





Keeping you connected to important health updates, upcoming classes and helpful resources



May is Older Americans Month, a chance for us to truly honor the experience and wisdom of older adults in our communities. And what a wonderful time it is to recognize and appreciate their contributions through the years. To support our older members, our medical groups are

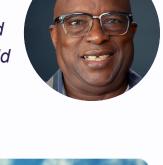


dedicated to providing access to a caring and supportive team of case managers, pharmacists, and health educators. We offer both in-person and online health education and wellness programs. These include a robust library of information and ondemand videos to learn about general health and wellness, and chronic condition management. Through our **HealthyWayEvents.com** platform, members can also sign up for a variety of

events, including member appreciation gatherings, fitness programs for all skill levels, and health fairs – all at no cost.

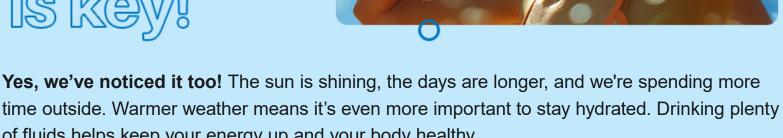
We take great pride in supporting our older adult community through every stage of life. They are more than just members to us. They're like family. As one of our members, Roderick, shared: "My health education team

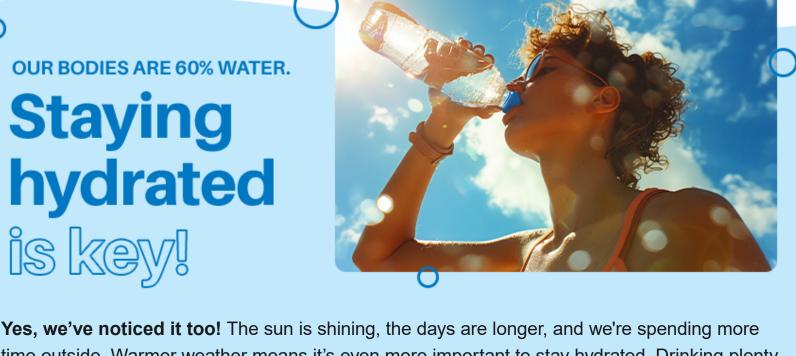
became family to me. The genuine concern they had and how they just cared for me. Sometimes I would go in there and be emotional but you know, I could feel it deep down inside that they cared for me and I love them for that."



OUR BODIES ARE 60% WATER.

Staying hydrated is key!

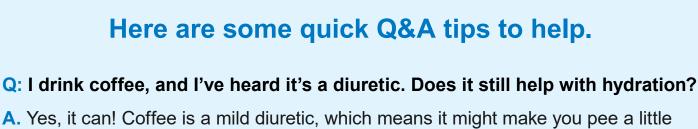




of fluids helps keep your energy up and your body healthy. Here is something you might not know: as we get older, our bodies hold about 10–15% less water. That means staying hydrated can get a little trickier. And with warmer weather and increased

activity, our bodies need even more fluids to keep everything working the way it should. Drinking enough fluids helps you stay alert, cool, and feeling your best. So whether you're out for a walk, doing yard work, or just soaking up the sunshine, don't forget your water bottle. Your body

will thank you!



more often. But recent studies show that when you drink it in moderation, it doesn't take away much fluid from your body. So yes, coffee can count toward

your daily fluids. Still, it's a good idea to balance it by drinking plenty of water to

stay fully hydrated. Q: How can we remind ourselves to drink enough fluids? A: It can be tough to remember to drink water, but here are some easy tips to help: Set reminders Track it



Make it a habit Drink a glass of water before

or with every meal.

every few hours.

Add some flavor Try adding lemon, cucumber,

or mint to make water taste

Leave water bottles or cups in places you use often, like your desk or kitchen counter.

Use your phone or a watch

to alert you to drink water



better.

Keep it handy



Snack on fruits and veggies like watermelon, cucumbers,

or oranges.

stay on track!

Drink with a buddy Remind friends or family

to drink water with you. It's

more fun, and it helps you

Use a water tracker or app

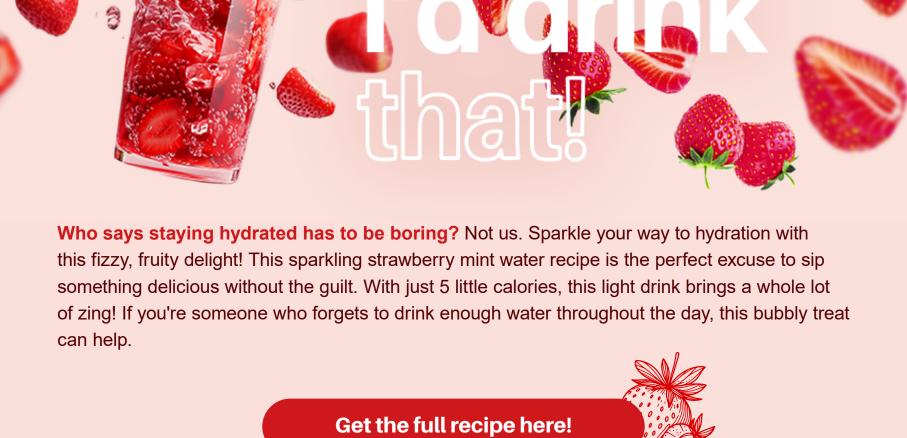
to see how much you're

Eat water-rich foods

drinking each day.



BERRIES & BUBBLES?



Recipes are from external links and will open in your default web browser. Source: https://www.diabetesfoodhub.org/recipes/sparkling-strawberry-mint-water



and Inland Empire 2025!

We love our members in the OC and IE! Our passion is to ensure our members receive the best care possible and enjoy all the benefits of being with us. We encourage all of our readers to vote for us as the best Medical Group in Orange County and the Inland Empire.



Vote for best of IE

https://www.ocregister.com/2024-best-of-orange-county-contest-rules/ and https://www.pressenterprise.com/biecontestrules/. Source: https://www.pressenterprise.com/votelEbest, https://www.ocregister.com/voteocbest