

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.

Medicare Special Enrollment Opportunities

Released December 15th, the Center for Medicare and Medicaid Services (CMS) Administrator Seema Verma announced a Special Enrollment Period (SEP) in support of California residents displaced and recovering from the wildfires. Those beneficiaries in FEMA-declared emergency or major disaster areas who were unable to make an election during the fall open enrollment period or another election period for which they were eligible are able to add, drop, or change their Medicare health and prescription drug plan through March 31, 2018. CMS notes, individuals who made an election during the annual election period (AEP) cannot use this SEP to make a second AEP election.

This means you can still review your current policy and make changes until the end of March, if you have not done so already. However, if you did make a change 2018, make sure your new ID card has the correct doctor. If you have any questions, don't hesitate to reach out to us for answers! Wishing you all a Happy & Healthy New Year!

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

New Plan for 2018

We hope you are having a happy and healthy start to the new year. Beginning this year, GTCIPA is accepting Health Net Medicare Advantages plans. Brand new to San Diego county is a "Special Needs Plan" offered by Health Net designed for people with chronic conditions. If you have been diagnosed with diabetes, chronic heart failure or certain cardiovascular disorders then this plan may be right for you. The plan is designed to support individuals with these chronic conditions through focused benefits and additional case management. People who qualify may enroll anytime of the year ("Special Election.") Please call us or the agents from the article above, if you would like more information about this plan option.

- Heather Rotan
Clinical Initiatives Manager

Healthy Eating After the Holidays

The holidays are a time to have fun, socialize and make new friends. Often times, this means parties and yummy foods. Many of us enter the new year with healthy eating goals. Below are a couple of tips from the University of Los Angeles for healthy eating strategies:

- Don't skip meals. This might cause overeating later.
- Avoid excess alcohol and snacks which can be empty calories.
- Select small portions: Moderation is the key.
- Eat slowly: By eating slowly, you may be less likely to overeat.
- Leave the table when you are done: Linger around the table might tempt you to continue eating even if you are not hungry.

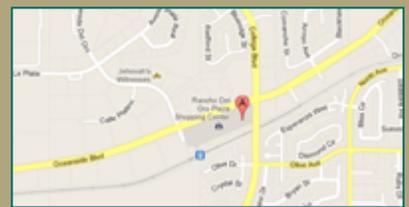
-From the desk of
Iselda Gentry, MSN, FNP-BC



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:

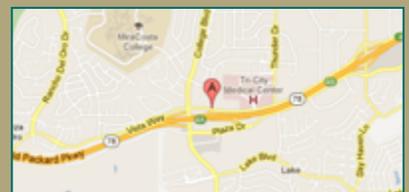


4171 Oceanside Blvd. #109
Oceanside, CA 92056
(760) 216-6253

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

Healthy New Year: Roasted Yam & Kale Salad Recipe

- 2 jewel yams, cut into 1-inch cubes
- 3 Tbsp extra virgin olive oil
- 1 yellow onion, sliced
- 3 cloves garlic, minced
- 1 bunch kale, torn into bite-sized pieces
- 2 Tbsp red wine vinegar
- 1 tsp chopped fresh thyme

Recipe credit allrecipes.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

1. Preheat oven to 400° F. Toss yams with 2 Tbsp of olive oil. Season to taste with salt and pepper, and arrange evenly on baking sheet.
2. Bake until tender, 20 to 25 minutes. Cool to room temperature in the refrigerator.
3. Heat the remaining 1 Tbsp of olive oil in a large skillet over medium heat. Cook and stir onion and garlic about 15 minutes, until onion has caramelized. Stir in kale, cooking until wilted and tender. Transfer to a bowl and cool to room temperature in the refrigerator.
4. Combine yams, kale, red wine vinegar, and thyme and season to taste.

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
Health Net..... (800) 949-3022 (TTY/TDD 711)..... www.healthnetadvantage.com
Humana (800) 992-2551 (TTY/TDD 711)..... www.humana-medicare.com
United Healthcare (800) 577-5623 (TTY/TDD 711)..... www.uhcmedicareolutions.com