



# CareLink

## SPECIAL LINK FOR THOSE AGE “55 OR BETTER” BENEFITS AND DISCOUNTS

You must show a CareLink Membership Card to receive discounts. Discounts cannot be combined with any other discounts or offers. If you have any questions, please call St. John Providence SeniorLink at 1-888-751-5465.

◆ **St. John Providence SeniorLink:** 1-888-751-5465  
Your #1 resource for all senior-related questions and concerns. Use this toll-free number to register for CareLink programs and events. Call for information about CareLink benefits, St. John Providence Health System’s (SJPHS) network of services, physician referral, community resources and upcoming events.

◆ **CareLink NewsBriefs**  
Our newsletter, CareLink NewsBriefs, will be mailed to members’ homes every other month.

◆ **Speakers’ Bureau**  
SJPHS professionals are available upon request to address a variety of health and wellness topics. Call for a topic listing or to request a speaker.

◆ **St. John Providence Health System Sponsored Blood Pressure Screening Sites**  
You are invited to join us for free blood pressure screenings at a variety of locations every month. Call for current sites and times.

◆ **St. John Providence Retail Pharmacies:**  
1-888-751-5465 Call for participating site locations.

- 15% off cash prescriptions (excludes co-payments).
- 10% regularly stocked items (excludes surgical and diabetic supplies).

◆ **\$5 off Massage Therapy through St. John Providence Health System Rehabilitation:** 1-800-711-8150 Applies to 1/2 or 1 hour session. Call for locations near you.

◆ **\$50 off St. John Providence Weight Loss - “Physician Supervised” (Rapid) or “Steady” program and 20% off products:** 1-866-996-3066 Call for site locations.

◆ **10% off Home Instead Senior Care (Special SJPHS Partnership):** 1-888-647-9682. Applies to new client’s first week of scheduled services for non-medical services (personal care, home helpers and Alzheimer’s care) to seniors in the tri-county area.

◆ **\$15 off Heart and Vascular Screening Clinics (regularly \$75):** 800-801-8882

SJPHS provides a full panel of diagnostic studies including cholesterol/diabetes blood work, blood pressure, electrocardiogram, body mass index (BMI), ankle brachial index (ABI), carotid ultrasound and abdominal aorta ultrasound. Testing results and cardiovascular risk profile are mailed to your home to review with your doctor. Sites include Providence Hospital (Southfield), St. John Hospital and Medical Center (Detroit), St. John Macomb-Oakland Hospital, Macomb Center (Warren), St. John River District (E. China Township).

◆ **Medical Monitoring Discount - Guardian Medical Monitoring (Special SJPHS Partnership):** 1-888-349-2400.  
Discounted pricing on installation and monthly monitoring fees for personal emergency response systems (PERS) and the PERS with medication reminder/organizer. Guardian Medical Monitoring offers a range of medical monitoring products and accessories. Call for details about special CareLink discount pricing.

◆ **Windemere Park Senior Community (Special SJPHS Partnership):** 586-264-9701 Offering resort style independent and assisted living. \$1 moves you in and Windemere pays for your move.

◆ **St. John Providence Health System Rehabilitation Exercise Discounts:** 800-711-8150

- **\$6 off Pilates (6-week class)** – Controlled and deliberate movements for arms, legs and abdomen, performed on a mat with soft music to increase strength and flexibility.
- **\$5 off Zumba Gold (6-week class)** – Latin-inspired, choreographed, dance movement with high energy music to burn calories and for a fun cardiovascular workout.
- **\$6 off Hatha Yoga (6-week class)** – Stress-relieving techniques providing a deepened sense of well-being, using gentle movements and focusing on the body, mind, breathing and posture to improve circulation and flexibility.
- **\$5 off Individual Personal Training (1 hour session)** – One-on-one instruction on flexibility, strength training and cardiovascular exercises with a personal trainer to create a unique and individualized exercise routine addressing an individual’s needs and situation.

(See reverse side for hospital-based discounts.)

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## HOSPITAL-BASED DISCOUNTS

The following discounts are offered at each CareLink Hospital:

- ◆ 20% off Cafeteria
- ◆ CareLink \$2 Valet (Regularly \$4. No charge for self-parking.)
- ◆ 10% off Gift Shop (Applies to regularly priced items and excludes flowers, candy, snacks, perfume, balloons, greeting cards, books and magazines.)

### 1. St. John Hospital and Medical Center 22101 Moross Rd., Detroit: 313-343-4000

- ◆ 20% off Brioche Doree
- ◆ 20% off Diabetes Discovery Self-Management Program\*: 313-343-6830
- ◆ 20% off CR Fit exercise program fees through Cardiac Rehabilitation: 313-343-3157 (Call for site locations.)
- ◆ \$5 off Valade Healing Arts Center\*\* and 10% off Mind/Body/Spirit gift shop items (excludes Young Living Oils and nutritional supplements, books, music and cards), 19229 Mack Avenue, Ste. 30, Grosse Pointe Woods: 313-647-3320
- ◆ Free Annual Hearing Screening through Department of Audiology: 313-343-4436
- ◆ 20% off Guild Coffee Shop (beverages and snacks): 313-343-3835

### 2. St. John River District Hospital 4100 River Rd., E. China: 810-329-7111

- ◆ 20% off Diabetes Discovery Self-Management Program\*: 810-329-5303
- ◆ Wellness Program Discounts: 810-326-2013
- ◆ 20% off St. John Pulmonary Rehabilitation Maintenance Program: 810-329-5365
- ◆ \$5 off St. John Healing Arts Center\*\*: 810-326-4700

### 3. St. John Macomb-Oakland Hospital, Oakland Center 27351 Dequindre Rd., Madison Hts.: 248-967-7000

- ◆ 25% off Tai Chi Low Impact Exercise Class (includes basic and advanced levels): 888-751-5465
- ◆ \$5 off Zumba Gold (6-week class) using Latin-inspired, choreographed, dance movement with high energy music to burn calories and a fun cardiovascular workout: 888-751-5465

### 4. St. John Macomb-Oakland Hospital, Macomb Center 11800 E. Twelve Mile Rd., Warren: 586-573-5000

- ◆ 20% off Diabetes Discovery Self-Management Program\*: 586-573-5731
- ◆ \$5 off St. John Healing Arts Center\*\*: 586-573-5785
- ◆ 20% off Macomb Mocha Café (except 16 oz. refillable cold cup): 586-573-5000 ext. 4535

### 5. Providence Hospital 16001 West Nine Mile Rd., Southfield: 248-849-3000

- ◆ \$5 off First Class through Providence Cancer Center for the Healing Arts: 248-849-3321
- ◆ Free Hearing Screening through Department of Audiology: 248-849-3392

### 6. Providence Park Hospital 47601 Grand River Ave., Novi: 248-465-4100

- ◆ \$5 off First Class through Assarian Cancer Center Healing Arts: 248-465-4300

**Additional Senior Offerings through St. John Riverview Senior Wellness Center Medical Pavilion II, 7633 E. Jefferson Detroit: 888-751-5465**

The following classes are free for members:

- ◆ Matter of Balance
- ◆ Take the Path to Better Health  
Six week chronic disease self-management program
- ◆ Exercise options:
  - EnhanceFitness
  - Tai Chi
  - River Racers
  - Hustle Group
- ◆ Nutrition Classes

\*Group and individual counseling by certified diabetes educators (excludes Medicare, Medicaid and other insurance co-payments and deductibles).

\*\*Applies to most per service charges, including a variety of massage therapies, reflexology, energy work, medical hypnotherapy, acupuncture, Yoga and Tai Chi classes. Class offerings vary by site. Renew your mind, body and spirit!