

## Fall Newsletter



### Taking the Confusion Out of Your Explanation of Benefits

Let's say you went to the doctor to receive care. A few weeks later, you got a letter in the mail that shows the amount you owe. But this isn't your bill... You're confused.

Well, you're not alone.

The letter you received was likely called an Explanation of Benefits (EOB).

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### Social Isolation and Scleroderma – How to Stay Connected

In this unique year, connecting has become more challenging. To protect our health, many have been staying home more and seeing others less. But while this distance is important, it's also important to stay engaged. That means keeping relationships strong, whether virtually or distanced, to avoid social isolation.

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