

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.

Help Stop the Spread of Germs this Flu Season

The cold and flu season is upon us again. It is important to protect yourself from the cold and flu virus. While nothing is 100 percent fool-proof, the Center for Disease Control and Prevention (CDC) provides the following steps to lessen the possibility of getting a cold or the flu:

- Try to avoid contact with sick people.
- Cover your nose and mouth with a tissue when you cough or sneeze, and throw the tissue in the trash after you use it.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- If you are sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)

As a reminder, the CDC recommends annual flu vaccines for everyone 6 months and older, especially those over 65 and those with chronic conditions. Talk to your doctor about your options for the flu vaccine.

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

Know Your Number

If you are like most of us, you have spent the last couple of months indulging in delicious foods! However, if you are diabetic/pre-diabetic, many of these foods could increase your blood sugar levels, and it's not always the pumpkin pie that you had for dessert. Many carbohydrates increase your levels. Do you know your HbA1c, or blood glucose sugar number? This number let's you know when your sugars are high or low. The American Diabetes Association (ADA) recommends patients have an HbA1c below 7%. Talk to your doctor if you do not know your HbA1c level, or your level is above 7%. Also, the IPA diabetic education that is free of charge. See the upcoming events for more information.

- Heather Rotan
Clinical Initiatives Manager

Medicare Changes for 2016

For those who enroll in Medicare Part B in 2016, or who already have Part B but are not collecting Social Security, the Medicare Part B premium will increase to \$121.80 (or more if your income is higher than \$85,000 for single/\$170,000 for couple.) Additionally, the Part B and Part A deductibles will increase to \$166 and \$1,288 respectively.

If you are collecting Social Security, have Part B, and selected a Medicare Advantage or supplement plan, then these changes will not affect you. You will continue to pay \$104.90 for the Part B premium, and the plans absorb the deductible increases.

J&A Insurance Services is a Medicare agency representing a variety of health plans. For help, please call

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



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

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

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Important Plan Information

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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.

GREATER TRI CITIES

IPA

Independent Physicians – Providing Personal Care



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

www.gtcipa.com

Upcoming Events & 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

Happy & Healthy New Year

Still searching for a new year's resolution? Make this year a healthy one! Know your preventive screenings, and discuss any health questions or concerns.

Check to see when you are due for the following preventive screenings, if they apply to you:

- Colorectal Cancer (Ages 50-75)
- Osteoporosis (Age 65+)
- Blood Pressure
- Diabetes (HbA1c/Nephropathy/Retinal)
- Breast Cancer (Every 2 yrs women ages 50-74)
- Body Mass Index (BMI)
- Vision Screening
- Hearing

Make it a priority to check in with your doctor. Contact his or her office directly to schedule your appointment.