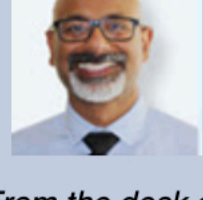


Keeping you connected to important health updates, upcoming classes and helpful resources



Increase in mandatory COVID-19 vaccine requirements across the U.S.



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

Over the last several weeks California has seen a substantial increase in the number of people getting vaccinated against COVID-19 as a growing list of cities, businesses and venues are supporting the decision to require mandatory vaccinations for employees and, in some cases, even customers in hopes of slowing down the latest surge.

The recent boost is a promising development after weeks of rising coronavirus cases and hospitalizations fueled by the highly infectious Delta variant of the virus. Officials and experts continue to urge all residents that are eligible, but have not yet been fully vaccinated, to get vaccinated as soon as possible. The Centers for Disease Control and Prevention (CDC) continue to strongly recommend mask wearing indoors in public places regardless of vaccination status. They are also closely monitoring the current surge in case additional mitigation measures are needed. Masks are required in all medical facilities including doctor offices.

On August 5, 2021, the California Department of Public Health (CDPH) also issued a State Public Health Officer Order requiring everyone that works in a healthcare facility to be vaccinated against COVID-19 by September 30, 2021. Exemptions from the vaccine requirement are permitted only for religious beliefs or qualifying medical conditions. The full Health Officer Order can be found [online](#).

On August 23, 2021, the FDA officially granted approval of the Pfizer vaccine. This is another important validation that underscores the efficacy and safety of the COVID-19 vaccine, and a positive move forward toward immunity, fewer hospitalizations and a return to normalcy. To read the full article, click [here](#).

Vaccines remain the most powerful tool against COVID-19 and its variants, including the Delta variant. While the Delta variant is infecting a small percentage of vaccinated people, being vaccinated still remains the strongest protection against severe illness, hospitalization, and death. The surest way to curb transmissions and severe illness from the virus is for more people to get vaccinated. As the pandemic continues to surge and mandates evolve, please check requirements for your specific county, by visiting [covid19.ca.gov](#).

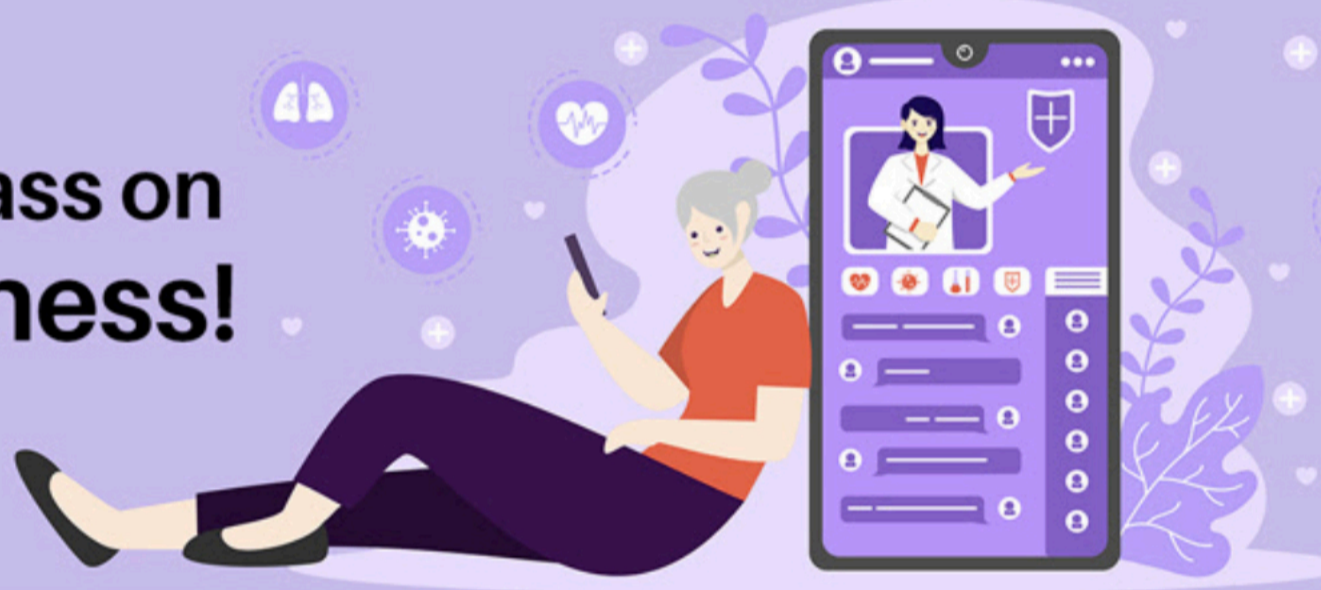
I like getting the flu. Said no one ever.

Each year, millions of people in the U.S. get sick from the flu. Some of the more severe flu cases can result in death.

Though every flu season is different, receiving a flu vaccine every year offers the best available protection against the flu by reducing illnesses, hospitalizations and deaths – especially during the current pandemic. Less people coming down with the flu will also help reduce the burden on healthcare workers and hospital staff so that they can focus their attention to treat and care for COVID-19 patients. For more information on our flu shot clinics and the most convenient ways to get your annual flu shot, look for upcoming emails, or talk to your primary care physician.



Join our virtual class on Health & Wellness!



Are you a Regal, Lakeside, or ADOC Medical Group member age 50 and above? Join our free monthly virtual health and wellness social club to give us your suggestions, discuss health and wellness, and receive tips from medical professionals. You will participate in fun activities to win prizes with a chance to win a \$10 gift card during our virtual scavenger hunt.

Join us
Thursday, September 23
12:00 p.m. - 1:00 p.m.

[RSVP Today!](#)

We're raising awareness to lower cholesterol



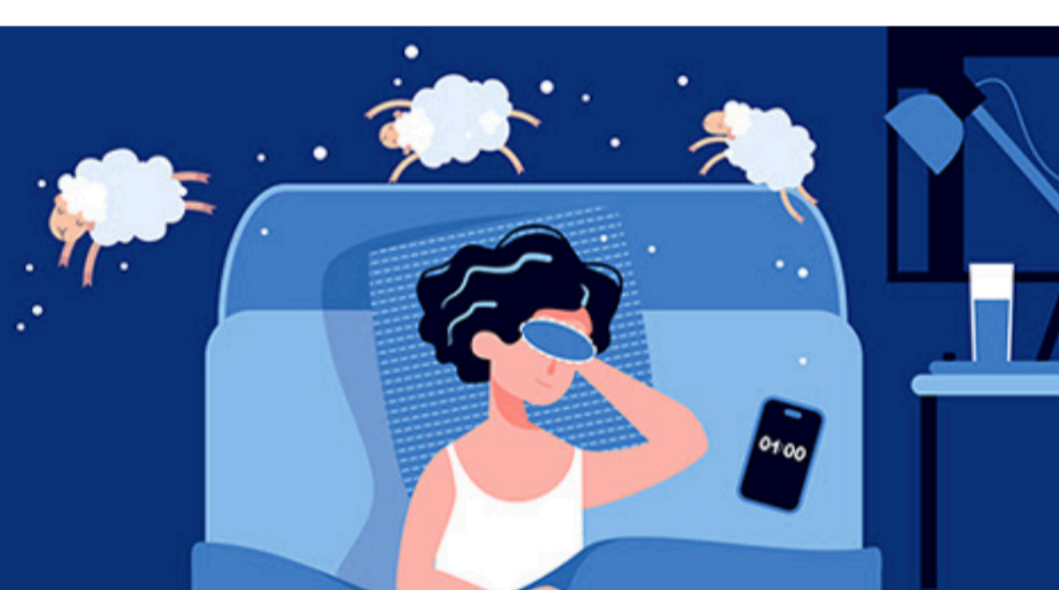
September is National Cholesterol Education Month and we are focused on raising awareness about cardiovascular disease, cholesterol, and stroke prevention. It's a good time to talk with your doctor about having your blood cholesterol checked and to take the necessary steps to lower it if it is high.

Want to learn healthy lifestyle choices that can help you reach your personal cholesterol goals? Visit [Preventing High Cholesterol | cdc.gov](#).

Also, watch this short video explaining how statins can prevent heart attacks and strokes by lowering cholesterol levels: [watch here](#).

Still counting sheep?

We have the tips for better sleep.



Have you ever wondered how caffeine or exercise affect your sleep? Or whether that nightcap actually makes you sleep better? Join our 1-hour webinar to learn some practical strategies to develop good sleeping habits. Getting enough sleep is just as important as other vital elements of good health, so come learn how to create your sleep sanctuary and look forward to a good night's sleep.

Win a \$20 gift card! One lucky person will have the chance to win a \$20 gift card at the end of the webinar.

Join us
Wednesday, September 29
from 1:00 p.m. - 2:00 p.m.

Presenter:
Health Educator,
Osbaldo Camargo

[RSVP NOW](#)

Let's Celebrate Grandparents Day!



Some of us have that special grandparent who always brings such great joy and laughter to life. They just have that unique way of making us feel like we're a child all over again no matter our age. And, if we're fortunate enough to have more than one, even better.

Pictured right: One of our members Arieh M. with his wife Rosy and his two grandchildren, Noah and Ruby.

On September 12, Grandparents Day, we want to celebrate and show our love, appreciation and thankfulness for all of the generous and wonderful ways that grandparents show they care. Some grandparents have helped to raise us, or are now helping to raise their grandchildren. They contribute so much of their lives in many ways such as sharing their knowledge, skills, wisdom, stories of days past, and secret family recipes like how to cure the common cold – but not just with any regular chicken soup recipe – you know, the kind that only grandma, or grandpa can make.

And for everything in between that reminds us of home, it is our grandparents who have helped to build the cornerstone of our lives and for this we honor them. We wish all of the grandparents a warm and heartfelt Grandparents Day!

And, congratulations to our two Grandparents Day photo contest winners!

We truly appreciate our members and we have each won a \$20 gift card!

Members Mary D. and Theodore S. have each won a \$20 gift card! We hope you have enjoyed participating in our photo contest. If you would like to see more contests like this one, please let us know. We always value your feedback and suggestions.

Get the most out of your Medicare benefits



Medicare's Annual Enrollment Period (AEP) is right around the corner beginning October 15 until December 7, 2021. The coming year 2022 will bring about many changes and additional benefits to your Medicare Advantage plan.

If you are turning 65 or currently on Medicare, please be sure to schedule a Medicare plan review with one of our trusted Medicare specialists. They will go over your current plan in detail, discuss your specific healthcare needs and advise on the right coverage for you. Call our Medicare Helpline at (888) 804-2319 to speak with a licensed agent who will help guide you through this year's options while making sure you get the most out of your Medicare benefits for 2022.