

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.

## Stress Awareness: 5 Tips for Relief

**April is stress awareness month**– Day-to-day obstacles and challenges of life can be overwhelming. The end result may be the experience of physical, mental or emotional strain or tension: negative stress. It is important to your health and mental state of mind to take action. Help manage and alleviate negative stress with these relief tips:

1. Start off the day with breakfast: Healthy morning meals balance your blood sugar levels and generate energy to handle daily demands.
2. Listen to some relaxing music: Background music played quietly can help you to stay calm throughout the day and evening.
3. Enjoy time with family or friends: Play a game, take a walk, or just sit and talk with your family and/or friends.
4. Get some sun: Sunshine offers a good source of Vitamin D which is known to be a natural antidepressant.
5. Give yourself a 'time-out': turn the phone ringers off, and for 20 to 30 minutes, do something just for you.

Taking the time to engage in stress-relieving activities will assist in your physical and mental well-being.

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



### Quick Fix

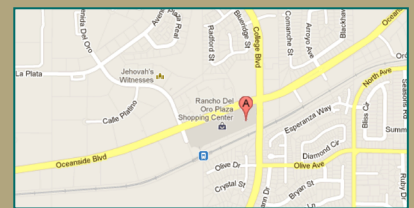
Greater Tri Cities IPA  
Customer Service

available 9 AM to 5 PM

Monday thru Friday:

(760) 732-0272 (TTY/TDD 711)

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

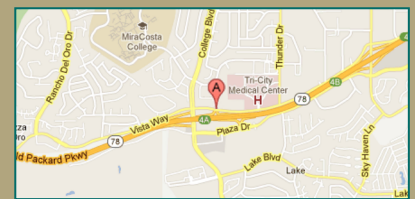


4171 Oceanside Blvd. #109  
Oceanside, CA 92056  
(760) 216-6253

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

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

## FREE Health Education Classes

Greater Tri Cities IPA encourages patients to own their health. In order to empower you as a health care consumer, we offer several **FREE** health education classes. In 2015, topics include the following:

- Diabetic Care
- Preventive Services
- Financial Health
- How to Navigate an HMO
- Medicare 101
- Using Urgent Care vs ER
- Nutrition

If you are interested in attending or would like more information about our classes, please call our customer care department at (760) 732-0272. Upcoming classes are listed in the events section of this newsletter. Additionally, please let us know if you have any topics you would like covered in the future.

## Get Help with High Prescription Costs

Do you need help paying for medications? Many individuals may qualify for Extra Help through Low Income Subsidy (LIS.) Now is a good time to see if you qualify for Extra Help on prescription costs.

LIS allows you to make changes during the Medicare lock out period. It is considered a Special Election. Here are a few examples of other special elections:

- Leaving a retirement/company insurance program
- Moving to San Diego county from another county
- Turning 65

If you are confused about Medicare, learn more. Call to get a schedule of our upcoming meetings.

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

(760) 504-9740/(760) 504-9748.

## Upcoming Events and Classes

Everything listed in this section is offered free of charge.

For more information about events, dates, times, or to RSVP 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



Greater Tri Cities IPA offers both morning and evening diabetes education classes taught by **Halle Elbling, MS, RD, CDE**. Halle will personally work with you to keep your diabetes under control. Classes will cover diabetic exams, blood sugar and cholesterol monitoring, foot exams, nutrition counseling, review of medications, and more.

### Senior Movie Day

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

### Understanding Prescriptions & Qualifying for Extra Help

Thursday, May 14th at 4 P.M.  
161 Thunder Dr, Suite 212, Vista 92083  
Space is limited–RSVP Recommended

### Who's Paying for My Long-Term Healthcare Needs?

Thursday, July 23rd at 4 P.M.  
161 Thunder Dr, Suite 212, Vista 92083  
Space is limited–RSVP Recommended

## Maintain Access to your Primary Care Physician.

### Select any of the following health plans:

Aetna.....	(800) 872-3862 (TTY/TDD 711) .....	<a href="http://www.aetna.com">www.aetna.com</a>
Blue Shield.....	(800) 393-6130 (TTY/TDD 711) .....	<a href="http://www.blueshieldca.com">www.blueshieldca.com</a>
Care1st Health Plan.....	(800) 544-0088 (TTY/TDD 711) .....	<a href="http://www.care1st.com">www.care1st.com</a>
Easy Choice Health Plan .....	(866) 999-3945 (TTY/TDD 711) .....	<a href="http://www.easychoicehealthplan.com">www.easychoicehealthplan.com</a>
Humana .....	(800) 992-2551 (TTY/TDD 711) .....	<a href="http://www.humana-medicare.com">www.humana-medicare.com</a>
United Healthcare .....	(800) 577-5623 (TTY/TDD 711) .....	<a href="http://www.uhcwest.com">www.uhcwest.com</a>

(760) 732-0272 (TTY/TDD 711)

P.O. Box 5059

Oceanside, CA 92052