

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







## **Keeping your** children safe

during the ongoing COVID-19 pandemic





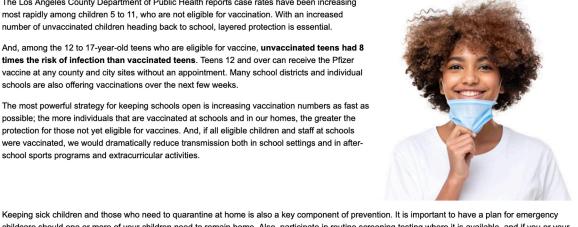
children 5-11 who are not eligible for vaccination. With most kids heading back to school in-person, a variety of protection are essential for keeping schools open and minimizing COVID-19 The Los Angeles County Department of Public Health reports case rates have been increasing

California has seen a rapid increase in COVID-19 cases among

most rapidly among children 5 to 11, who are not eligible for vaccination. With an increased number of unvaccinated children heading back to school, layered protection is essential. And, among the 12 to 17-year-old teens who are eligible for vaccine, unvaccinated teens had 8

times the risk of infection than vaccinated teens. Teens 12 and over can receive the Pfizer vaccine at any county and city sites without an appointment. Many school districts and individual schools are also offering vaccinations over the next few weeks. The most powerful strategy for keeping schools open is increasing vaccination numbers as fast as possible; the more individuals that are vaccinated at schools and in our homes, the greater the

protection for those not yet eligible for vaccines. And, if all eligible children and staff at schools were vaccinated, we would dramatically reduce transmission both in school settings and in afterschool sports programs and extracurricular activities.



childcare should one or more of your children need to remain home. Also, participate in routine screening testing where it is available, and if you or your child end up being in close contact of a confirmed case, participate in contact tracing and follow quarantine orders. And regardless of vaccination status, the Centers for Disease Control and Prevention (CDC) continues to strongly recommend mask wearing by children and adults in all public indoor spaces including schools, grocery and retail stores, theaters, restaurants, doctor offices and at work. Lastly, as more and more situations require proof of vaccination please take a minute to get a digital copy by visiting California's Digital COVID-19 Vaccine record portal here

As the pandemic continues to surge and mandates evolve, please check requirements for your specific county by visiting covid19.ca.gov.

## group work? Let us show you!



can often be quite confusing. First, you have your managed care health plans such as Health Maintenance Organizations (HMOs). These health plans contract with groups of doctors. These groups of doctors

We know that navigating the healthcare system can be challenging simply because health plans and medical groups have such unique roles, and they

are called medical groups. A health plan's goal is to contract with enough medical groups in a local area so that members can conveniently find a doctor and related healthcare services closer to home, and have greater access to care when needed. The health plan arranges for and pays for a significant portion of the care and oversees the rules about which types of healthcare services are covered. Second, you have your medical groups. In an HMO plan, the medical group's primary role is to arrange care for its assigned members. This care is given by doctors, nurses, case managers, pharmacists and other healthcare professionals



within the medical group. They are responsible for the patient's overall health including helping to prevent future health issues and illness. This is why it is so important to select the right medical group along with a health plan that will best meet your healthcare needs. We understand that it might still be a lot of information to absorb. That's why we have created a short video to further explain each of these unique roles. They say a picture is worth a thousand words so we hope this animated video

will help explain it better. Please take a few minutes to watch it here.

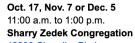
## Get the most out of your **Medicare** benefits Medicare's Annual Enrollment Period (AEP) is quickly approaching beginning October 15 until December 7, 2021. The New Year will bring about many changes and additional benefits to your

Attend one of our Drive-Up events and get a free care package **North Hollywood Burbank Thousand Oaks West Covina** 

Regardless of which way you choose to learn more about Medicare, please be sure to take advantage of these free

Medicare Advantage plan. If you are turning 65 or currently on Medicare, we are offering three

(3) convenient ways to learn about 2022 Medicare benefits and insurance options:



**Providence High School** Lakeside Community Healthcare 511 S. Buena Vista St. 12800 Chandler Blvd. Valley Village, CA 91607 Burbank, CA 91505 612 E. Janss Rd. Thousand Oaks, CA 91360

Oct. 23, Nov. 6 or Nov. 20

10:00 a.m. to 12:00 p.m.

A campaign

Medicare.

services to ensure you get the most out of your Medicare benefits for 2022.

Call our Medicare Helpline at (888) 528-0308 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 help determine the best plan options to meet your needs.

10:00 a.m. to 12:00 p.m.

Nov. 3, 2021

1500 W. West Covina Pkwv. West Covina, CA 91790

Healthcare

Nov. 7 or Nov. 20

11:00 a.m. to 1:00 p.m. Lakeside Community

Visit here to watch a video on Medicare basics and submit a form to be contacted by a licensed insurance agent within 72 hours. The agent will be able to answers all of your questions about



Breast cancer awareness is important but so is breast health awareness. A free downloadable e-book Breast Problems That

 Breastfeed your children, if possible. Early detection is important. Talk to your doctor about when and how often you should have a mammogram. For more information about breast cancer including signs, diagnosis, treatment options, and more, visit here.

for chances to win some great prizes and fun giveaways!

masks and we'll see you there!

Aren't Breast Cancer is available <a href="here">here</a>.

elebrate with us! **ONAL HISPAN** 

• If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.

**HERITAGE MONTH** at Latino Health Access

Regal, ADOC and Meraz Insurance Agency invite you to join us for this fun outdoor Join us community event to celebrate National Hispanic Heritage Month at Latino Health Thursday, October 14, Access (LHA). Have questions about Medicare? A Medicare expert will be on-site to 2021 answer questions and provide information about Medicare changes for 2022 and from 10:00 a.m. - 2:00 p.m. highlight which Medicare benefits are right for you. You'll also have a chance to meet our providers and staff while enjoying music and **RSVP Today** light refreshments and snacks (while supplies last). Don't miss joining our free raffles

WE WON'T SUGAR COAT IT, WE'RE

show us how to prepare "Mediterranean Chicken Bites", a healthy, affordable and

COOKING HEALT

As always, your health and safety remain our priority. Pease don't forget to bring your

with Celebrity Chef DOREEN COLONDRES **Celebrity Chef Cooking** November is American Diabetes Awareness Month and we Demo are pleased to offer another webinar program in collaboration with Novo Nordisk that will provide information and resources to those who may be at risk for diabetes along Wednesday, November 3, with support and practical strategies to help those who are living with diabetes. 2021 from 12:00 p.m. - 2:00 p.m. Health educator Osbaldo Camargo will discuss healthy lifestyle practices for prevention and managing this chronic condition. Celebrity chef Doreen Colondres will

delicious diabetes-friendly meal. Once you submit your RSVP you will receive a confirmation email that contains the WebEx link to attend the class.







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8550 Balboa Blvd, Northridge, CA, 91325 US

You are receiving this because you previously shared your email with us, indicating you would welcome information on health related updates and events from Regal, Lakeside and ADOC Medical Groups. If you no longer want to receive this type of communication, please

**RSVP Today**