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January 16, 2017

Just 7 more Medicare customers can deliver over \$1 million to your top line.

Think how that could help your budget!



*Or instead...
you could spend your precious time
cutting costs to offset your losses from
your Medicaid reimbursement rates...*

Choose wisely...

Does your organization need to grow revenue?

Maun-Lemke Speaking and Consulting has over 25 years of expertise in "changing the results of healthcare" in locations just like yours.

In our work with hundreds of care organizations across the country, we have learned that to ensure long-term sustainability, organizations ***must not be revenue dependent upon Medicaid.***

Maun-Lemke's proven **A.R.M.S. Length Revenue Enhancement System** can help you establish a revenue-focused business model that will provide **long-term stability** and **increased productivity**. Move away from the overhanging cloud of cost-cutting uncertainty and morale-killing budget cuts and instead, enable growth and opportunity for your staff, your facility, and most importantly, ***your customers.***

Our program is chock-full of time-tested, client-proven techniques for growing

revenue, even in difficult markets and challenging economic conditions. It can be implemented cost-effectively through our step-by-step process and web-based computer consulting support. It centers around establishing a revenue-growing cycle of continuous improvement, each feeding the next level of 4 key component areas:

- **Admissions**
- **Rightness**
- **Marketing**
- **Sales**

A.R.M.S. Length System



For information on the **A.R.M.S. Length System** and how your organization can achieve your full revenue potential, call us at (800) 356-2233.



Food For Thought

Hydration Clarification!

Many people underestimate the importance of staying hydrated—especially in the winter months. But, drinking enough water while you're out and about is essential for several key reasons. For one, when you're well-hydrated, your heart doesn't have to work as hard to pump blood to your body, and oxygen and nutrients can be transported more efficiently to your muscles. Not only does this mean less stress on your body, but it also means you'll feel more energized and *able-bodied* at work.

Think about this; *if you're dehydrated, you're going to struggle performing any type of movement or task.* Feelings of fatigue will kick in much more quickly when you're parched, which may make your daily work duties feel more taxing and harder than they really should be. On the other hand, when you're well-hydrated you will likely feel stronger and will be able to work more effectively.

How Much Do I Need?

Drink water when you wake up and throughout the day. Being well-hydrated before you begin moving around is key. Aim to drink 15 to 20 ounces of water when you wake up—it will help you start off the day right! Then, try to drink water throughout the day. Bring a reusable bottle to work and refill it often. Some guidelines recommend drinking eight 8-ounce glasses of water a day. These recommendations have changed a bit—as fluids like tea and sports drinks can count toward your daily fluid intake. Experts now also recommend to let thirst be your guide. So, be mindful and aware of how critical hydration is, and aim to drink water throughout the day!

"You can set yourself up to be sick, or you can choose to stay well."



Quick Links

MaunLemke.com
ClintMaun.com

ClintCast.com
CareCrowdVT.org



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