

THE PULSE

Summer Edition | June 2021

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.

Protect Your Vaccination Card

After you get your COVID-19 vaccine, it is very important that you keep your vaccination card safe – scammers are using the COVID-19 pandemic as an attempt to try to steal your personal information.

Please do not share a photo of your COVID-19 vaccination card online or on social media. The content that you post, like your date of birth, health care details and other personal information, can be used to steal your identity.

Be cautious of COVID-19 survey scams. Do not give out any of your personal, medical or financial information to anyone claiming to offer you money or gifts in exchange for your participation in a COVID-19 vaccine survey.

Ignore offers or ads for COVID-19 testing or treatments on social media sites. If you make an appointment online, please make sure the location is an official testing site.

If someone contacts you to buy or sell a vaccination card, it is a scam. If you suspect COVID-19 health care fraud, report it online or call 800-HHS-TIPS (800-447-8477). TTY users can call 1-800-377-4950.

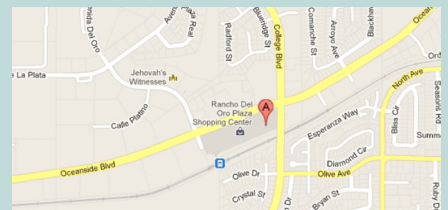
REMINDER: Schedule Your Annual Wellness Visit

We recognize the importance of preventative care and it is important to us that we remind you to schedule your Annual Wellness Visit with your Primary Care Physician. Schedule your appointment today!

A telehealth visit can also be arranged. Please contact your Primary Care Physician to see what your available options are.

Greater Tri Cities IPA Customer Service
available 9 am to 5 pm Mon thru Fri:
(760) 732-0272 (TTY/TDD 711)

Urgent Care is available 8 am - 8 pm Mon
thru Sun at 828 Urgent Care:



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

Call your PCP 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	Clever Care
Anthem BlueCross	HealthNet
Astiva Health	Humana
Blue Shield	Sharp
Blue Shield Promise	United Healthcare

Important Plan Information

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CAHPS/HOS Survey

Every year, the Medicare Consumer Assessment of Healthcare Providers and Systems (CAHPS®) survey is administered by the Centers for Medicare & Medicaid Services (CMS) to assess patients' experiences with their healthcare. The purpose is to make sure that you are satisfied with your health outcome and healthcare experience. This information will help refine quality experiences and how best we can improve the critical aspects of your healthcare experience moving forward. The Medicare Health Outcomes Survey (HOS) is administered annually to a random sample of Medicare members drawn from each participating Medicare Advantage plan.

The goal of the survey is to gather health status data that will be used to quality improvement activities, performance oversight and improve health.

You might have already received the surveys about your experience with your doctor, services and health plans.

This is your chance to help us serve you better! If you receive a survey, please make sure to complete and return it. **If you have any questions, please call us at (760) 732-0272 (TTY/TDD 711).**

Update on COVID-19 Vaccine

Everyone 16 years of age and older is now eligible to get a COVID-19 vaccination. Get a COVID-19 vaccine as soon as you can. Widespread vaccination is critical to help stop the pandemic. If you are homebound, the County offers in-home vaccinations and transportation services. Please call (833) 422-4255 for more information. **To check where you can get vaccinated, you can visit myturn.ca.gov.**

