

Vitality

Turning My Life Around

with the help of
the Summa Health
Equity Center

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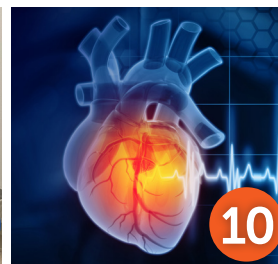
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Join Our Team of Dedicated Nurses



Summa Health, Summit County's largest employer, is hiring passionate individuals committed to serving others to join our nursing team!

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- Career Advancement
- Competitive Pay
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- Daily Pay
- Flexible Scheduling
- Employee Assistance
- Clinical Ladder
- Evidence-Based Practice Initiatives
- Educational Assistance
- Free Parking and so much more...

To learn more, call **888.742.6852**
or visit summahealth.org/careers.

Don't hit snooze on diagnosing sleep apnea



Ignoring this common sleep disorder increases the risk for other health issues.

Sleep apnea is a condition that causes your breathing to stop during sleep — sometimes up to several hundred times a night. It happens when upper airway muscles relax during sleep and pinch off the airway, which prevents you from getting enough air. The American Sleep Apnea Association estimates that 22 million Americans suffer from obstructive sleep apnea, with about 80 percent of those cases undiagnosed and untreated. Undiagnosed sleep apnea is directly tied to an increased risk in cardiovascular and metabolic health conditions among other serious health issues.

Because the primary symptoms of sleep apnea — pauses in breathing, gasping and snoring — happen during sleep, many people with sleep apnea do not realize it's happening. No problem then, right? Wrong. If left untreated, sleep apnea can cause extreme fatigue and an increased risk of car accidents, as well as other significant side effects.

Health conditions to be aware of that can be related to sleep apnea include:

- Metabolic Syndrome
- Heart Disease
- High Blood Pressure
- Stroke
- Type 2 Diabetes
- Glaucoma
- Depression
- Arrhythmia (i.e. atrial fibrillation)
- Nocturia

Sleep apnea symptoms:

- Excessive Loud Snoring
- Pauses in Breathing
- Dry Mouth
- Morning Headaches
- Lack of Energy
- Cognitive Impairment
- High Blood Pressure
- Cardiac Disease
- Excessive Daytime Sleepiness or Moodiness
- Waking in the Middle of the Night

Don't sleep on getting treatment.

If you think you or your partner are suffering from sleep apnea, contact your healthcare provider to discuss symptoms. Thankfully, sleep apnea is very treatable — and the process is simple. Nevertheless, it will make a tremendous difference in your health and quality of life, helping you feel better than you've felt in a long time.

To learn more, contact Summa Health sleep medicine specialists at **888.737.2616**.

Do You Have Sleep Apnea? Take Our Quiz.

It's one thing if you don't get enough hours of sleep because of a busy schedule. But, sometimes, that lack of energy and excessive sleepiness you experience may mean you have a sleep disorder. Left untreated, obstructive sleep apnea can shorten your lifespan by decades.

Complete this simple quiz to see if you are at risk for obstructive sleep apnea. To start, scan this QR code or visit summahealth.org/sleep-apnea-quiz.





Turning My Life Around

with the help of the
Summa Health Equity Center

Raseam Weams is no stranger to dealing with difficult situations. He has spent a lifetime suffering from health issues like diabetes, high blood pressure and asthma, as well facing both social and emotional challenges. As conditions became increasingly debilitating over the past few years, a friend referred him to the Summa Health Equity Center in Akron. "As soon as I walked in the door, I felt I was at home," recalls Raseam. "I felt the respect and the love, and I knew I was in the right place."

From the beginning, the Summa Health Equity Center staff took time to really get to know Raseam, inside and out. They assessed his physical, psychological and social needs and then developed a comprehensive care plan – one that not only included the

management and treatment of Raseam's complex health issues, but also the coordination of services and resources, monitoring of progress and ongoing education and support.

As Raseam's care manager, Sarah Kokomoor Halkides RN, BSN, plays a key role in his overall treatment. "Diabetes management has been one of my primary focuses as a RN care manager," Sarah explains. "By helping to lower a patient's A1C, we can help prevent further comorbidities and reduce the risk of blindness, nerve damage and kidney failure."

Sarah started her work with Raseam by guiding him toward a diabetes diet. Together, they discussed ideas for accessible snacks and food options, as well as the importance of blood sugar

“
As soon as I walked
in the door, I felt I
was at home.

- Raseam Weams, Summa Health
Equity Center Patient

”

awareness. The Summa Health Equity Center team also was able to get Raseam a continuous glucose monitor and all of his medications covered under his insurance. "Our goal is to not let the cost barrier of medications cause issues with a patient's care plan and overall health," says Sarah. "Whenever needed, patient assistance programs are put in place."

While initially focusing primarily on diabetes, Sarah and Raseam soon began working toward other health goals, such as blood pressure, weight loss, high cholesterol levels and respiratory management.

Get Healthily — and Stay Healthy with Community Health and Wellness Classes



**Sarah Kokomoor
Halkides, RN, BSN**
Care Manager

He was also connected with a community health worker who provided transportation and financial assistance. "The beauty of the Summa Health Equity Center is that we have a variety of resources to help patients with social determinants of health, along with complex health needs," Sarah explains. "I love working in this environment because we are all working toward a common outcome of helping our patients reach their ultimate wellness goals."

"The Summa Health Medical Group at the Summa Health Equity Center has really helped me turn my life around for the better," says Raseam. "Thanks to Summa, I can be here for my kids – and that means the most to me right now."

The Summa Health Medical Group at the Summa Health Equity Center welcomes all patients and accepts most forms of insurance. If uninsured, you may be eligible for our sliding fee scale. Call **888.684.2952** or visit summahealth.org/healthequitycenter for more information.



Virtual and In-person Zumba® Classes

Zumba is a great alternative to traditional fitness programs and can feel more like a party than a workout!

In-person: Every Wednesday, 6:00 - 7:00 p.m.

Virtual: Saturday, 8:00 - 9:00 a.m.

Additional classes are held in-person at the Health Equity Center, including Cook Well, Eat Well, Live Well; Destress and Refresh Yoga; SWEET Life; and DrumFIT Fitness.

To learn more and register,
visit summahealth.org/health-and-wellness.



Summa Health Equity Center
1493 S Hawkins Ave
Akron, OH 44320

We're Growing to Better Serve You



Comprehensive Weight Management Services

7034 Braucher St NW, Suite C-D, North Canton, OH 44720

We are excited to announce our Green office has moved to a new, larger space in North Canton. Patients in the area now have the benefits and services of our medical and surgical weight loss programs even closer to home.

Summa Health's Weight Management Institute provides a multidisciplinary team of obesity medicine specialists, surgeons, nurses, dietitians and psychologists who offer both medical and surgical weight loss options personalized to meet your specific needs. Our team of experts can design a plan around you and your goals to help you safely lose weight and improve your overall health.

To schedule an appointment, call **888.730.7942**.



Summa Health Anticoagulation Management Service (SAMS)

Now
at two
locations



Summa Health Anticoagulation Management Service, or SAMS, has opened a new clinic on the Barberton Campus. If you or a family member is taking an anticoagulation medication (such as Coumadin®/Warfarin, Xarelto®/Rivaroxaban or Eliquis®/Apixaban), talk to the prescribing provider about getting a referral.

The SAMS Clinic provides patients taking anticoagulant medications important information to help reduce the risk of complications. Our specialists share how these drugs should be used, their possible side effects and when to seek medical attention if excessive bleeding occurs.

SAMS Clinics are located at:

Summa Health System –
Barberton Campus
201 5th St NE, Suite 14
Barberton, OH 44203

Summa Health System –
Akron Campus
95 Arch St, Suite G-50
Akron, OH 44304

To learn more about the SAMS Clinic, call **888.854.1024** or visit summahealth.org/samsclinic.



Summa Health Asthma and COPD Clinics

155 5th St NE, Barberton, OH 44203

Expanded
to
Barberton

Do you suffer from symptoms of asthma or COPD and live in the Barberton community? If so, Summa Health now has Asthma and COPD Clinics near you! Our new Barberton Campus location is made up of both asthma and COPD specialists committed to the diagnosis, personalized treatment and ongoing management of these chronic conditions.

Summa Health Asthma and COPD Clinics provide:



Expedited sick appointments after discharge from hospital



Expedited sick appointments for patients with a change in respiratory symptoms



Resources and outreach to additional programs



Routine follow up and ongoing management of disease



New patient appointments or newly diagnosed or wishing to establish care



Virtual appointments on case-by-case basis

Want to know more? Contact the Summa Health Asthma and COPD Clinics in Barberton at **888.699.8636**.



Summa Health Fall Prevention and Balance Restoration Clinic



Now offered at two locations:

Summa Health Spine and Neuroscience Center
3378 W Market St, Suite A
Fairlawn, OH 44333

Summa Health Neurology Portage Lakes
500 Portage Lakes Dr, Suite B
Coventry Township, OH 44319

Falls are not a normal part of aging. Studies show that each year, one-third of patients aged 65 and older fall, threatening their long-term health and safety. There are many proven ways to prevent and decrease the number of falls and help older adults live better and longer.

Summa Health now offers a neurology balance clinic that provides comprehensive evaluation and management of balance and gait issues to prevent falls, improve mobility and increase quality of life. The Summa Health Fall Prevention and Balance Restoration Clinic services help keep patients healthy, out of the emergency department and as independent as possible.

To schedule an appointment, call **888.974.0083**.

What You Need to Know About Diabetes

Diabetes is a chronic medical condition that affects how the body processes blood glucose (sugar). It is characterized by elevated levels of blood glucose, either because the body does not produce enough insulin or because the body's cells do not respond properly to insulin.

There are several types of diabetes:

Prediabetes: When blood sugar is higher than it should be but not high enough for a diabetes diagnosis

Type 1: Deficient insulin production and requires daily administration of insulin; cause is unknown

Type 2: Body ineffectively uses insulin; can be delayed or prevented with a healthy lifestyle

Gestational: Insulin resistance during pregnancy

Symptoms:



Extreme thirst



Feeling shaky and irritable



Sweating



Blurred Vision



Urinating more often than normal



Tingling/pain/numbness in hands and feet (type 2)

Talk to your primary care provider if you should be screened for diabetes.

Type 1 Risk Factors:

- Family history
- Age (usually develops in children, teens or young adults)

Type 2 Risk Factors:

- Age 45+
- Family history
- Physically active less than three times a week
- Had gestational diabetes or have given birth to a baby larger than nine pounds
- Being overweight or obese
- Having a condition associated with insulin resistance, such as polycystic ovary syndrome (PCOS), acanthosis nigricans and non-alcoholic steatohepatitis

How You Can Prevent a Type 2 Diabetes Diagnosis:

- Maintain a healthy diet
- Exercise regularly
- Lose weight



1.2 million

Americans are diagnosed each year

11.6%
of Americans



had diabetes in 2023

97.6 million

American adults are living with prediabetes

90-95%

of all cases are type 2 diabetes in adults



Average annual cost can exceed \$9,000 for a type 1 diabetic patient, primarily due to the high cost of insulin and related supplies



To make an appointment with a diabetes specialist, call **888.744.1337**.

Don't Be Afraid to Have a Potty Mouth

If you're like most people, problems with frequent urination, bathroom emergencies and leaking urine may not be something you want to talk about. But, you don't need to keep them hidden. Bladder control issues are a very common — and treatable — problem.

Common Bladder Control Issues



Pelvic organ prolapse: The descending of the pelvic organs, including the bladder, vagina and uterus, because of weak pelvic floor muscles. Typically, pregnancy, aging and menopause are to blame, and it can cause urinary incontinence, frequent urination and a feeling like the bladder is not completely emptied.



Stress incontinence: Occurs when sudden abdominal pressure, or stress, on your bladder when you cough, sneeze, laugh or exercise causes urine leakage. Weak pelvic floor muscles allow urine to escape, whether it's a few drops or a tablespoon or more.



Urge incontinence (overactive bladder): Causes a sudden, hard-to-control urge to urinate that cannot be ignored and a urine leak occurs. At times, you may even leak urine before you can get to the bathroom.



Overflow incontinence: Occurs when the bladder cannot hold all the urine produced by the body, or it is full and cannot empty, causing urine to leak out.

Pelvic Floor Therapy

Most bladder control issues are treatable and manageable. Pelvic floor rehabilitation services can help individuals regain pelvic floor control and function.

Treatment options may include:

- Education
- Behavioral strategies and modifications
- Internal and external manual work
- Therapeutic strengthening and stretching exercises
- Internal and external biofeedback techniques
- Therapeutic ultrasound
- Local therapeutic electrical stimulation
- Dilator training
- Relaxation strategies

More Than
\$400
million



spent annually
on adult diapers/pads due to
urinary and fecal incontinence.



More Than
40%
of menopausal women
experience some form
of urinary incontinence.**



You don't have to live with common bladder issues. Talk to your healthcare provider about symptoms and get the treatment you need so you can get back to life — without the worry of leakage or bathroom emergencies.

For more on pelvic health therapy, call **888.736.6807** or visit our newest location at:
Green Family YMCA
3838 Massillon Rd, Suite 320
Uniontown, OH 44685



Technological *Innovations*

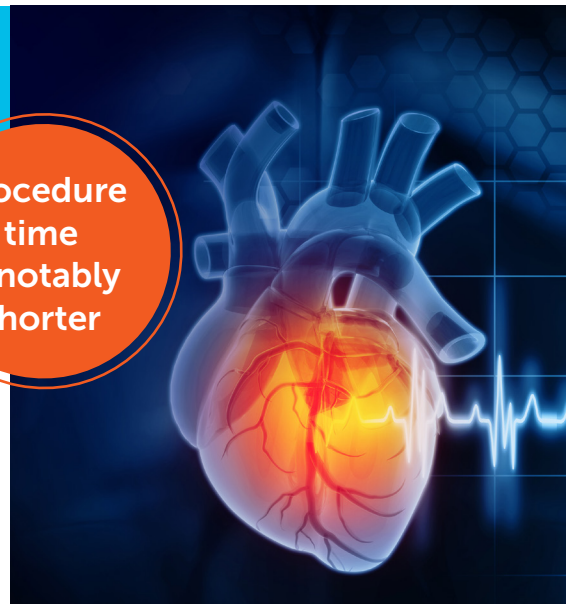
Pulsed Field Ablation An Advanced Treatment for Atrial Fibrillation

Summa Health Cardiology is now performing Pulsed Field Ablation (PFA), an innovative approach to heart arrhythmia management that offers less risk to surrounding tissues and faster procedure times. "In the past, we used thermal ablation, or thermal heat or cold, to kill the cells that cause atrial fibrillation," explains Meet Patel, M.D. "PFA is different in that it uses high-voltage electrical pulses that selectively target heart tissue, reducing collateral damage to nearby structures like the esophagus or phrenic nerve."

Another major advantage to PFA is its efficiency. The procedure time is notably shorter, meaning patients spend less time under anesthesia. It's also an outpatient, catheter-based technique involving smaller incisions, which significantly lowers the risk of infection and other surgical complications.

Despite these advantages, PFA does not compromise on effectiveness. Clinical studies show that PFA is just as effective as traditional thermal ablation in treating abnormal heart rhythms. To learn more, talk to your cardiologist or call **888.737.9861**.

Procedure
time
is notably
shorter



Meet Patel, M.D.
Cardiac
Electrophysiology,
Cardiology,
Electrophysiology



Michael Pelini, M.D.
Cardiac
Electrophysiology,
Cardiology,
Electrophysiology

An Unwavering Commitment to Our Patients

With every person, every day, Summa Health provides personal, life-changing care. We are inspired by our patients' stories and celebrate their triumphs. To hear these awe-inspiring stories directly from our patients, visit summahealth.org/care.





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MEMBER SINCE 2021

97%
of Medicare
members who
join: **stay.**

SummaCare's flexible, personalized Medicare Advantage plans offer benefits that match your health needs, lifestyle, and budget.

Enroll before December 7, 2024 for coverage beginning January 1, 2025.

Contact our local SummaCare representatives:



Call: **888.330.1501**

Visit: **summacare.com/vitality**

◀ *Scan for more information*

At SummaCare, it's personal.

SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal. 97% retention rate based on 2024 AEP voluntary disenrollment study completed by SummaCare. Actual SummaCare Medicare Advantage plan member shown. Members were not compensated for their appearance. H3660_SC1239_C 08292024

“

The group experience helped me realize I wasn't alone.”

– Lynn Vanca, Psychiatry Patient



Tools to Navigate Life's Ups and Downs

After a series of stressful life events, Lynn Vanca, a retired librarian, found herself in a position without a strong support system. She had trouble concentrating, lost interest in activities, was constantly worrying and did not have a good outlook on life.

Her Summa Health psychiatrist, Joseph D. Varley, M.D., DFAPA, suggested an Intensive Outpatient Program (IOP) for her. IOPs are designed for individuals who require a higher level of care than weekly or monthly treatment can provide. Programs usually run three to four days a week for several hours a day, designed to accommodate work and family life. Summa Health offers IOPs in the areas of general psychiatry, addiction medicine and trauma.

Lynn attended therapy sessions half a day, three times per week for a total of six weeks. She appreciated the team approach to her care, and that it was individualized to her specific needs.

“From the minute I met Dawn, my primary therapist, I felt at ease and comforted, and I felt she really wanted to take the time to understand my situation,” says Lynn.

“The group experience helped me realize I wasn't alone, and there are others out there going through similar experiences who were seeking help.”

She learned techniques and established boundaries to move forward with her life. Her weekly art therapy served as a creative outlet for her thoughts and feelings and rekindled her interest in long-ago creative hobbies.

She has always been an avid volunteer and still gives of her time. However, she now realizes she must care for herself first.

“The most beneficial part of the Intensive Outpatient Program was that I now know I have the skills to help me navigate the other ups and downs that are natural to life, and I feel like I can be a success. I can

enjoy life and the newness and freshness to each day. It has given me a brand new start that I've been looking for.”

She recognizes that there are still stereotypes and misconceptions about mental health, and that there is a broad range of reasons people seek treatment.

“I hope if someone has weighed whether they should seek treatment and is confused, that my story has encouraged them to seek valuable services available to them.”

To learn more about Summa Health's IOPs, call **888.771.0431** or visit summahealth.org/iop.



Joseph D. Varley, M.D., DFAPA

James and Vanita Oelschlager Endowed Chair, Department of Psychiatry

● GENERAL PSYCHIATRY, ADDICTION AND TRAUMA

Intensive Outpatient Programs (IOPs)

- For patients who need a higher level of care than traditional treatment
- Runs three to four days a week for several hours a day, for an average of 15 to 20 sessions

● ADDICTION

Medication-Assisted Treatment (MAT)

- Uses approved medications, in combination with counseling, to provide a “whole-patient” approach to treat those addicted to substances such as alcohol, opioids and methamphetamines
- Vivitrol® and Sublocade® Clinic is a nurse-led injection clinic for clinically qualifying addiction patients who desire pharmacological assistance as they progress along the path toward recovery

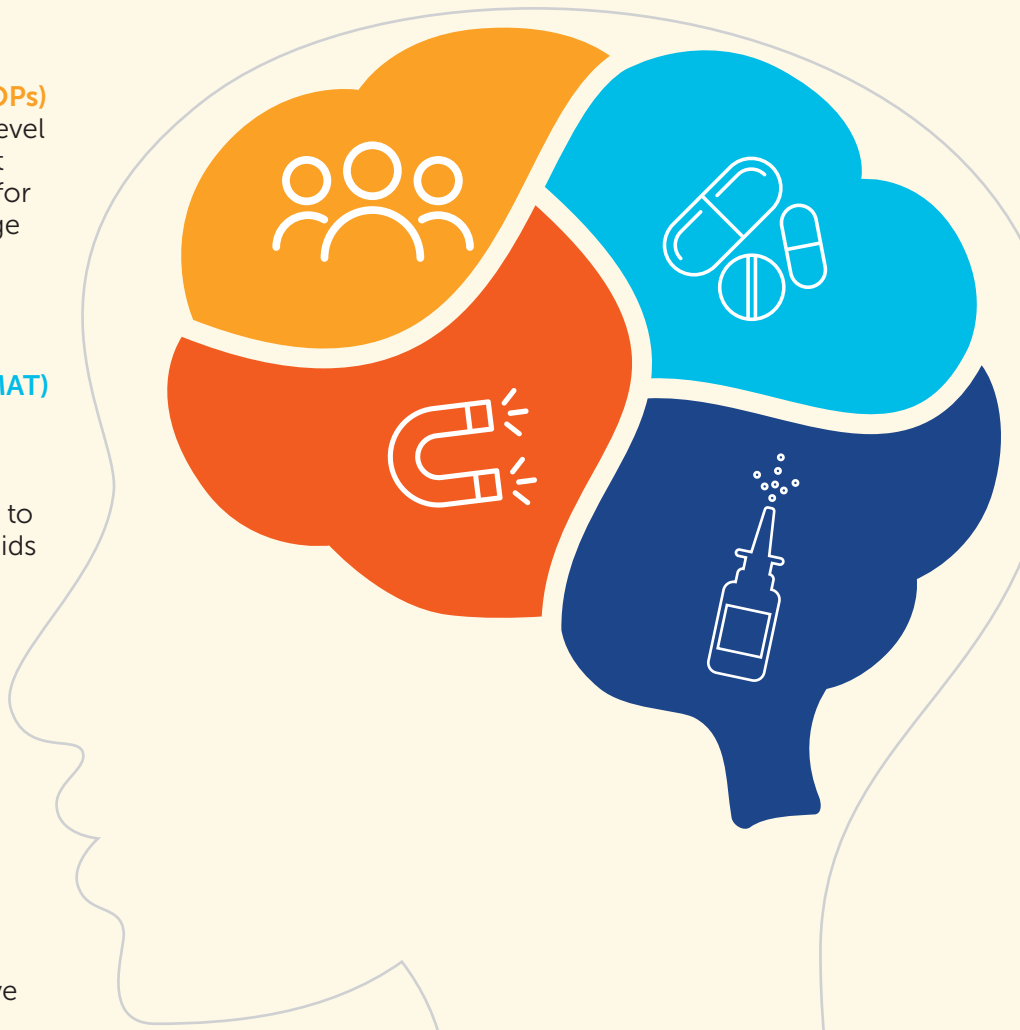
● DEPRESSION

Transcranial Magnetic Stimulation (TMS) Treatment

- For patients with major depressive disorder who have not achieved remission through typical treatment methods
- Uses magnetic fields, similar to that of an MRI, to stimulate the natural function of the brain’s neurotransmitters for long-lasting symptom relief
- Typical treatment is five days a week for four to six weeks

● Spravato™

- A nasal spray used in conjunction with an oral antidepressant for adults with treatment-resistant depression
- Taken twice a week for the first month; during the second month, taken once a week; after that, taken once a week or once every two weeks



Mental Health Toolkit

More than traditional therapy, Summa Health Behavioral Health Institute offers a variety of advance treatments for mental health conditions.

Our treatment options offer hope for new possibilities. To learn more about our services, visit summahealth.org/behavioral.

Thank Your Summa Health Caregiver...

Share a Note of Gratitude

If you have experienced exceptional care at Summa Health, now is the perfect time to express your gratitude. Join our grateful community by honoring a caregiver who played a special role in your healthcare journey. Whether it was their expert care, their unwavering compassion, or simply a comforting presence, your note of appreciation will mean the world to them.

Please scan the QR code to submit your note. If there is a specific caregiver you would like to thank, we will make sure your message reaches them. Your words of thanks are a powerful way to acknowledge the dedication of our doctors, nurses, therapists and volunteers who go above and beyond every day.



To honor your caregiver with a gift to Summa Health, please visit summahealth.org/give.

“
Thank you
for keeping
me alive.
”

When a near-fatal car accident threatened his life, Ryan Wagner found hope and healing in the hands of fellowship-trained trauma surgeon Dr. Laura Crankshaw on Summa Health's Trauma Center team. Since being released from the hospital, Ryan's health is beginning to rebound.

“Thank you for keeping me alive so I can be here with the people I love. My words cannot express how grateful I am to you for doing the surgeries I needed and to all the nurses in the ICU who cared and did something for me, big or small, like giving me my medications, no matter how late at night it was.”

In gratitude for the life-saving care Ryan received from Dr. Crankshaw, his parents, Lisa and Brian Wagner, gave an impactful gift to Summa Health to shine a light on her work in surgical trauma and help meet the needs of the entire surgical critical care team.



Shown here are Brian and Lisa Wagner and Dr. Laura Crankshaw with grateful patient Ryan Wagner.



PREVENTION & SURGICAL SOLUTIONS

As fall and winter sports ramp up, athletes are at increased risk for injuries, particularly to the rotator cuff, ACLs, knees, shoulders and tendons. Understanding these common injuries and their surgical repairs can help you stay informed and prepared.

Rotator Cuff Injuries

Rotator cuff injuries are prevalent in sports requiring repetitive overhead motions. If non-surgical treatments like rest and physical therapy fail, arthroscopic surgery may be necessary to repair torn tendons, offering a minimally invasive solution with a quicker recovery time.

ACL Injuries

The anterior cruciate ligament (ACL) is crucial for knee stability. A torn ACL often requires surgical reconstruction, where a graft replaces the damaged ligament. Post-surgery, extensive rehabilitation is crucial for a full recovery, typically taking six to nine months.

Knee and Shoulder Injuries

Other knee injuries, such as meniscus tears, might require surgery to trim or repair the damaged meniscus. Other shoulder injuries, like dislocations, often necessitate surgery to stabilize the joint and prevent recurrent dislocations.

Tendon Injuries

Tendon injuries, such as Achilles tendinitis, occur from overuse in sports involving running and jumping. Severe cases may require surgical intervention to remove damaged tissue and repair the tendon.

While athletes should focus on prevention through proper training and technique, advances in surgical procedures offer effective solutions. To learn more, visit summahealth.org/sportsmedicine or call **888.738.6020**.



Joseph Rabe, M.D.
Orthopedic Surgery
Sports Medicine



Ryan Urchek, M.D.
Orthopedic Surgery
Sports Medicine

Community Events

November

- **11/2: The University of Akron Football Game, Meet Our Weight Management Team**
- **11/2: Akron Baby Fair, 10 a.m.-1 p.m., Summa Health System – Akron Campus, Dr. Gary B. and Pamela S. Williams Tower**
- **11/13: Wellness Chat, Hearing Health with Gabrielle King, Au.D., Audiologist 10 a.m., Soprema Senior Center, Wadsworth**
- **11/14: Coffee Talk: Orthopedics with Dr. Ryan Combs, 10 a.m., Community Center, Tallmadge**
- **11/30: Barberton Christmas Walk, 11 a.m. – 8 p.m., Lake Anna, Barberton**

December

12/24: Hudson Running Series: Frosty 5, Downtown Hudson

January

- **1/23: Coffee Talk: Get Wellness Tips from Summa Health Doctors, 10 a.m., Community Center, Tallmadge**
- **1/25: Wellness Chat: Learn Healthy Habits from Summa Health Experts, 10 a.m., Soprema Senior Center, Wadsworth**

Please visit summahealth.org/events for up-to-date information.

- Free Event
- No Registration Necessary



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Connect with us!

Sign up for our free monthly enewsletter that's full of general health and wellness tips, Summa Health program updates and more.

Visit summahealth.org/vitality or call us at **888.689.2037** to schedule an appointment.

You can also check out our Flourish blog at summahealth.org/flourish every week for helpful articles on health and wellness for the betterment of a healthier community.

Or find us on any of these social channels.



*****ECRWSEDDM****

Residential Customer

Individual & Family Plans

Open Enrollment Begins Soon

November 1, 2024 – January 15, 2025



SummaCare Individual & Family Plans are available in Summit, Stark, Portage and Medina counties.

Learn more about 2025 plans when enrollment opens on November 1, 2024.

Enroll before January 15 — SummaCare plans are more affordable than you think!
summacare.com/individual.




SummaCare
Health Insurance