

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.

## Maintaining Good Bone/Joint Health

As the body ages, a common problem among older adults is the loss of bone and muscle. This can cause problems with balance and the ability to do daily activities. Falls can cause serious injuries such as fractures. It is possible to keep good muscle strength and bone mineral density with proper diet and exercise.

When the body ages, calcium and other minerals are lost, and bone density starts to decrease. Research has shown eating a balanced meal with the appropriate protein, fruits, and vegetables containing adequate amounts of calcium and minerals can help increase bone health. Taking vitamin D also helps increase bone health.

According to the U.S. Centers for Disease Control and Prevention, exercise, especially weight-bearing exercise, will help increase bone and muscle mass. This in turn will assist with balance, endurance, and strength, which in the long run can help decrease the chance of falls and fractures. Always check with your doctor before making changes to your diet or exercise routine.

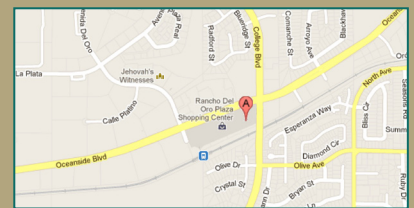
*From the desk of Iselda Gentry, BSN, RN, PHN*



### Quick Fix

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

**Urgent Care is available 8 AM  
- 8 PM Monday thru Sunday at  
Next Step Medical Urgent Care:**

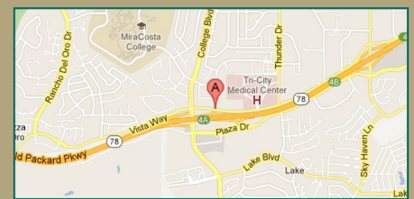


4171 Oceanside Blvd.  
Oceanside, CA 92056  
(760) 216-6253

Call your Primary Care  
Physician whenever possible  
before seeking Urgent Care.

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

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



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

### Importance of Taking Medications

It is extremely important to take all medications prescribed to you by your physician exactly as directed. Some medications, such as those for high blood pressure, may be hard to remember to take as they are typically not treating an ongoing symptom. Yet, they are preventing future symptoms from occurring. Here are some ways to remember to take your medications:

- Set an alarm or reminder on your cell phone
- Combine all medications & vitamins in one place (Pill box, Medicine cabinet, etc.)
- Take medications during another daily routine activity. (Toothbrush, coffee, etc.)
- Place a chart of medications and symptoms on your fridge

*-Heather Rotan,  
Clinical Initiatives Manager*

### Confused with Medicare??

The Open Enrollment Period for Medicare Advantage starts October 15th and goes through December 7th. This is your opportunity to review the benefit changes for 2015. We recommend that you be patient, and make sure your doctor is in network, your medications are covered, and that you understand all of your copays and maximum out of pocket expense. The way to ensure that the plan you choose fits your needs is to talk to an insurance agent.

*-Jack & Annette Midland,  
J&A Insurance Services*

Jack and Annette have been in the insurance business for 30 years. They represent all major companies. For more information on accessing their services and getting your questions answered, see the Medicare Open House under upcoming events.

### Upcoming Events

For more specific information about events, dates, and times, call 760-732-0272.

#### Diabetes Education

Pre-Diabetes Education  
Diabetes Support Group  
Diabetes Class Series

Advanced Diabetes Supply Warehouse  
2544 Campbell Place, Ste 155, Carlsbad 92009

#### Senior Movie Day

Last Friday of Every Month at 1 P.M.  
Vista Senior Center  
1400 Vale Terrace Dr, Vista 92084

#### Medicare Open House 9 A.M.-1 P.M.

J & A Insurance Services  
950 Boardwalk #304, San Marcos, 92069  
Every Saturday from Oct 15th - Dec 7th  
Call 760-504-9740 to RSVP

### Health Plan Forums

Be informed this Open Enrollment. All accepted health plans will be present. Attend one of the following:

#### Tri-City Medical Center

- 4002 Vista Way, Oceanside, 92056
- Friday, October 17th - 9 A.M.
  - Saturday, November 1st - 10 A.M.
  - Wednesday, December 3rd - 9 A.M.

#### Tri-City Wellness Center

- 6250 El Camino Real, Carlsbad, 92009
- Saturday, October 4th - 10 A.M.
  - Wednesday, November 19th - 4 P.M.

**It's Your Health Plan; it's your choice.**

Learn about your choices, including no premium options, upcoming changes, and have your questions answered by representatives from the leading healthcare plans. Free event. No registration required.

### Maintain Access to your Primary Care Physician.

#### Select any of the following health plans:

Aetna.....	(800) 872-3862	www.aetna.com
Blue Shield.....	(800) 393-6130	www.blueshieldca.com
Care1st Health Plan.....	(800) 544-0088	www.care1st.com
Easy Choice Health Plan.....	(866) 999-3945	www.easychoicehealthplan.com
Humana.....	(800) 992-2551	www.humana-medicare.com
United Healthcare.....	(800) 577-5623	www.uhcwest.com