

Welcome to *The Pulse*, from Greater Tri Cities IPA Medical Group. This is your quarterly check up for health tips, facts, and all you need to know from your local North County Medical Group.

## 8 Tips to Fight the Flu

The flu can be a serious contagious disease that can lead to hospitalization and in some cases, even death. Take the following actions to protect yourself and others from the flu:

1. Take time to get the flu shot every year.
2. Get vaccinated if you are 6 months of age and older.
3. Take preventive action to stop the spread of germs
4. Avoid close contact with sick people.
5. While sick, limit contact with others.
6. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
7. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
8. Know your risk. High risk individuals include young children, pregnant women, people with chronic health conditions, and people 65 years and older.

For more detailed information about flu prevention, reference the Centers for Disease Control and Prevention website at <http://www.cdc.gov/flu/protect/preventing.htm>.

*From the desk of Iselda Gentry, BSN, RN, PHN*

### Are you due for a Mammogram?

October is breast cancer awareness month! We encourage you to visit one of the following providers:

- Imaging Healthcare Specialists**  
760-630-0014
- Regents Imaging**  
760-631-7505
- Carlsbad Imaging**  
760-730-3536
- Tri City Medical Center**  
760-940-7470

Check with your Primary Care Physician to see if you are due for a mammogram. Getting your routine screening is an important way to enable early detection, so get your mammogram scheduled.

### Healthy Holiday Habits

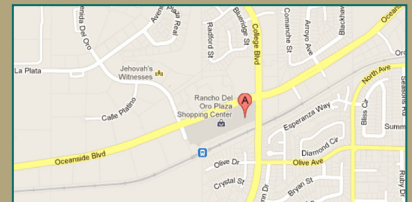
Having a healthy holiday is more than just eating right. Here are a few tips to prepare for a joyous holidays season:

- Keep Active: Find activities to help you stay energized and focused.
- Stay Financially Fit: Make financial decisions that keep you healthy.
- Prioritize: Set goals and allow yourself to say "no" to maintain stress this season.
- Eat Well: Create a game-plan for making healthier choices.
- Laugh Often: Happy dinner conversation leaves you just as satisfied while eating less.



**Quick Fix**  
Greater Tri Cities IPA  
Customer Service  
is available from 9 AM to 5 PM  
Monday thru Friday:  
**(760) 732-0272**

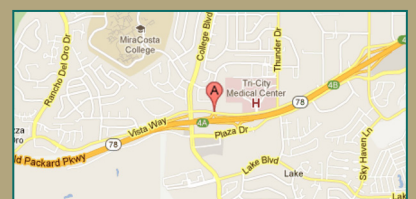
**Urgent Care** access is available from 8 AM - 8 PM Monday thru Sunday at Doctor's Express Urgent Care:



4171 Oceanside Blvd.  
Oceanside, CA 92056  
(760) 216-6253

**Lab Work** can be handled at any LabCorp location.  
[www.lapcorp.com](http://www.lapcorp.com)

**Tri-City Medical Center** is our primary hospital serving the community since 1961:



4002 Vista Way  
Oceanside, CA 92056  
(760) 724-8411

### Maintain Access to your Primary Care Physician. Select any of the following health plans:

- Anthem Blue Cross ..... (888) 211-9813 ..... [www.bluecrossca.com](http://www.bluecrossca.com)
- Care1st Health Plan ..... (800) 544-0088 ..... [www.care1st.com](http://www.care1st.com)
- Easy Choice Health Plan ..... (866) 999-3945 ..... [www.easychoicehealthplan.com](http://www.easychoicehealthplan.com)
- Humana ..... (800) 992-2551 ..... [www.humana-medicare.com](http://www.humana-medicare.com)
- United Healthcare ..... (800) 577-5623 ..... [www.uhcwest.com](http://www.uhcwest.com)

P.O. Box 5059  
Oceanside, CA 92052

Important Plan Information

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**Independent Physicians.  
Providing Personal Care.**

Your Primary Care Doctor is an Independent Physician with Greater Tri Cities IPA Medical Group, an Independent Physicians Association that has been serving the North County neighborhood since 1994!

The physician-patient relationship is one of the most important. We are here to support that relationship. For questions or event information, call Monday through Friday from 9 AM to 5 PM or visit us on the web.

**(760) 732-0272**

**[www.gtcipa.com](http://www.gtcipa.com)**

**Upcoming Events**

Know Your Health Plan Options —  
Saturday, October 5th, 10:00 AM-11:00 AM  
Tri-City Medical Center  
4002 Vista Way, Oceanside

Know Your Health Plan Options —  
Wednesday, October 9th, 2:00 PM-3:00 PM  
Tri-City Wellness Center  
6250 El Camino Real, Carlsbad

Oceanside Senior Expo —  
Thursday, October 10th, 9:00 AM-1:00 PM  
Oceanside Civic Center  
300 N. Coast Highway, Oceanside

Because I Care Community Resource Fair —  
Saturday, October 12th, 10:00 AM-2:00 PM  
San Marcos Senior Center  
111 Richmar Avenue, San Marcos

Know Your Health Plan Options —  
Saturday, October 19th, 10:00 AM-11:00 AM  
Tri-City Medical Center  
4002 Vista Way, Oceanside

Know Your Health Plan Options —  
Wednesday, October 23rd, 9:00 AM-10:00 AM  
Tri-City Wellness Center  
6250 El Camino Real, Carlsbad

Movie Day —  
Friday, October 25th, 1:00 PM  
Vista Senior Center  
1400 Vale Terrace Drive, Vista

Know Your Health Plan Options —  
Saturday, November 2nd, 10:00 AM-11:00 AM  
Tri-City Wellness Center  
6250 El Camino Real, Carlsbad

Know Your Health Plan Options —  
Wednesday November 6th, 2:00 PM-3:00 PM  
Tri-City Medical Center  
4002 Vista Way, Oceanside

Know Your Health Plan Options —  
Saturday November 16th, 10:00 AM-11:00 AM  
Tri-City Medical Center  
4002 Vista Way, Oceanside

Know Your Health Plan Options —  
Wednesday, November 20th, 2:00 PM-3:00 PM  
Tri-City Wellness Center  
6250 El Camino Real, Carlsbad

Movie Day —  
Friday, November 22nd, 1:00 PM  
Vista Senior Center  
1400 Vale Terrace Drive, Vista

Know Your Health Plan Options —  
Wednesday December 5th, 2:00 PM-3:00 PM  
Tri-City Medical Center  
4002 Vista Way, Oceanside