



## Getting back to life: One man's journey to living well

William (Bill) Hardy was looking forward to an active retirement – days filled with cycling, hiking, golfing and traveling to visit kids and grandkids around the country. Last year, Mr. Hardy had a total laryngectomy. Here are some of his thoughts and experiences about getting back to his active lifestyle in his own words.

"I had only been retired seven months when I found out that I would have to have a total laryngectomy. Waking up on my 70th birthday last year in ICU after surgery was definitely not part of the plan. We had envisioned spending time between our homes in Florida and Colorado and visiting kids and grandkids who each live in a different time zone. We had always lived an active life being members of the National Ski Patrol for forty years and enjoyed cycling, golf, swimming, hiking and surfing. My greatest fear was how much my quality of life would be affected by this life-changing event."

"We began to research every resource available and, like everyone, I did a lot of trial and error to see which products and procedures worked for me.

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“Living Well” continued from page 1

I originally found that [Provox®] FlexiDerm™ Oval and [Provox®] XtraFlow™ HME worked the best and was able to resume normal activities. I was glad to find that Atos was developing new products to meet specific situations and abilities. I was grateful to try these new products.”

“The first change I noticed was the improved Provox® Life™ Standard adhesive baseplate. I always use liquid adhesive when I put on my baseplate, but they would ... blow out during vigorous exercise, and I would have to replace.”

Bill told us he is able to wear Standard adhesive all day. He still uses a liquid adhesive with it, which is often advised given his level of vigorous activity. Another option to try for those days when vigorous exercise is on your schedule is Provox® Life™ Stability adhesive. For someone like Bill who may find their skin needs a rest from a daytime adhesive, they could try Provox® Life™ Night adhesive to cool and soothe the skin while sleeping. Night adhesive is made of hydrogel, a material widely used in wound care.

“The [Provox] Life Energy [HME] and its improved breathability was a game changer for me. We are back to pre-surgery cycling times. We ride between 80 to 100 miles a week at 5,500 feet above sea level.” Bill mentioned that when he is active and using Energy HME, he doesn’t occlude as often—but his wife enjoys this because, “I don’t give her so many tips when playing golf.”

“I like the [Provox® Life™] Go HME for most daily use and normal activities. It is very good for TEP speech. The [Provox® Life™] Home HME seems to have best speech quality, but less breathability.” Bill also mentioned he uses Provox® FreeHands FlexiVoice™ with the new Provox® Life™ FreeHands HME.

Home HME was developed to provide more moisture for improved lung health, so it does have more breathing resistance and is meant to be used when you are taking it easy. For even more humidification, you could try Night HME which provides the most moisture of the Provox Life HMEs.

“A year out and I have resumed all previous activities. After over fifty years in funeral service, I know that this life is not a dress rehearsal. I am grateful for products and procedures which give laryngectomy survivors the opportunity to live as full a life as possible.”

Bill has been able to embrace his active lifestyle after laryngectomy surgery by using different HMEs in different situations. Thank you, Bill, for sharing your story. We hope you continue to live well and inspire others!

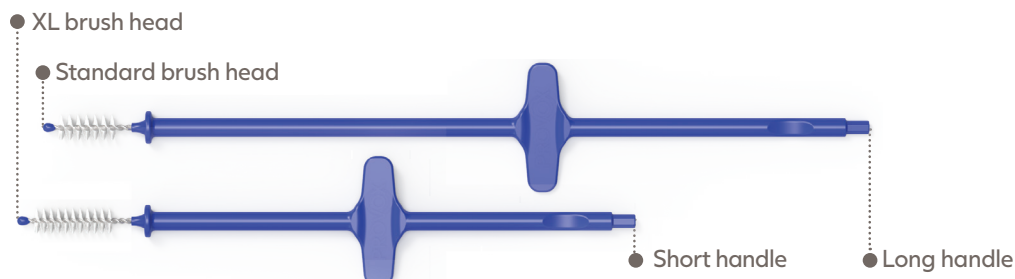
## New Spanish-language resources

Atos Medical is pleased to offer the Spanish versions of many of our resources, including the Getting Started Packet and our most popular CareTips. You can find a full list of available materials at [www.atosmedical.us](http://www.atosmedical.us) on the RESOURCES tab.



## Provox® Brush: Now in two handle lengths

Based on feedback from users around the globe, Atos now offers both the long- or short-handle versions of Provox Brush for cleaning Provox voice prostheses (VP). Some users told us they prefer the compact, short handle because it is easier to pack when going out—while others prefer the long handle which is easier for some to grip and control. Both the short- and long-handle versions are available in the standard and XL brush head size options.



Product	VP Size	Brush head length (mm)	Brush handle length (mm)	Qty	REF#
Provox Brush	4-10mm	22	105	6 pcs	7204
Provox Brush XL	12-18mm	27.5	105	6 pcs	7225
Provox Brush Long	4-10mm	22	155	6 pcs	8404
Provox Brush Long XL	12-18mm	27.5	155	6 pcs	8425

## UnitedHealthcare members: We have great news!

Atos Medical is now able to serve most UnitedHealthcare insured members on an in-network basis. This includes UnitedHealthcare Medicare Advantage plans, Commercial plans and Medicaid-related health plans in a number of states. Atos started this new relationship with UnitedHealthcare on July 1, 2021.

What this typically means for members is lower out-of-pocket expense, depending on insurance coverage. If you have a UnitedHealthcare health plan and would like us to check how this may impact you, we encourage you to contact us TODAY at **+1.800.217.0025** or **info.us@atosmedical.com**. We will need the following on file before we can complete a benefits check: Legible copies of both sides of insurance card(s) and a valid prescription form.

## Provox® electrolarynx: Speech options

Whether you use an electrolarynx (EL) as your primary speech method, as a backup to TEP speech or as a temporary speech solution, Atos is proud to offer several Provox options to fit your needs. See the chart below for our full array of electrolarynx products.

Product	REF#	Product	REF#
TruTone EMOTE EL	7439	TruTone EMOTE Spare Parts Kit	KX7439
TruTone Plus EL	7444	TruTone Plus Spare Parts Kit	KX7444
SolaTone Plus EL	7438	SolaTone Plus Spare Parts Kit	KX7438
Oral Adapter	50445	Lithium Battery*	S50444
White and Clear Tubes	S50450	Rechargeable 9V HC Battery**	S50439
Foam Rings	S50305-5		

\*For TruTone EMOTE or TruTone Plus

\*\* High-capacity battery for legacy TruTone Plus



Provox® TruTone EMOTE®,  
Provox® TruTone Plus® and  
Provox® SolaTone Plus™



Breathing-Speaking-Living

Atos Medical Inc.  
2801 South Moorland Road  
New Berlin, WI 53151-3743

## Maximize your insurance: 2021 benefits and plan for 2022



Time is running out to save money on medical supplies! Chances are, you have already met your deductible for this year. Take advantage of the cost savings before your deductible resets in January. It might be a good time to try a new product you and your clinician have been considering. As always, talk to your clinician about which products are right for you. Contact us today at **+1.800.217.0025** or **info.us@atosmedical.com** to order.

Open enrollment for 2022 ends soon! Medicare recipients can enroll in Medicare health and drug plans Oct 15-Dec 7, 2021. The enrollment period for Health Insurance Marketplace® 2022 health plans is scheduled to run from Nov 1-Dec 15, 2021 in most states.

### ► Important USPS shipping information

The US Postal Service implemented new service standards on October 1, 2021 which will slow down delivery times for some First Class Mail. Americans should expect mail that used to take three days could now take up to five days to reach their destination. Please take this into consideration when ordering supplies.

**Atos US office will be closed**

- November 25-26, 2021
- December 23-24, 2021

