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July 15, 2016

**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

### More Reasons to Love Your Morning Joe! The Health Perks of Coffee

Don't feel the least bit guilty about your coffee habit. In fact, study after study is showing that your daily java can prove more than just a pick-me-up. Here are just a few reasons to get your brew on:

- **It may lower your diabetes risk.** Coffee contains minerals such as magnesium and chromium, which help the body use the hormone insulin, which controls blood sugar (glucose). In type 2 diabetes, the body loses its ability to use insulin and regulate blood sugar effectively.
- **It may help you live longer.** According to a study by the Harvard T.H. Chan School of Public Health, daily coffee drinkers (even those who drank decaf) had a lower risk of dying from diabetes and neurological diseases than less frequent drinkers. The study showed those who drank three to five cups a day seemed to reap the protective benefits the most.
- **It may lower your risk for heart attack and stroke.** Coffee may counter several risk factors for heart attack and stroke. A study of about 130,000 Kaiser Permanente health plan members found that people who reported drinking one to three cups of coffee per day were 20 percent less likely to be hospitalized for abnormal heart rhythms than nondrinkers, regardless of other risk factors.

#### **But, is coffee for everyone?**

No. If you simply don't like it or if it upsets your stomach, there's no reason to drink it. If you're pregnant, breast feeding, or have any other health concerns, check with your doctor.

â€œWe want to do a lot of stuff; weâ€™re not in great shape.  
We didnâ€™t get a good nightâ€™s sleep. Weâ€™re a little depressed.  
Coffee solves all these problems in one delightful little cup.â€  
â€”Jerry Seinfeld



## Quick Links

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