

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.

Preventing the Spread of Germs

Here are some tips to help keep contagious diseases and respiratory infections from spreading:

- Cover your nose and mouth with tissue when sneezing or coughing.
- Throw away tissues after each use.
- Wash your hands after sneezing, coughing, blowing your nose or touching the tissue used.
- Use warm water and soap to wash your hands. Wash hands for at least 20 seconds.
- If soap and water is not available, use hand sanitizer with at least 60% alcohol.
- If you have a cough or fever, try to stay home
- Wash your hands before eating, touching your eyes, nose or mouth.
- Wash your hands after touching anyone who sneezed, coughed or blew their nose
- Avoid sharing items like towels, drinks, and make-up.
- Avoid sharing food, utensils or beverage containers with others.
- Clean surfaces using soap and disinfectant. Dry the cleaned surface with paper towels or a clean cloth. After cleaning, ensure to wash your hands.
- Avoid close contact with individuals who are sick.

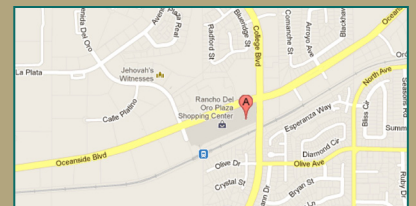
-From the desk of Iselda Gentry, MSN, FNP-BC



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:

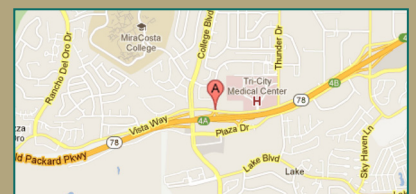


4171 Oceanside Blvd. #109
Oceanside, CA 92056
(760) 216-6253

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

Your Primary Care Physician
accepts the following health
plans:

- | | |
|---------------------|-------------------|
| Aetna | Brand New Day |
| Alignment | Health Net |
| Anthem Blue Cross | Humana |
| Blue Shield | Sharp |
| Blue Shield Promise | United Healthcare |

Medication Adherence

What is medication adherence? It is the extent to which you take your medication as prescribed by your doctor. 20-30% of prescriptions are never filled according to Annals of Internal Medicine review. Nonadherence can account for up to 50% of treatment failures, around 125,000 deaths, and up to 25% of hospitalizations each year in the United States according to the World Health Organization. Communication with your health-care provider and pharmacist is an important part of medication adherence. If you have a hard time remembering to take your medication, try setting reminder alarms. Talk to your doctor if medication cost is an issue or if your medication is causing adverse effects. There may be generic or alternate medications.

-Gabriel Ruiz
Director of Risk Adjustment and Quality

OIG COVID-19 Scammer Tips

Scammers are offering COVID-19 tests to Medicare beneficiaries in exchange for personal details, including Medicare information.

- Beneficiaries should be cautious of unsolicited requests for their Medicare or Medicaid numbers.
- Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If your personal information is compromised, it may be used in other fraud schemes.
- Ignore offers or advertisements for COVID-19 testing or treatments on social media sites.

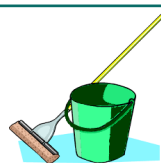
A physician or other trusted healthcare provider should assess your condition and approve any requests for COVID-19 testing. If you suspect COVID-19 fraud, contact National Center for Disaster Fraud Hotline (866) 720-5721 or disaster@leo.gov

Diabetes Support Program

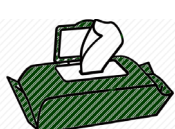
Recently diagnosed? Or struggling to manage your diabetes? Get one-on-one support. Talk to your Primary Care Doctor or contact our customer care line for more information (760) 732-0272.

Cleaning Versus Disinfecting

Cleaning and disinfecting are measures to prevent or slow the spreading of infectious diseases. A clean surface does not mean it is free from germs. Below are the differences between cleaning and disinfecting.



Cleaning removes germs, dirt, and impurities from surfaces or objects. Cleaning works by using soap (or detergent) and water to physically remove germs from surfaces. This process does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.



Disinfecting kills germs on surfaces or objects. Disinfecting works by using chemicals to kill germs on surfaces or objects. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.