

THE PULSE

Spring Edition | March 2023

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 Visit

Have you scheduled your Annual Wellness Visit this year (AWV) with your primary care provider (PCP) to create or update a personalized prevention plan? During your visit, your PCP will develop a personalized prevention plan that will help prevent disease or disability. Your visit may include:

- A risk assessment that may include completing a questionnaire about your health status, injury risks, behavioral risks, and other urgent health needs
- Check your height, weight, blood pressure, and other routine measurements
- Review your functional ability and level of safety
- Go over your medical and family history
- Review your current providers and prescriptions
- A screening schedule for appropriate preventative services
- Advance care planning

Your primary care provider may discover and need to investigate or treat a new or existing problem including a cognitive assessment to look for signs of dementia. Signs of cognitive impairment include trouble remembering, learning new things, concentrating, managing finances, and making everyday decisions about your everyday life. Your visit is covered by Medicare Part B and your deductible does not apply. Call your primary care physician to schedule.

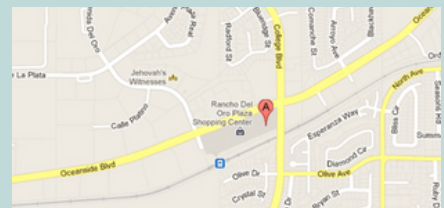
Greater Tri Cities IPA awarded the 2022 Ronald P Bangasser MD Memorial Award

Each year the Integrated Health Association recognizes eight organizations, one from each California region, that demonstrate the greatest year-to-year improvement in clinical quality and patient experience. Greater Tri Cities IPA is proud to be the recipient of the Ronald P Bangasser, MD Memorial Award for Quality Improvement for the San Diego Region.

gtcipa.com

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

WestPac is our contracted lab.

Your Primary Care Physician
accepts the following health plans:

Aetna	Brand New Day
Alignment	Clever Care
Anthem BlueCross	HealthNet
Astiva Health	Humana
Blue Shield	Scan
Blue Shield Promise	Sharp
	United Healthcare

Physical Activity is Essential to Healthy Aging- Let's Get Moving!

Did you know, as an older adult, regular physical activity is one of the most important things you can do for your overall health. Regular physical activity can prevent or delay many of the health problems that seem to come with age. Taking part in physical activity also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Keep in mind, some physical activity is better than none at all. But as with anything, you reap what you sow, and your health benefits will also increase with the more physical activity that you do.

According to the CDC, Adults aged 65 and older need:

- At least **150 minutes a week** (for example, 30 minutes a day, 5 days a week) of **moderate intensity activity** such as brisk walking. Or they need 75 minutes a week of **vigorous-intensity activity** such as hiking, jogging, or running.
- At least **2 days a week** of activities that **strengthen muscles**.
- Activities to **improve balance** such as standing on one foot about 3 days a week.

If chronic conditions affect your ability to meet these recommendations, be as physically active as your abilities and conditions allow. Stay Active- Stay Healthy!

Top Tips for Excellent Care

Your Doctor is always here for you! Our Doctors strive to provide you with EXCELLENT Care, here are a few friendly reminders to receive the best care possible.

- ALWAYS discuss all your prescription medications with your doctor.
- ALWAYS ask for a medication refill before you leave the office.
- ALWAYS talk to your doctor about any other medical appointments you've had since your last visit.
- ALWAYS ask your doctor when you should expect to hear back about your test results.
- ALWAYS ask for assistance if you need further clarification understanding the care instructions your doctor provides.
- ALWAYS ask for assistance if you need help scheduling your next appointment.
- ALWAYS call your doctor or your health plan if you need assistance getting an appointment with a specialist or other care provider.
- ALWAYS make sure your doctor has answered all your questions

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 <https://gtcipa.com/>.