

THE PULSE

Fall Edition | September 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.

Annual Wellness Exams

If you haven't already scheduled your yearly wellness visit, now is the time to do it! The main purpose of an AW (Annual Wellness) visit is to check your overall health. Your annual wellness visit is a good way to ensure that you stay healthy. This visit is the time to address any health concerns you may have with your doctor.

Call your Primary Care Physician's and ask to schedule your annual wellness visit if you haven't already.

Upcoming Annual Election Period (AEP)

Please remember that Medicare (AEP) Annual Election Period is coming up October 15th and runs through December 7th. This is a time when you are able to review the new 2022 plans and if needed, make changes that start on January 1, 2022.

We're available to help you and your family with all of your health insurance needs and questions. Please call Seyi Awosanya, Marketing Manager at (562) 455-3559 for more information.

Focus on Your Mental Health

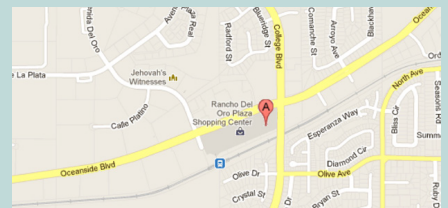
The CDC recently reported more than 40% of adults in the U.S. are struggling with their mental health as a result of the COVID-19 pandemic. Research indicated that mindfulness meditation reduces anxiety and depression and enhances well-being. There are numerous apps available to help with guided meditation. Make 2021 an opportunity to focus on your mental health, as much as your physical health.

Diabetic Education

Contact your Primary Care Physician for more information or call the customer care line, 9 am to 5 pm Mon thru Fri: (760) 732-0272 (TTY/TDD 711)

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

We Want To Hear From You

We take pride in making sure each of our members has a great patient experience that addresses their health care needs. Feedback on care is always important whether that is on the Consumer Assessment of Healthcare Providers and Systems (CAHPS) survey or online. If you receive a survey or have an opportunity to leave a review online, we encourage you to take that time to do it! This feedback helps us improve so that we can provide you with the best care possible.

Important Dates/Events

Upcoming Important Health Observances

- Blood Cancer Awareness Month (September)
- National Cholesterol Education Month (September)
- National Yoga Awareness Month (September)
- Eye Injury Prevention Month (October)
- Health Literacy Month (October)
- American Diabetes Month (November)
- National Healthy Skin Month (November)

Weeks to Note

- 9/20-24 Falls Prevention Awareness Week
- 10/3-10/9 Mental Illness Awareness Week
- 10/24-10/30 Red Ribbon Week
- 11/1-11/7 National Diabetes Education Week

Days to Note

- 9/21 Get Ready for Flu Day
- 9/29 National Women's Health and Fitness Day
- 9/29 World Heart Day
- 10/10 World Mental Health Day
- 10/15 Global Handwashing Day
- 11/9 National Diabetes Heart Connection Day
- 11/25 National Family Health History Day

