

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.

Tips to Reduce Your Risk for Breast Cancer

Be pro-active. Address your risk for breast cancer, or remind your loved ones. Making changes in your daily life may help reduce average risk:

- 1. Ask your doctor about breast cancer screening.** Know when you are due for clinical breast exams and mammograms.
- 2. Conduct breast self-exam.** Self-exams can't prevent breast cancer but may help you understand normal changes and identify any unusual signs and symptoms early.
- 3. Drink alcohol in moderation, if at all.** Limit the amount of alcohol you drink to less than one drink a day, if you choose to drink.
- 4. Limit postmenopausal hormone therapy.** Talk with your doctor about the benefits and risks of hormone therapy. Reduce risk by using the lowest dose of hormones for the shortest time possible.
- 5. Exercise most days of the week, and maintain a healthy weight.** Aim for at least 30 minutes of exercise a day, and talk with your doctor about healthy ways to maintain your weight.

Remember, please talk to your doctor if you have any questions or concerns about your health. Information gathered from: <http://www.mayoclinic.org/>

Facts About Falls

According to the U.S. Centers for Disease Control and Prevention:

- One-third of Americans aged 65+ fall each year.
- Every 13 seconds, an older adult is treated in the ER for a fall.
- Falls are the leading cause of fatal injury hospital admissions among older adults.
- Falls account for 2.5 million injuries in the ER annually.
- In 2013, the total cost of fall injuries was \$34 billion.

These facts are astounding, but falling in not an inevitable result of aging.

For more information about fall prevention including tools and best practices, check out the National Council on Aging: www.ncoa.org.

- Heather Rotan
Clinical Initiatives Manager

From the desk of Erika Collier, LVN

Finding the Right Plan

During Medicare Open Enrollment, you may find yourself wondering if you have the right plan. Start by asking the following questions:

1. Does my doctor take this plan? Ensure that your doctors are in-network for the plan.
2. Do I have the prescription coverage that I need? Be familiar with the plan formulary.
3. Am I comfortable with my coverage? Understand the plan's copayments and financial responsibilities, and consider more or less coverage based on your need.

If you need assistance reviewing your coverage, please attend a Health Plan Forum listed in the events section, or call us directly.

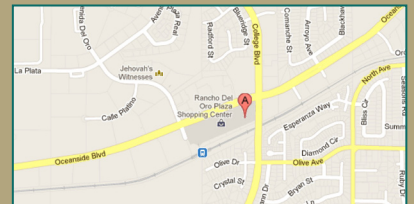
-Jack & Annette Midland,
(Lic 0H31773/Lic 0F50505)
(760) 504-9740



Quick Fix

Greater Tri Cities IPA
Customer Service
available 9 AM to 5 PM Monday
thru Friday:
(760) 732-0272 (TTY/TDD 711)

Urgent Care is available 8 AM
- 8 PM Monday thru Sunday at
828 Urgent Care:

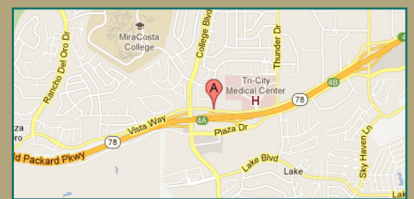


4171 Oceanside Blvd. #109
Oceanside, CA 92056
(760) 216-6253

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

Lab Work can be handled at
any LabCorp location.
www.labcorp.com

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:

Aetna.....	(800) 872-3862 (TTY/TDD 711).....	www.aetna.com
Anthem Blue Cross.....	(855) 306-4537 (TTY/TDD 711).....	www.anthem.com/ca/shop
Blue Shield.....	(800) 393-6130 (TTY/TDD 711).....	www.blueshieldca.com
Care1st Health Plan.....	(800) 544-0088 (TTY/TDD 711).....	www.care1st.com
Easy Choice Health Plan	(866) 999-3945 (TTY/TDD 711).....	www.easychoicehealthplan.com
Humana	(800) 992-2551 (TTY/TDD 711).....	www.humana-medicare.com
United Healthcare	(800) 577-5623 (TTY/TDD 711).....	www.uhcmedicareolutions.com

P.O. Box 5059
Oceanside, CA 92052

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Important Plan Information

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- Facts About Falls
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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 (TTY/TDD 711)

www.gtcipa.com

Upcoming Events and Classes

Everything listed in this section is offered free of charge.

For more information about events, dates, or times call **760-732-0272 (TTY/TDD 711)**.

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

Open Enrollment Health Plan Forums

Learn what you need to know this open enrollment. Events include a one-hour, formal presentation followed by questions and answers. Individual consultants will be available for private consultation. Refreshments will be provided. No RSVP required. Salespersons will be present with materials.

Friday, October 16th at 9:00 A.M. or

Monday, November 9th at 9:00 A.M.

Tri-City Wellness Center

6250 El Camino Real, Carlsbad, 92009

Saturday, October 31st at 8:00 A.M. or

Wednesday, December 2nd at 2:00 P.M.

Tri-City Medical Center

4002 Vista Way, Oceanside, 92056