



# HOYHEALTH®

## February is Wise Healthcare Consumer Month

*by Mario Anglada, CEO, Hoy Health*

**Here you will find important Health Tips to Help Hispanics Prevent Illness, Access Quality Care and Reduce Medical Costs**

Nearly 6 in 10 [Hispanic adults](#) are challenged to communicate with a healthcare provider because of a language or cultural barrier. They also face higher levels of diabetes, hypertension, asthma and obesity than non-Hispanics.

While race and healthcare practices should be [mutually exclusive](#), in the United States, unfortunately, Hispanics continue to be less likely than their non-Hispanic peers to have health insurance or a regular doctor.

Here are a few tips for Hispanic healthcare consumers to take an active role in their health, prevent disease, access quality care and reduce costs:

**Maintain a healthy lifestyle** -- Exercise regularly, eat a healthy diet, avoid tobacco and get plenty of sleep.

**Practice prevention and self-care** – Get age-appropriate health screenings and immunizations and strive to minimize the symptoms of a cold or flu with daily hygiene to avoid unnecessary trips to the doctor's office.

**Choose healthcare providers carefully** -- Seek recommendations from family and friends, look to your health plan to see which physicians are in-network and know what you want from a primary care physician.

For those who don't have health insurance, Hoy Health offers quality, affordable healthcare programs and services for individuals, including Rx drugs, chronic condition management programs, and telehealth/virtual care. Hoy Health's platforms are digitally accessible, bilingual, culturally relevant and HIPAA-compliant.

**Cut costs** – Always check your medical bills and explanation of benefits for accuracy and seek the most appropriate and cost-effective providers for your condition. Also, find ways to save on prescription drugs by asking for a generic equivalent or using the mail order option.

HoyRX is a first-of-its-kind medication voucher program that offers consumers the ability to pre-purchase over 3,500 generic medications at \$10-\$40 depending on the medication. Medications can be purchased for personal use or gifted to a friend or family member either in the United States -- over 62,000 pharmacies, including Walgreens and CVS – and Puerto Rico, or internationally in Mexico, Guatemala, Honduras and El Salvador.

### **Looking Forward to a Healthy 2019**

This February, Hispanic communities can take proactive steps for a healthy and happy 2019.

One important factor for many is to find cost-effective healthcare solutions tailored to the needs of the underserved Hispanic population in the United States. These

solutions should enable consumers to share their health information easily and securely with their physicians, clinics, hospitals, family members and within their own communities.

This approach will help them to be more engaged with primary healthcare providers based on their specific wants and needs, begin to make better healthcare choices, seek preventive care and maintain a healthier lifestyle.