



“ If the eyes are the window to the soul, then surely the Ears are the doorway to the heart! ”

From Our Founder



Hearing: A True Connection

Did you ever wonder **WHY** someone does what they do for a living? I can attribute my 36 years of operating

Swift Audiology to my grandmother.

If you were fortunate to have a grandmother like mine, you were truly blessed! As a child, I couldn't wait to spend the weekend at my Grandparents' house. Simple things like cocoa with melting marshmallows to dunk my toast in, or 1/2 cantaloupe filled with vanilla ice cream. Meals that were always so delicious you never wanted to leave the table. My Gram made me feel like the most special person in the world until she passed at 92 years of age. She was a true inspiration in my life.

"Little Edith" was there for all of us and at 4 ft. 10in., she was the strongest woman I'd ever known-spiritually, emotionally, and physically. Like many people in her era, she worked so hard, both inside and outside of the home. No matter what she did for others, nothing else mattered more than the family time she spent with us, sharing her heart, wisdom, and love (usually revolving around food!).

She was always our "Rock." When I was going through a difficult divorce, I traveled 2 hours each way, almost every weekend, to be with my grandmother. She never judged, always listened and of course, was in my corner. It was the

talking, the communication, heart to heart sharing, and being connected that made such a difference for me.

This is why **"Hearing Those We Love"** matters so much.

As a Hearing Healthcare Provider, I kept my grandmother wearing hearing aids for over 25 years. She remained active, sharp, and clear-minded and could talk to me like my best friend. At the age of 90, my grandmother suffered a mini-stroke that affected her hearing and Central Auditory Processing. It immediately created a wall and barrier around her and was heart wrenching for me to see her frustration and inability to easily communicate.

The impact she had on my life and on the lives of my family was enormous for those 25 years. How sad it would have been if we had missed out on those wonderful years we shared with her in close, heart-to-heart communication. How thankful we all are for the **"gift of better hearing."** Hearing aids, along with Professional Care and Services, offers an active and "in touch" way of life.

Fortunately, I am blessed to be a grandmother now and my life is so fulfilled. Maintain your cognition by feeding your brain with all of the information it needs to stay sharp. A hearing evaluation by a qualified Hearing Healthcare Professional will give you the information and guidance you need for help with your hearing. **"If the Eyes are the window to the soul, then surely our Ears are the doorway to our heart."** This is why our hearing matters so much.

Deb

Hearing Aids and Insurance Coverage

Insurance can be a difficult subject to understand. However, at Swift Audiology, we can help guide you through your hearing benefits. We have participating providers with most major insurances, including: UPMC, Blue Cross Blue Shield, Aetna, United HealthCare, and Humana. Further, we participate with most policies those companies offer. When you schedule an appointment with us, please be prepared to provide your insurance information, and we will get started on verifying your benefits right away!

People are often surprised to find they do, in fact, have a benefit that will help cover the cost of the hearing aids. Our verification process will determine the nature of your benefit, whether it be an allowance or subject to your deductible. These plans allow you more choice to go through a participating provider and enjoy extended service for the instruments, their care and maintenance, as well as appointments for adjustments.

Some plans administer their benefit through Managed Care Plans. In this case, registration is required and is the only avenue through which a person can access their hearing benefit. While there are some positives to these plans, the most obvious downside is the fact that service is only extended through a limited number of visits and does not exceed the first year. Beyond that first year, expenses for service are paid out of your pocket and usually not covered by insurance. Fortunately, at Swift Audiology, we have providers who do participate with the most common Managed Care Plans. If this is your option, simply state that you would like to be seen at Swift Audiology, and you can be scheduled at any of our locations.

The ability to hear impacts many aspects of our overall health. Insurance companies are recognizing the need to include benefits for hearing aids to address this important aspect of our health. Increasing numbers of policies are including

insurance coverage-especially in the Medicare Advantage plans. It is ALWAYS worth looking into.

When you come to your first appointment, your hearing health professional will have the results from the insurance verification we conducted. She will be able to explain your benefit to you in a concise manner. Should you have further questions or require more clarification, we have a dedicated Insurance Administrator available to you. After you are fit with hearing aids, we will file an insurance claim on your behalf and follow up as necessary.

Navigating the insurance landscape can be confusing and frustrating. We make the process easy and clear at Swift Audiology. We are here to help you understand your benefit and file claims on your behalf to get the most out of your policy.

As we enter the fourth quarter of the calendar year, now is a great time if you have a Flexible Spending Account (FSA) to check your balance. FSAs, are employer-sponsored accounts that allow you to contribute pre-tax dollars (up to \$2,750) for health care expenses.

While Health Spending Account (HSA) funds usually roll over every year, FSA funds are a use-it-or-lose-it kind of benefit, and they usually expire on December 31st of each year. Some company plans do allow employees to roll over \$500 to the following year, or to defer the spending deadline to April 30, 2023.

However, policies vary. Therefore, it's good to be familiar with the details of your specific plan so you can receive the most benefit from your FSA money.



**Michelle Mitchell,
Insurance Specialist
Swift Audiology**

Staff News



Michelle Mitchell has been with Swift Audiology since October 2017. When Michelle first came to Swift Audiology, she served as the Patient Coordinator. While she still makes guest appearances

at the front desk, she currently works behind the scenes as the Insurance Administrator, serving all our locations. While Michelle works hard on verifying benefits and filing claims,

her favorite part of the job is finding benefits for patients they never realized they had. In many cases those monies can make the difference in helping our patients hear better.

Music has always been a part of her family life and she lists music as a favorite pastime. While the other members of Michelle's family concentrated on a variety of instruments, she was trained in vocal music. One of her two daughters is a singer as well. The other is an accomplished artist. Both of the girls are married and she is the proud Gi-Gi of two precocious grandsons. Michelle is a resident of the North Hills community and resides, along with her husband, in McCandless Township.

Technology News and Updates

Are you ready to discover a new powerful hearing experience that combines extraordinary sound quality, universal connectivity, and exciting new digital features that give you access to communication like never before? Experience precious sounds with the most up-to-date technology in medical-class hearing devices.

New health data tracking functionalities are now available in medical class hearing aids. Preliminary evidence suggests that in older adults, hearing loss might be associated with lower physical activity. With the new health data tracking functionality, you are encouraged to unleash a healthier version of yourself. Thanks to a motion sensor and lithium-ion technology, these state-of-the art medical class hearing devices empower you beyond hearing improvement.

Tracking features vary between manufacturers but may include:

- **Activity Tracking:** tracks daily steps, measures movement and monitors more vigorous physical activity.
- **Engagement Tracking:** monitors the health benefits of wearing hearing aids by tracking things like active listening.
- **Fall Detection and Alerts:** detects when a hearing aid wearer falls and sends an alert message to selected contacts.

According to the CDC, "physical activity is essential to healthy aging. As an older adult, regular physical activity is one of the most important things you can do for your health.

It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

Adults aged 65 and older need:

- At least 150 minutes a week (for example, 30 minutes a day, 5 days a week) of moderate intensity activity such as brisk walking, or 75 minutes a week of vigorous-intensity activity such as hiking, jogging, or running.
- At least 2 days a week of activities that strengthen muscles.
- Activities to improve balance such as standing on one foot for 30 seconds about 3 days a week.

If chronic conditions affect your ability to meet these recommendations, be as physically active as your abilities and conditions allow."

Stay up to date with technology, hear your best, and track your activity levels! Take advantage of our upgrade program to experience the difference in new and improved hearing aids.

Swift
AUDIOLOGY
Family owned and operated since 1986

2107 N. Franklin Drive, Suite 2
Washington, PA 15301
(724) 222-9010

Date: 10/1/22

To: _____ \$ 1,000.00

Signed by: _____
Debra Swift

Bring this voucher to apply \$1000 technology level upgrade to purchase. Expires 10/31/22.

Dr. Carmen has been a licensed audiologist for 5 years and has worked for Swift Audiology since August of 2020. Prior to being at Swift, she worked in larger hospital settings, but she realized that she prefers working in a private practice atmosphere as it allows her the time to give the best quality patient-centered care. When she is not helping individuals hear better, she is most likely hanging out with her fiancé, Kyle, their rambunctious 2-year-old pup, Luna and sassy cat, Evie. She loves hiking, cooking, spending time with her close friends/family, and working out. This year, she has been busy traveling to many weddings/festivities amid getting ready for her own wedding celebration on New Year's Eve!



Learn more about better hearing solutions at swiftaudiology.com

facebook.com/swiftaudiology

Email us at info@swiftaudiology.com to subscribe to our e-newsletter.

From Deb's Kitchen to Yours!

Skillet Honey Lime Chicken

Ingredients:

- 1 1/2 pounds boneless skinless Chicken thighs or chicken breasts*
- 2 Tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup honey
- Juice of 1 lime
- Zest of 1 lime
- 2 Tablespoons soy sauce
- 1 garlic clove minced

Instructions:

In a medium sized skillet over medium heat add olive oil. In a small bowl combine cumin, chili powder, salt and pepper. Rub on chicken and place in a skillet. Cook for 3-4 minutes on each side or until the chicken is no longer pink and 165 degrees. Remove chicken and set aside on a plate. Add honey, lime juice and zest, soy sauce and garlic. Bring to a boil over medium high heat and reduce heat and whisk until it starts to thicken. About 2 minutes. Add the chicken back to the skillet and coat in the sauce. Garnish with lime wedges if desired.

*Deb has substituted salmon and pork as well!

Oliver's Corner



Swift Audiology Fall Word Search Fun

L	L	O	S	T	E	I	H	W	I	I	D
E	T	A	W	E	F	E	E	C	F	E	V
A	V	T	I	C	O	R	A	G	A	V	G
V	V	F	F	I	O	A	L	T	L	I	R
E	O	E	T	P	R	C	T	E	L	R	A
S	L	S	A	S	P	G	H	C	F	D	N
U	U	U	U	N	R	N	Y	H	U	T	D
C	M	T	D	I	E	I	A	N	N	S	K
L	E	I	I	K	T	R	G	O	H	E	I
A	E	N	O	P	A	A	I	L	E	T	D
R	T	N	L	M	W	E	N	O	G	A	S
I	D	I	O	U	D	H	G	G	E	I	H
T	L	T	G	P	P	R	D	Y	K	T	O
Y	E	T	Y	F	R	E	E	D	O	M	N

- SWIFT AUDIOLOGY
- GRANDKIDS
- TV VOLUME
- HEARING CARE
- HEALTHY AGING
- FALL FUN
- LEAVES
- TEST DRIVE
- TINNITUS
- WATERPROOF
- TECHNOLOGY
- CLARITY
- FREEDOM

Play this puzzle online at:

<https://thewordsearch.com/puzzle/4000971/>

4 Locations Serving the Greater Pittsburgh Area

Washington
2107 N. Franklin Drive
Suite 2
Washington, PA 15301
(724) 222-9010

North Hills
6000 Babcock Blvd.
Suite 105
Pittsburgh, PA 15237
(412) 364-8338

South Hills
1699 Washington Road
Suite 101
Pittsburgh, PA 15228
(412) 851-9500

Allison Park
4731 William Flinn Hwy
Suite B
Allison Park, PA 15101
(412) 487-9883