value (HMO) AZ • PacifiCare Signature Value Direct (Open Access HMO) AZ • PacifiCare Signature Independence (Indemnity) • PacifiCare SignatureElite (PPO) • Phoenix Health Plan (PHP) - 21 yrs and above only • Secure Horizons Direct • Secure Horizons Direct (PFFS) • Secure Horizons MediCare Advantage AZ • Sterling Options One Plus • Sun Health (MEDISUN) AZ • University Family Care (UFC) • University Physicians Healthcare Group (HCG)
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*BCBSAZ Excludes Medicare and out of state BC and/or BS plan members.

**Mollen Immunization
Flu Clinics**

September 9th – November 22nd
at select Bashas' locations.



Dr. Mollen is a practicing osteopathic physician. He is President and Founder of the Southwest Health Institute located in Phoenix, as well as a nationally renowned health and fitness expert.

**For more information on
Mollen Immunization Clinics
visit flushotsusa.com or
call 480-214-2000.**

**Making Health Care
Affordable in Arizona**




Over **300** Generic Medications*

3.99

30 DAY SUPPLY

and **9.99** for a 90 day supply

Every day with your Thank You Card

Exclusions and limitations by law apply. *See Pharmacy for details.

FLU CLINICS START SEPTEMBER 9TH!



Lab Screenings*

**Chempanel Liver, kidney & bone functions, diabetes screen, coronary risk profile, iron & nutritional status	\$ 35
**Coronary Risk Profile Cholesterol, triglyceride, HDL, LDL, VLDL, Total	\$ 28
Thyroid Screen Both Tests T3, T4 uptake...\$28, TSH \$38	\$ 58
Hemo Scan / Anemia Screen Complete Blood Count	\$ 22
**Glucose Diabetes	\$ 20
PSA (Prostate Cancer Screen)	\$ 48
Blood Typing	\$ 25
C-Reactive Protein	\$ 58
Rheumatoid Factor	\$ 39
Sedimentation Rate	\$ 22
**Apolipoprotein A1 & B	\$ 68
**Homocysteine	\$ 70
Glycohemoglobin A1c	\$ 35
MRSA culture	\$ 35
Valley Fever (coccidioides)	\$ 50
Hepatitis B (surface antigen)	\$ 59



Tests performed by:  Sonora Quest Laboratories

Valley Fever (coccidioides)	\$ 50
Hepatitis B (surface antigen)	\$ 59
Hormone Profile (FSH & Luteinizing hormone)	\$ 65
Testosterone (Total)	\$ 78
Estradiol	\$ 73
Progesterone	\$ 50
Estrogen (Total)	\$124
Prothrombin Time (INR)	\$ 30
Hepatitis C Antibody	\$ 63

Other tests available upon request.
Appointment required. 602-944-9626

Osteoporosis/Bone Density Screenings \$35.00*

Painless, Quick and Affordable Fracture Risk assessment.
An ultrasound of the heel, a weight bearing bone, screens for fragile, brittle bones. Osteoporosis can progress with no outward symptoms for many years, so early detection and treatment is best.
Appointment required. 602-944-9626

Special Package: only \$70.00* regularly \$105

Who should have this test?
Everyone. This is an annual test to monitor general health.

What is tested?

- **Chempanel** Tests for items related to kidney function, hypertension, renal disease, uric acid, liver function, bone function, diabetes, lipid levels (cholesterol), nutritional status, and iron.
- **Thyroid Function** Includes T3-uptake, T7-index, T4 (Thyroxine), TSH 3rd generation.
- **Hemo Scan / Anemia Screen** Complete blood count; tests for anemia and infection in the body.

Mammogram Screenings

Get tested today-
15 minutes could save your life!

\$138-\$166

(VISA/MasterCard, cash accepted)

- Brought to you by Mobile On-site Mammography
- The American Cancer Society recommends that all women 35 years and older should have an annual mammogram
- Female, board-certified mammographer conducts the exam in a comfortable and private medical unit
- ACR certified and FDA accredited

Call 480-967-3767 or 800-285-0272 to schedule an appointment.

*Cash only please. No credit cards accepted.

** Indicates 8 hour fasting

For the Mom-to-be

FREE Prenatal Vitamins!

- FREE supply of Prescription Prenatal Vitamins EVERY 30 days for one full year.*
- No insurance needed
- Visit www.bashas.com for the nearest pharmacy

*Prescription and Thank You Card required.
Please contact the pharmacy for a list of covered vitamins.



For the New Mom

Bashas' New Mom's Club!

A fun and easy way for new moms to save money and also get valuable tips and advice for this exciting new time in your life.

Enroll today at www.bashas.com to start receiving your mailers.





Look for the logo

September is National Cholesterol Education Month



Barbara Ruhs, MS, RD, LDN
Bashas' Registered Dietitian



Remember these 3 Eat Smart tips to lower your cholesterol:

- 1 Eat 25 grams of dietary fiber each day,** found in whole grains, beans, and fruits & vegetables.
- 2 Be smart with heart-healthy fats** (avocado, nuts, vegetable oils) and limit saturated & trans fat (whole milk, cheese, butter, fried foods).
- 3 Watch portion sizes** and calorie intake to maintain a healthy weight.

*For your personalized meal plan, visit: www.mypyramid.gov

Heart Smart Tomato and White Bean Salad

Ingredients

1 (28 oz.) can unsalted tomatoes	1 clove garlic, minced (or crushed paste, such as Gourmet Gardens)	1 tsp red wine vinegar
1 (15 oz.) can S & W cannelloni beans (white kidney beans)	1 TB extra-virgin olive oil	Dash of kosher salt
	1 TB lemon or lime juice	Ground pepper
		½ cup fresh basil leaves, chopped

Directions

Drain tomatoes and place them in a medium bowl. Break them into small bite-sized pieces with your hands. Add beans, garlic, oil, vinegar, salt and pepper. Mix ingredients and add fresh basil to serve.

Nutrition Facts (per ½ cup serving): 155 Calories, 3 g total fat, 1 g saturated fat, 60 g carbohydrates, 6 g fiber, 4 g sugar, 18 g protein, 621 g sodium, 17 mg cholesterol

Serves 4 (15 minutes preparation time)

Suggested Heart Healthy Eat Smart Meal Plan

Breakfast

- 1 pk Cream of Wheat Healthy Grain cereal, add cinnamon to taste
- 1 c 8th Continent Soymilk
- ½ c blueberries
- 1 c Trop 50 Juice

Lunch

- Jif Natural® peanut butter in a whole-wheat tortilla wrap (with sliced bananas, raisins, 2 tsp of honey)
- 1 c fat free Dannon Lite n' Fit yogurt
- 1 c green tea with lemon

Snack

- 2 TB Blue Diamond Almonds, unsalted
- ¼ c raisins or dried cranberries

Dinner

- Tomato and White Bean Salad (see recipe)
- Grilled Boca Burger®
- Served with Herdez tomatillo green salsa
- 2 slices of avocado, chopped
- 1 oz (handful) baked pita chips



Health is the whole...
body, mind and soul!



Ask the Pharmacist

Q. What is the difference between "Good" and "Bad" Cholesterol and at what age should people begin having their cholesterol checked?

Barry, Peoria, AZ

A. HDL (High density lipoprotein) cholesterol is known as "good" cholesterol. HDL takes the bad cholesterol out of your blood and keeps it from building up in your arteries. LDL (low density lipoproteins) cholesterol is known as "bad" cholesterol because it can

build up on the walls of your arteries and increase your chances of getting cardiovascular disease. When being tested for high cholesterol, you want a high HDL number and a low LDL number. It is important to have your cholesterol level checked when you are young, since clogging of the

arteries is a gradual process that takes many years. So, a total cholesterol test should happen at age 20 and then measured at least every 5 years thereafter.

Questions?

Email askthepharmacist@bashas.com.
Your question could appear in our next newsletter.

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Bashas'
* Data on file. Based on testing 3 times per day.
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Manufacturer's Coupon Expires 12/31/10

This offer is valid only when you purchase one TRUEresult™ and one TRUE2go™ meter with the purchase of one box of 100 ct. (or 2 boxes of 50 ct.) TRUEtest™ strips. One coupon per customer. Offer not good with any other offer. REPRODUCTION OF THIS COUPON IS EXPRESSLY PROHIBITED. © 2009 Home Diagnostics, Inc. M9HD20 Rev. 1

4 Visit www.bashas.com for the pharmacy location nearest you.