

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.

Easy Ways to Stay Active

Many think going to the gym is the only way to stay in shape. However, a great way to stay active is by doing some simple physical activities. It is important to find physical activities that are fun for you. By keeping things fun, individuals are more likely to stay engaged. Scheduling these activities with friends and neighbors offers not only a fun social outlet but also accountability to stay committed to physical health. Below are a few basic physical activities that can be incorporated in everyday life:

- Go for a brisk walk
- Take time to dance
- Work around the house
- Head out to garden
- Climb stairs
- Go for a swim

Staying active will help with endurance, strength, balance, and flexibility. Please remember to check with your doctor before engaging in any strenuous physical activities.

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

Annual Wellness Exam What to Expect

The yearly “Wellness” Visit is your opportunity to develop a personalized disease prevention plan. Be prepared to complete a questionnaire called a “Health Risk Assessment” and discuss your answers with your doctor. The visit can also include the following:

- Review of medical/family history
- Update list of current providers & prescriptions
- Height, weight, blood pressure, & other routine measurements
- Detection of cognitive impairment
- Mental health questionnaire
- A list of risk factors & treatment options for you
- Screening schedule/checklist for appropriate preventive services
- Advanced care planning

- Heather Rotan
Clinical Initiatives Manager

Medicare Rate Changes in 2017

Medicare has announced a few rate changes starting January 2017. If \$104.90 is automatically deducted from your social security check, the rate will increase to \$109. If you are waiting to draw Social Security and have been paying \$121.80 per month, your new rate will be \$134.

Your insurance company may call to remind you to do your annual screenings and to check medications. Doing this can trigger an increase in “star ratings,” and may allow the plan to offer more benefits in the future. J&A Insurance Services is a Medicare agency representing a variety of health plans. Let us know if you have questions. We’re happy to assist any way we can.

-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
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.



(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

Do You Have a Gym Benefit?

Do you have a gym benefit? Many health insurance companies offer additional benefits such as a gym benefit that is either included in your plan or offered at a small additional cost. One of those programs is called Silver Sneakers.

Silver Sneakers offers access to many local fitness centers including L.A. Fitness, 24 Hour Fitness, and other smaller gyms like Curves for Women. Simply bring your health plan ID card to a club near you and sign up. And, 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 health. Contact your plan to find out what gym coverage you may have, and always talk to your doctor before starting a new work out program.