

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.

## 5 Dietary Tips to Combat Obesity

Obesity is on the rise. To combat, some skip meals or starve themselves, but these types of fad diets are not healthy ways for losing weight. Below is a list of ways to prevent obesity:

1. **Eat Breakfast Daily:** Studies show eating breakfast helps individuals eat fewer total calories for the day.
2. **Eat Foods High in Fiber:** High-fiber foods have fewer calories, little fat and lots of bulk to help with fullness. These foods digest slowly which help to moderate blood sugar levels and prevent spikes.
3. **Eat Raw, Leafy Green Vegetables:** Greens and raw vegetables like carrots, zucchini and broccoli are low in calories and high in water content. These foods digest slowly and give a sensation of being full.
4. **Eat Some Protein:** Make it a point to eat some protein with every meal and snacks. Fish, chicken and beans are good protein sources.
5. **Eat Healthy Nuts:** Eating moderate amounts of nuts during the day also aid in feeling full. An example of a good nut to eat is almonds.

Making diet changes gradually will help keep weight off and become a more lasting habit. Additionally, engaging in moderate physical activity will aid in keeping off weight. Please consult your doctor before making any changes to your diet or exercise routine.

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



### Quick Fix

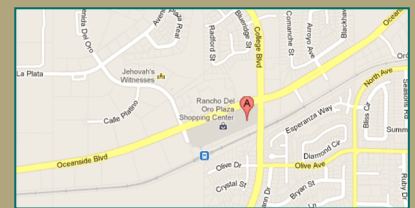
**Greater Tri Cities IPA  
Customer Service**

**available 9 AM to 5 PM**

**Monday thru Friday:**

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

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

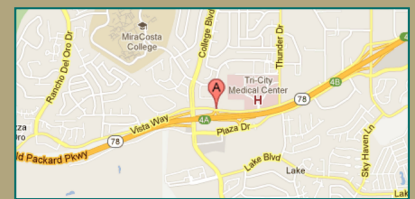


4171 Oceanside Blvd.  
Oceanside, CA 92056  
(760) 216-6253

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

## You Are Entitled to Preventive Services

As you enter the new year, take note of your necessary and often free, preventive healthcare services. Talk to your primary care doctor at your next visit to see if you are due for any of the following screenings:

- Breast Cancer Screening (mammogram)
- Colorectal Cancer Screening (ask about an FOBT)
- Glaucoma Screening
- HbA1c Screening (Evaluates blood sugar levels)
- Nephropathy Screening (Evaluates kidney functions)
- Diabetic Eye Exam

Contact your health plan for a full list of covered preventive services. You may be surprised at the services you are entitled to at little or no cost, so make your appointment today.

*-Heather Rotan,  
Clinical Initiatives Manager*

## Did You Miss Open Enrollment?

Medicare Open Enrollment closed December 7th, but you may have other options. Special Elections allow you to enroll anytime if you qualify under one of the following events:

- I am new to Medicare.
- I have LIS (Low Income Subsidy.)
- I have Medicare and Medi-Cal.
- I have Medi-Cal Share of Cost.
- I am moving to a new county.
- I am retiring.

Other conditions may apply. Call for more information.

*-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 services and getting your questions answered, call (760) 504-9740.

## Upcoming Events

For more specific information about events, dates, and 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

## Welcome 2015

New Year. New Resolution. Fresh Start. Here are some of the top fitness trends for 2015.

1. **Body Weight Training:** A cost-efficient fitness program, Body Weight Training is designed to use your own body as the weights to strengthen your core muscles.
2. **Yoga:** Always a favorite, Yoga is a great way to work on flexibility and strength.
3. **Functional Fitness:** Used in many physical therapy programs, Functional Fitness focuses on improving balance, coordination, endurance, and strength by repeating activities of everyday life.
4. **Wellness Coaching:** Coaches incorporate health promotion, disease prevention, and rehabilitation.

## Maintain Access to your Primary Care Physician.

Select any of the following health plans:

**(TTY/TDD 711 available for all numbers)**

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