

THE PULSE

Winter Edition | December 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.

Welcome 2022!

New Year. New Resolution. Fresh Start.

Here are some of the top fitness trends for 2022.

- 1. Body Weight Training:** A cost-efficient fitness program, Body Weight Training is designed to use your own body as the weights to strengthen your core muscles.
- 2. Yoga:** Always a favorite, Yoga is a great way to work on flexibility and strength.
- 3. Functional Fitness:** Used in many physical therapy programs, Functional Fitness focuses on improving balance, coordination, endurance, and strength by repeating activities of everyday life.
- 4. Wellness Coaching:** Coaches incorporate health promotion, disease prevention, and rehabilitation.

Preventative Care For a Healthy You

- **Flu shots.** Flu shots protect you and the people around you. Most people age 6 months or older should get a flu shot this fall. Flu shots are safe and covered by your health plan.
- **Regular/annual health-care visits.** Stay healthy by staying current with:
 - o Eye exams
 - o Mammograms
 - o Annual physicals
 - o Vaccinations
- **Mental health.** It's important to check in with family and friends. But don't forget about yourself. If you are struggling, know that you are not alone.

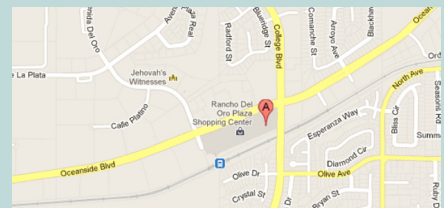
San Diego County Farmers' Markets

- Vista Certified Farmers' Market - Saturdays 8am-12 pm
355 South Melrose Dr., South of Hacienda (at courthouse), Vista, 92081
- Solana Beach Certified Farmers' Market - Sundays 12 pm -4 pm
444 S. Cedros Ave., Solana Beach, 92075

Don't forget to schedule your Annual Wellness Visit with your Primary Care Provider!

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:



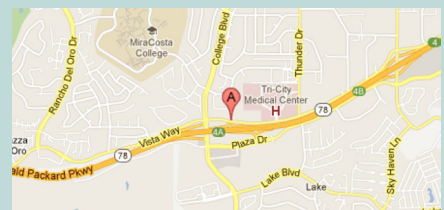
Oceanside, CA 92056
(760) 216-6253

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:



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

P.O. Box 5059
Oceanside, CA 92052

Did You Miss Annual Election Period?

Medicare Annual Election Period closed December 7th, but you may have other options. Special Elections allow you to enroll anytime if you qualify under one of the following events:

- I am new to Medicare.
- I have LIS (Low Income Subsidy.)
- I have Medicare and Medi-Cal.
- I have Medi-Cal Share of Cost.
- I am moving to a new county.
- I am retiring.

Other conditions may apply. Call for more information.

-Jack & Annette Midland, J&A Insurance Services

Jack and Annette have been in the insurance business for more than 30 years. They represent all major companies. **For more information on accessing services and getting your questions answered, call (760) 504-9740.**

Upcoming Events

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).

Jingle Terrace Park (Free - No Cost!)

1200 Vale Terrace Drive Vista CA 92084

November 26, 2021 - December 23, 2021

Nightly 6PM - 10PM

(760) 732-0272 (TTY/TDD 711)

P.O. Box 5059

Oceanside, CA 92052

gtcipa.com

