

# THE PULSE

Fall Edition | October 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 Exam Reminder

Don't forget to schedule your annual wellness visit as the year ends! Call your doctor's office and ask to schedule your yearly annual wellness visit if you haven't already. Make sure it's been at least 12 months since your last wellness visit.

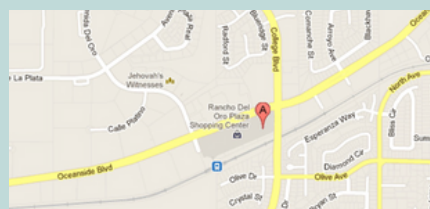
## How to Reduce Stress During the Holiday Season

The holidays are a busy time, but also filled with much joy. Here are some tips to reduce stress this season.

1. Keep up healthy habits. You can stay hydrated by bringing a water bottle with you to refill and eating a healthy snack before a family gathering or a party.
2. Take time to unwind. You might try taking deep breaths or going for a walk. Maybe you need time to yourself after being with family. Even a little break can make a big difference to reduce stress.
3. Share holiday tasks and let your family and friends help with shopping, cooking, cleaning, and event planning. If you really dislike doing dishes, help with cooking instead. Sharing tasks lets everyone be part of making the holidays special.
4. Use a calendar to stay up to date on events or plans you have for the holidays.
5. Get at least 8 hours of sleep per night.
6. Refill any prescriptions before the holiday rush and any holiday travel to maintain your daily health routines and medications.

**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

## Annual Enrollment Period (AEP)

Every year, as the Annual Enrollment Period (AEP) approaches, it becomes your golden ticket to securing the ideal healthcare coverage. This period, from October 15 to December 7, is not just a formality; it's a vital opportunity for you to assess your health insurance needs and make adjustments accordingly.

### So Why Does AEP Matter to You?

First and foremost, AEP offers flexibility tailored to your changing life circumstances. As your health needs evolve, so should your coverage. AEP allows you to align your insurance plan with your current health requirements, ensuring you are adequately protected without overpaying.

Additionally, AEP is your chance to be financially savvy. By exploring different plans during this period, you can potentially save a significant amount on premiums, deductibles, and out-of-pocket costs. It's like finding a tailored suit at a discounted price, but for your healthcare needs!

During AEP, you have the freedom to choose from a variety of plans, each designed to cater to different aspects of your health – be it prescription medications, preventive care, or specialist visits. This means you can handpick a plan that covers what matters most to you, providing peace of mind in the face of unexpected health issues.

Your Greater Tri Cities IPA Primary Care Physician accepts a variety of Health Plans so you can find the best fit for you, while keeping your doctor! Find the list of Health Plans by visiting the website [www.gtcipa.com/plans/](http://www.gtcipa.com/plans/).

## The Importance of Flu Shots for Seniors: Protecting Health and Well-being

As we age, our immune systems may weaken, making us more susceptible to various illnesses and infections. In particular, influenza, commonly known as the flu, can pose a significant threat to seniors. Getting a flu shot is not just a precaution; it's a vital step in safeguarding the health and well-being of older individuals.

Flu shots are specifically designed to provide protection against the strains of the influenza virus that are most likely to circulate during a given flu season. By getting a flu shot, seniors can significantly reduce their risk of contracting the virus and experiencing severe symptoms. This protection is particularly important for those with underlying health conditions such as heart disease, diabetes, or respiratory issues, which can make flu-related complications even more dangerous.

Flu-related hospitalizations are more common among seniors. By receiving an annual flu shot, seniors can reduce their chances of falling seriously ill and needing extensive medical care. Additionally, seniors play a crucial role in their families and communities. By getting a flu shot, they not only protect themselves but also reduce the risk of spreading the virus to others, and are more likely to maintain their overall health, mobility, and independence, allowing them to enjoy a higher quality of life.

Be sure to get your flu shot as soon as possible. To find a flu vaccination near you call your doctor, your preferred pharmacy, or call 2-1-1 for locations in North San Diego County where you can get the flu vaccination.