

THE PULSE

Spring Edition | April 2022

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.

Wellness Reminder

Have a New Primary Care Doctor?

When you have a new primary doctor it is important to establish care with this provider. This type of appointment is different than an annual checkup. It is designed to review your medical history so the new physician has a clear understanding of you and your needs. After you have established care, then schedule an Annual Wellness Visit. This visit is designed to ensure your current treatment plan(s) is up-to-date and assess any additional risks or concerns.

Preventive Care Reminders

For women 50 to 74, schedule Your Mammogram.

May is Women's Health month. Take this opportunity as a reminder to schedule your mammogram. This type of breast cancer screening test is an x-ray of the breast. The U.S. Preventive Services Task Force (USPSTF) recommends women aged 50 to 74 have a mammogram every two years. According to the CDC, this is the best way to catch breast cancer in the earliest stages and can lower the risk of death due to breast cancer. Contact your doctor to see when you are due and/or schedule your mammogram.

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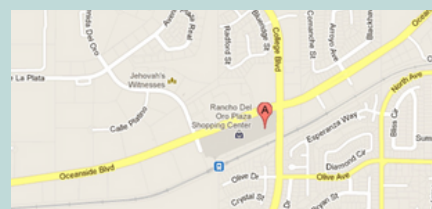
Follow us for the latest news, stories and updates about the following:

- Wellness information like mental health resources and COVID updates
- Health-care coverage information

Follow us at <https://www.facebook.com/gtcipa>.

Greater Tri Cities IPA Customer Service
available 9 am to 5 pm Mon thru Fri:
(800) 458-2307 (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.

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

Survey/Reviews Encouragement

We want your feedback.

In the business of caring for your health, your trust and satisfaction is of upmost importance. We welcome and encourage your feedback and strive for the highest standard in patient care. If you receive a patient satisfaction survey for a recent visit, please take a few minutes to complete and return that survey. Your feedback is invaluable. You may also visit us online at **gtcipa.com**.

Important Dates/Events

Turning 65 soon?

Are you or someone you know turning 65? Attend a New to Medicare Educational Breakfast to learn about your options:

- What is Medicare and who qualifies?
- All parts of Medicare (A, B, C, D, and Supplemental Plans etc.)
- Monthly costs, coverage and late enrollment penalties, and your saving options

Every 3rd Thursday through June @ 9:30am

The Broken Yolk Café

2434 Vista Way, Oceanside, CA 92054

Medicare Advantage plan options to follow at 10:30 am.

Every 1st Monday through June @ 9:30 am

Coco's Bakery Restaurant

605 West Vista Way, Vista, CA 92083

Medicare Advantage plan options to follow at 10:30 am.

For RVSP's and questions, please call (760) 702-3011 .

