

HEALTHY FEET - **WHEN THE FEET FEEL GOOD, YOU FEEL GOOD**

Every day the average person takes about 10,000 steps and during a lifetime you may walk 115,000 miles! This is equal to walking around the earth 4 _ times. Proper foot care can benefit the overall wellness of an individual. Early detection of problems can lead to early intervention. ***Healthy Feet*** is a specialized program developed by Calvert Home Health Care, Ltd. We can help patients prevent foot and lower leg complications due to decreased circulation and sensation.

There are **7 steps** to healthy, happy feet:

1. Daily wash and dry your feet.
2. Daily inspection and lubrication of your feet.
3. Regular care of toenails.
4. Proper shoes and socks.
5. Extra precautions if you have poor circulation or poor sensation in your feet.
6. Proper diet and regular activity.
7. Regular doctor and nurse visits.

Our skilled nurses are trained on proper foot care and the signs and symptoms of complications. The skilled nurses will do foot soaks, cleaning of the feet, and clipping and filing of the nails as often as ordered by your physician. Our home care aides will normally do weekly foot soaks and foot massages with lotion, or as often as ordered by your physician. If any problems are found during a home visit, the nurse will contact the physician for orders or follow-up care.

Our program is covered by Medicare if an individual meets the qualifications for home health which are: Patient must be homebound, services are prescribed by a physician, and have a qualifying diagnosis.

We also offer this service under our private pay programs.

Please call us if you would like any information, or a free in-home evaluation, on this program or any of the other programs offered by Calvert Home Health Care, Ltd.

CALVERT HOME HEALTH CARE, LTD.

*Celebrating 20 years as the choice
for quality home health care!*

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www.chhci.com

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