

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.

4 Tips for a Safe and Healthy Trip

Welcome summer travel season. Preparation is the key to successful vacations, near or far. The CDC (Centers for Disease Control and Prevention) has a few tips to help you plan for a safe and healthy trip:

1. **Learn about your destination:** Be aware of weather or health concerns before leaving. Check Travel Health Notices for your destination:
 - CDC: <http://wwwnc.cdc.gov/travel/notices.htm>
 - WHO: <http://www.who.int/csr/don/en/index.html>
2. **See a doctor:** If traveling internationally, learn what vaccinations you may need. Visit Traveler's Health: <http://wwwnc.cdc.gov/Travel>
3. **Plan ahead for illnesses or injury:** Pack medications in your carry-on luggage. Pack copies of all prescriptions and a note on letterhead stationery from the prescribing doctor for controlled medications (example: strong pain medicine) and injectable medication.
4. **Verify your coverage for out-of-area urgent needs:** Each health plan has different coverage limits and qualifications for out-of-area services including worldwide coverage. Be sure to identify your coverage and what to do in the case of an emergency.

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

Alternative Options to Colonoscopies

Delaying your colonoscopy? You are not alone. Nearly 2 in 3 eligible patients over the age of 50 fail to get routine colonoscopies. Colorectal cancer is the second leading cause of death in the U.S., so if you don't want a colonoscopy, opt for another option: Flexible Sigmoidoscopy or Fecal Occult Blood Test (FOBT.)

A colonoscopy checks the entire colon, while the flexible sigmoidoscopy looks at the sigmoid, last part of the colon. Furthermore, the FOBT requires a stool sample to test for microscopic traces of blood. Additionally, a colonoscopy is only required every 10 years, while the flexible sigmoidoscopy is every 5 and the FOBT annually. Talk to your physician to see if another screening is right for you.

*- Heather Rotan
Clinical Initiatives Manager*

Silver Sneakers Update

Do you have Silver Sneakers? Many insurance programs offer this gym benefit a little or no additional cost, and Silver Sneakers now offers access to L.A. Fitness!

Simply bring your ID card to a club near you and sign up. Besides L.A. Fitness and 24 Hour Fitness, there are smaller gyms that you can also go to like Curves for Women. If you are unable to go to a club, Silver Sneakers can send you out a Kit, which includes a DVD, exercise guide, and more. Just 30 minutes a day can do wonders for you.

Be sure to contact a licensed insurance agent for more information about Silver Sneakers and/or Medicare insurance options.

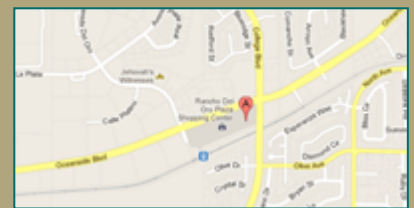
*- Jack & Annette Midland,
(Lic 0H31773/Lic 0F50505)
J&A Insurance Services
(760) 504-9740*



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

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

Are You Confused About Medicare?

Are you turning 65? Did you just move to the area? What are your Medicare options? Learn what you need to know at our informational session presented by J&A Insurance Services. Call (760) 504-9740 to RSVP.

Wednesday, July 15th at 10 A.M.
161 Thunder Dr, Suite 212, Vista 92083

Senior Movie Day

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

Who's Paying for Your Future Healthcare Costs?

How do you plan for an unforeseen illness or accident? Who's paying for it? Learn your options and how to plan for future healthcare costs.

Thursday, July 23rd at 4 P.M.
161 Thunder Dr, Suite 212, Vista 92083

Space is limited—RSVP Today!
Attendees receive a free pair of reading glasses



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

Aetna.....	(800) 872-3862 (TTY/TDD 711)	www.aetna.com
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.uhcwest.com

(760) 732-0272 (TTY/TDD 711)
P.O. Box 5059
Oceanside, CA 92052