

## Medicare annual enrollment is just around the corner!

It's hard to believe that the Medicare annual enrollment period is just around the corner, beginning **October 15 and ending December 7**. With Medicare benefits changing every year, it's important for you to have your benefits reviewed each year to ensure you get the most out of your Medicare in 2023.

There are two easy ways to become informed and get your questions answered:

**1** Set up a **one-to-one consultation with a licensed agent who works with our providers' offices**. You can call (877) 216-4652 to set up a personalized appointment, Monday-Friday, from 8:30 a.m. – 5:00 p.m. TTY can dial 711.

**2** Attend a **small group presentation in your area**. Join us for an hour of information, refreshments, and a chance to participate in a free raffle to win a \$25 gift card.

### October Dates & Locations

**Northridge**  
**Wednesday, October 12 or**  
**October 26**  
 10:30 a.m. – 12:00 p.m.  
 Bob's Big Boy  
 8876 Corbin Ave.  
 Northridge, CA 91324

**Mission Hills**  
**Thursday, October 13 or**  
**Tuesday, October 25**  
 10:00 a.m. – 11:30 a.m.  
 Coco's  
 10841 Sepulveda Blvd.  
 Mission Hills, CA 91345

**North Hollywood**  
**Friday, October 21**  
 10:00 a.m. – 11:30 a.m.  
**or**  
**Wednesday, October 26**  
 2:00 p.m. – 3:30 p.m.  
 Denny's  
 11377 Burbank Blvd.  
 North Hollywood, CA 91601

**Burbank**  
**Friday, October 14 or**  
**Wednesday, October 19**  
 10:00 a.m. – 12:00 p.m.  
 Denny's  
 1010 W. Alameda Ave.  
 Burbank, CA 91506

**Covina**  
**Monday, October 17**  
 11:00 a.m. – 12:30 p.m. **or**  
**Thursday, October 20**  
 2:00 p.m. – 3:30 p.m.  
 Millie's Restaurant  
 403 S. Citrus Ave.  
 Covina, CA 91723

**Los Angeles**  
**Monday, October 17**  
 2:00 p.m. – 3:30 p.m.  
**or**  
**Tuesday, October 25**  
 11:00 a.m. – 12:30 p.m.  
 Mimi's Cafe  
 2925, Los Feliz Blvd.  
 Los Angeles, CA 90039

**Thousand Oaks**  
**Tuesday, October 18**  
 11:00 a.m. – 1:00 p.m. **or**  
**Tuesday, October 25**  
 2:00 p.m. – 4:00 p.m.  
 Little Calif Creamery & Café  
 652 E. Janss Rd.  
 Thousand Oaks, Ca 91360

We want to make that you receive all that you deserve by having the right doctor, medical group and health plan working together to meet your needs through every stage of your healthcare journey.



Ahh, summer. It's the time of year when family and friends gather around to enjoy a delicious BBQ over the grill. But, who says you can't have it all, and still eat healthy? Just follow these simple tips on how to include healthy options into an all-time favorite summer activity.

1. First, choose meats that are lower in saturated fats, such as lean cuts of beef, skinless poultry, or fish.
2. Then, add in some fresh, seasonal vegetables and fruit. Ever grilled fresh pineapple? It's fantastic.

Want to wow the guests? Try this recipe for sensational chicken burgers.

Grill some chicken burgers and add in some roasted veggies: red peppers, onions, eggplant, summer squash, or some sweet potatoes. Once food has been served and healthy drinks have quenched the palate, it's time to just sit back and relax. Summer is here, and you've just conquered grillin' and chillin'.

[View Recipe](#)



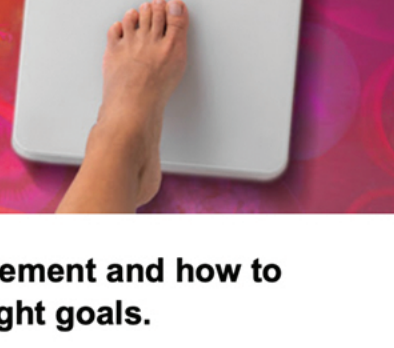
Join Dr. Isho as she shares valuable information on how to manage diabetes. Whether you are a caregiver, are living with diabetes, or would like to learn more about this important topic, we invite you to join us for an informative conversation and get your questions answered.

Join us **Friday, September 16, 2022**  
 from 9:30 a.m. – 10:30 a.m.

**La Verne Senior Center**  
 3680 "D" St., La Verne, CA 91750

[RSVP](#)

## What is a considered a healthy weight range?



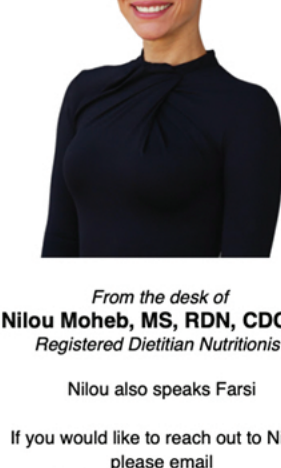
Let's talk about weight management and how to maintain safe and healthy weight goals.

A healthy weight range depends on multiple factors such as your height, body type, and any pre-existing conditions. Sometimes we work toward weight goals that may not be healthy for our bodies, which can lead to possible health risks. Talking with your dietitian can help you determine appropriate weight goals while eating healthy. You should also ask your dietitian how quickly you should gain or lose weight. Generally, a safe weight loss or gain is about 1-2 pounds per week, which is about a 500-calorie per day difference in your food intake.

Does genetics play a role in managing my diet and weight goals?

Many conditions such as heart disease, diabetes, celiac disease, and others can occur as a result of genetics. The environment and your lifestyle choices can also play an important role in determining your weight. Your genes can influence multiple processes in your body, therefore it's good to consult with a dietitian to determine which type of weight management strategies are safe and work best for you.

Source: Sources: [eatright.org](#); [diabetes.org](#)



From the desk of  
**Nilou Moheb, MS, RDN, CDCES**  
 Registered Dietitian Nutritionist

Nilou also speaks Farsi

If you would like to reach out to Nilou, please email [memberhealth@regalmcd.com](mailto:memberhealth@regalmcd.com)



### Protección del Sol y Demostración de Receta

Aúñase a la educadora de salud Inés Herrera para este programa de una hora en español. La clase comenzará con una discusión sobre el cuidado del sol, la importancia de la crema solar, mantenerse hidratado en el calor y terminará con una demostración de receta saludable de verano. Después de la demostración, una sesión de preguntas y respuestas de 5 - 10 minutos con un regalo divertido. Para cualquier pregunta, por favor envíe un correo electrónico: [memberhealth@regalmcd.com](mailto:memberhealth@regalmcd.com). Se requieren mascarillas.

**Acompáñenos**  
**Viernes, 9 de Septiembre, 2022**  
 de 11:30 a.m. – 12:30 p.m.

**Health Net Community Resource Center**  
 5047 East Whittier Blvd.  
 East Los Angeles, CA 90022

No necesita hacer reservación Estacionamiento Gratis



### Blood Drives SAVE LIVES!

When you donate blood, often times you aren't aware of the life, or lives, you are saving. We invite you to stop by and donate blood with us. The blood mobile will be on-site at our West Covina location. If you donate between September and October, you will receive a "Counting on You" limited edition t-shirt, while supplies last. We look forward to seeing you there!

Join us **Wednesday, September 21, 2022**  
 from 9:30 a.m. – 2:30 p.m.

**Lakeside Community Healthcare**  
**West Covina**  
 1500 W. Covina Pkwy., Ste. 150  
 West Covina, CA 91790

To schedule an appointment, please call (800) 879-4484 or visit [here](#).



## Strength + Balance & SHAO CHI WITH HARRY VERNI

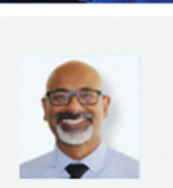
**Live near Glassell Park?**  
 Please join Health Educator and Fitness Coach Harry Verni for our combined Strength and Balance and Shao Chi class. The first 40 minutes will focus on stretching, strengthening and toning the entire body using resistance bands, tubing, and body weight. It will then be followed by 20 minutes of Shao Chi, which will focus on balance, core strength, flexibility, gait, posture and anticipatory postural control to cool down. Class time is about one hour. Equipment will not be provided. COVID-19 vaccinations are required, masks are optional.

Join us **Thursdays, September 1, 8, 15, and 29**  
 from 2:00 p.m. – 3:00 p.m.

**Glassell Park Senior Center**  
 3650 Verdugo Rd.  
 Los Angeles, 900650  
 Free Parking

[RSVP and for a full list of events](#)

## What you need to know about monkeypox & COVID-19 updates & treatments



From the desk of  
**Nirav K. Shah, M.D.**  
 Sr. Medical Director

**A state of emergency has been declared for monkeypox with approximately 6,617 cases confirmed in the U.S. Most cases involve men who have intimate contact with other men.**

We know from prior outbreaks that the virus can be transmitted through direct contact, soiled sheets, and to a lesser degree, aerosolized particles. The emergency was declared to help stop the spread of the virus.



### Symptoms of monkeypox

Monkeypox can cause fever, headaches, muscle aches/backache, swollen lymph nodes, chills, fatigue, sore throat, nasal congestion, and rash. Patients may experience all or only a few of these symptoms. Most patients will get a rash. Symptoms usually start within 3 weeks of exposure. Monkeypox can be spread until a fresh layer of skin has formed, usually 2-4 weeks after symptom onset.

For more information about monkeypox, please visit [CDC](#).



### Update to COVID-19 regulations

The CDC recently announced that if you have been exposed to COVID-19, instead of putting yourself in quarantine, they recommend that you wear a high-quality mask for 10 days and get tested on day 5. For more detailed information, please visit [npr.org](#).



### REMEMBER COVID-19 vaccines available for children 6 months to 5 years of age

Independent advisers to the Food and Drug Administration voted unanimously in favor of granting emergency approval to the first Moderna and Pfizer/BioNTech COVID-19 vaccines for infants and toddlers. Now every Californian 6 months and older is eligible to get a COVID-19 vaccine. Boosters have been approved for individuals 5 years and older. Getting vaccinated is safe, effective, and free-of-charge. To find a vaccination site near you, visit [myturn.ca.gov](#). You can also call the California COVID-19 Hotline at (833) 422-4255, Monday - Friday, 8 a.m. - 8 p.m.; Saturday - Sunday, 8 a.m. - 5 p.m.



### COVID-19 treatment is available to high-risk individuals who test positive

The FDA has authorized a prescription pill called Paxlovid to treat COVID-19 in some high-risk patients.\* This treatment is available by prescription to some high-risk patients\* and has significantly decreased hospitalization and death due to COVID-19. Taken by mouth, the pill works best if started within the first 5 days of symptoms. So get tested early for COVID-19 and let your doctor know if you're positive as soon as possible. \*High-risk factors include age (risk increases after age 50), cancer, cardiovascular disease, chronic kidney disease, chronic lung disease, diabetes, immunocompromising conditions, obesity (body mass index ≥30), pregnancy, and sickle cell disease. For a complete list of risk factors, visit the CDC's Underlying Medical Conditions Associated with High Risk for Severe COVID-19.

### How to get the COVID-19 pill

Paxlovid requires a doctor's prescription. Call your doctor immediately if you're a high-risk patient\* with a positive COVID-19 test. Most COVID-19 medications are available at no cost to you.



### What is COVID-19 rebound?

COVID-19 rebound has been reported to occur in individuals treated with Paxlovid. Individuals have a recurrence of mild and self-limited symptoms 2 to 8 days after recovering from COVID-19. An additional course of Paxlovid is not required. However, COVID-19 can still be spread to others, so it is necessary to return to isolation. If you are experiencing any symptoms related to COVID-19 or have been knowingly in close contact with anyone who is COVID-19 positive, we recommend getting tested as soon as possible. For more information on available COVID-19 medications and treatments, please visit the CDC.

For additional information, please visit [COVID.gov](#) to find helpful resources including:

- COVID-19 risk factors & variants
- Vaccination sites near you
- Free at-home testing kits
- Find a testing site
- Getting a copy of your digital vaccine record
- Masking & requirements by city
- Safety & testing requirements for travel