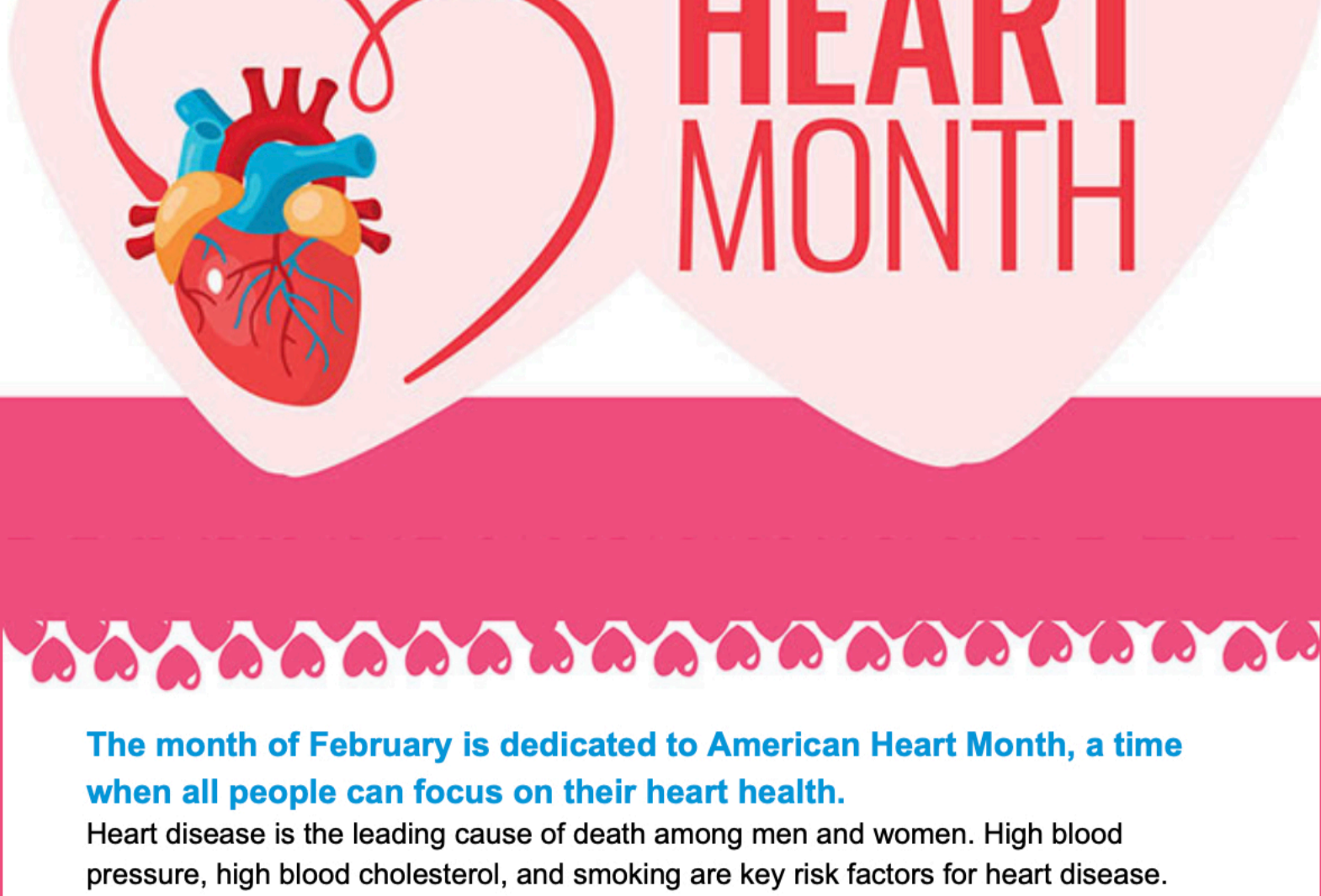


FIND YOUR HealthyWay

MONTHLY NEWSLETTER

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



FEBRUARY IS AMERICAN HEART MONTH

The month of February is dedicated to American Heart Month, a time when all people can focus on their heart health.

Heart disease is the leading cause of death among men and women. High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease.

Key Risk Factors



High Blood Pressure



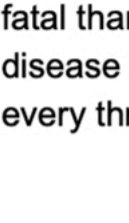
High Blood Cholesterol



Smoking

Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including: diabetes, being overweight or obese, unhealthy diet, less physical activity, and excessive alcohol use. Adopting an active lifestyle, eating healthier, limiting alcohol and quitting smoking can help to prevent long-term heart disease risk.

Each month, our members will have a chance to get their questions answered by a selected panel of doctors and healthcare providers. This month, we want to thank our Raincross doctors who helped to answer questions that focused on heart health and the risk of cardiovascular disease.



I have a strong family history of heart attacks. Am I going to have one as well?

Although people with a family history of heart disease or heart attacks are at higher risk, you can take steps to dramatically reduce your risk, such as staying active and eating well. Most importantly speak with your doctor about maintaining a healthy blood pressure and cholesterol level. If you have high blood pressure, your doctor may suggest that you monitor your blood pressure at home. By doing so, you can be better informed to discuss options with your doctor on ways to help reduce risks and better control your blood pressure.



Are more men likely to have heart disease and women are more likely to have cancer?

According to the American Heart Association, heart disease affects more women than men, and is more fatal than all forms of cancer. Heart disease is the cause of one out of every three deaths in women.



Am I too young to worry about heart disease?

The decisions and lifestyle habits practiced now will affect your risk for cardiovascular disease in the later years of your life. One in three Americans have cardiovascular disease, but not all are older adults. Young people can develop heart problems now especially with risk factors such as smoking, diabetes, being overweight and obese, inactivity and excessive alcohol use.

Meet our Raincross doctors



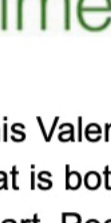
Carl Knopke, M.D.
Board Certified: Family Medicine, Obesity Medicine
Office: Ste. 302-3
Google Review: 4.9 ★★★★★



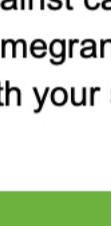
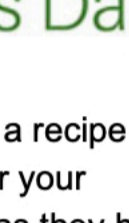
Zainab Ali, M.D.
Board Certified: Internal Medicine
Office: Ste. 202-2
Google Review: 5.0 ★★★★★



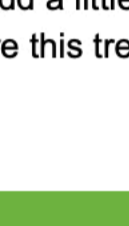
Priya Kunaseelan, M.D.
Board Certified: Family Medicine
Office: Ste. 203-4
Google Review: 4.9 ★★★★★



Daniel Solis, M.D.
Board Certified: Internal Medicine
Office: Ste. 202-2
Google Review: Be the first to review!



Betina Greer, M.D., MPH
Board Certified: Family Medicine
Office: Ste. 202-2
Google Review: 4.7 ★★★★★



Raincross Medical Building
4646 Brockton Ave.
Riverside, CA 92506
Office: (951) 774-2800
Website: RaincrossMedicalGroup.net

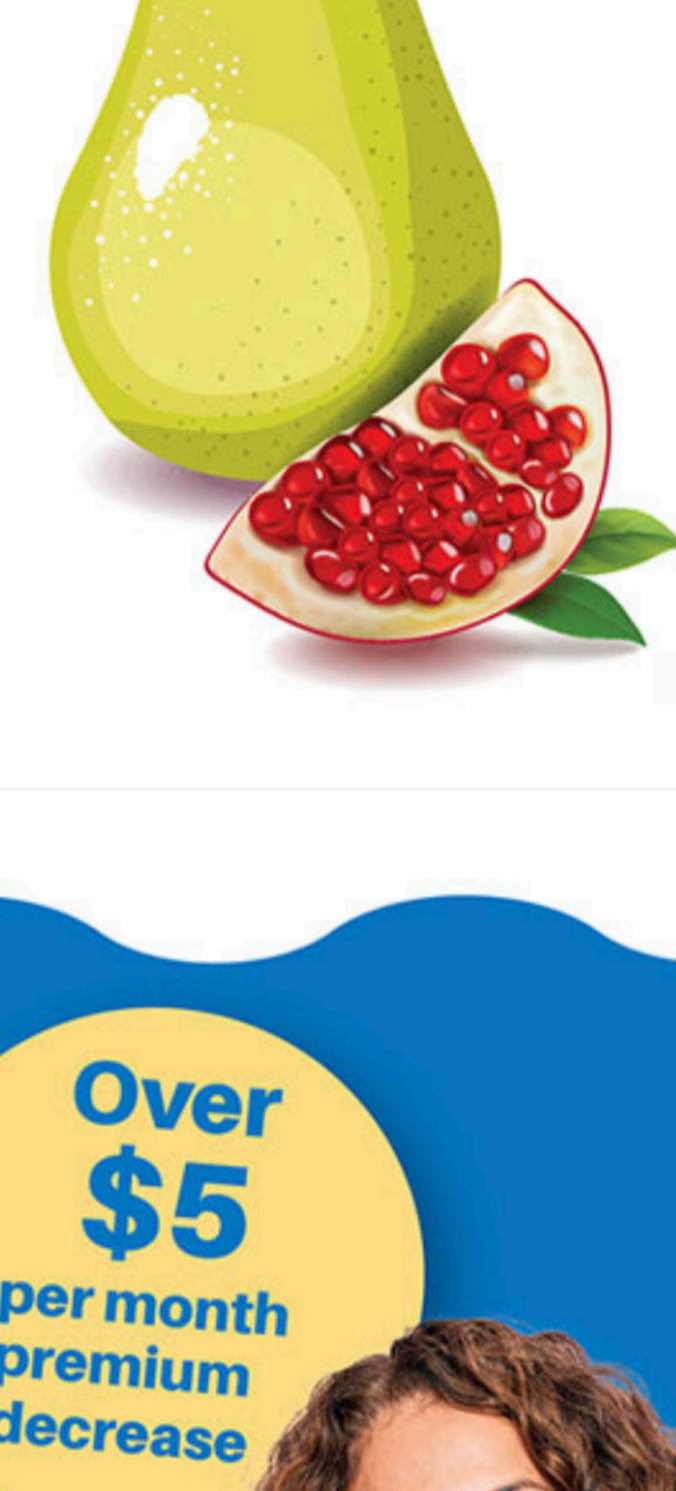
Expanded Access Options

- Open In Office
- Telemedicine
- In-person
- Afterhours Urgent Care



We've peared up
this lovely recipe just in time for Valentine's Day

This Valentine's Day treat yourself with a recipe that is both full of nutrients and good for your heart. Pears are such a beneficial fruit as they help with digestion and keep your heart healthy. Pears are also packed with antioxidants to help fight against cancer-causing free radicals. Add a little pomegranate juice to top it off and share this treat with your sweetie on Valentine's Day.



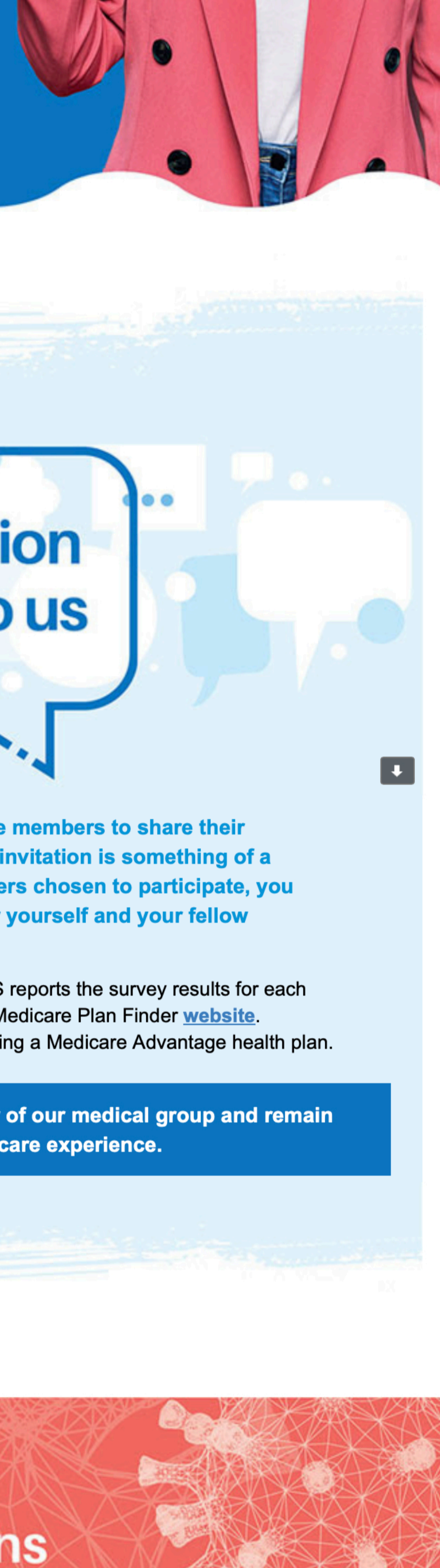
[Get the full recipe here](#)

Good news about Medicare Part B in 2023!

Over \$5 per month premium decrease

In 2022, Medicare announced that the monthly premium for Medicare Part B (which covers doctor visits, diagnostic tests and other outpatient services) will decrease in 2023. The new standard premium is \$164.90 – that's a \$5.20 per month decrease. If you pay more than the standard premium due to your income, expect those monthly charges to also decrease.

Review how these changes will impact you. Read the full AARP bulletin [here](#).



Your opinion matters to us

Every year around this time, Medicare invites some members to share their experiences through a survey. Receiving a survey invitation is something of a golden ticket. Because if you are a member of the survey is participating, you have a unique opportunity to make a difference for yourself and your fellow Medicare Advantage members.

Your input helps other seniors find quality healthcare. CMS reports the survey results for each plan in the annual Medicare & You Handbook and on the Medicare Plan Finder [website](#). Medicare beneficiaries consider these ratings when choosing a Medicare Advantage health plan.

As always, we value and appreciate you as a member of our medical group and remain dedicated to ensuring that you have a positive healthcare experience.

Surge of COVID-19 cases, hospitalizations & virus mutations

FROM THE DESK OF



Nirav K. Shah, M.D., Sr. Medical Director

We are currently seeing a surge of COVID-19 cases and hospitalizations in Southern California. Additionally, the coronavirus mutates, and we see the most infections in variants since the pandemic began. The bivalent vaccine is our best defense against the new variants. If you do get COVID-19, please talk to your doctor to seek treatment.

FACTS ABOUT COVID-19

As of January 2023, nearly **93% of total COVID-19 deaths in the U.S. have been among adults 50 years and older** while deaths for adults 65+ is at 75%. The number of adults 65 and older who received at least one dose, or were fully vaccinated, has reached 94%.

Treatments including Paxlovid and Remdesivir **reduce the risk for hospitalization and death by 50-88%** among unvaccinated and by 45-50% among vaccinated or previously infected people.

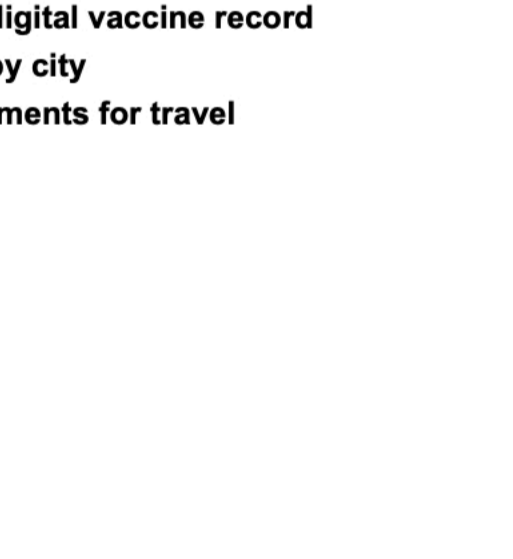
There is early, but growing, evidence that COVID-19 **treatments may reduce the risk of developing long-term COVID.**

FLU SEASON CONTINUES! DON'T MISS YOUR SHOT TO FIGHT THE FLU.

Experts have predicted the flu season isn't over and continues into the new year.

Emergency rooms and hospitals continue to be overcrowded due to COVID-19, influenza, RSV and other viral infections.

The influenza vaccine covers 90% of the circulating variants and will protect individuals against the flu.



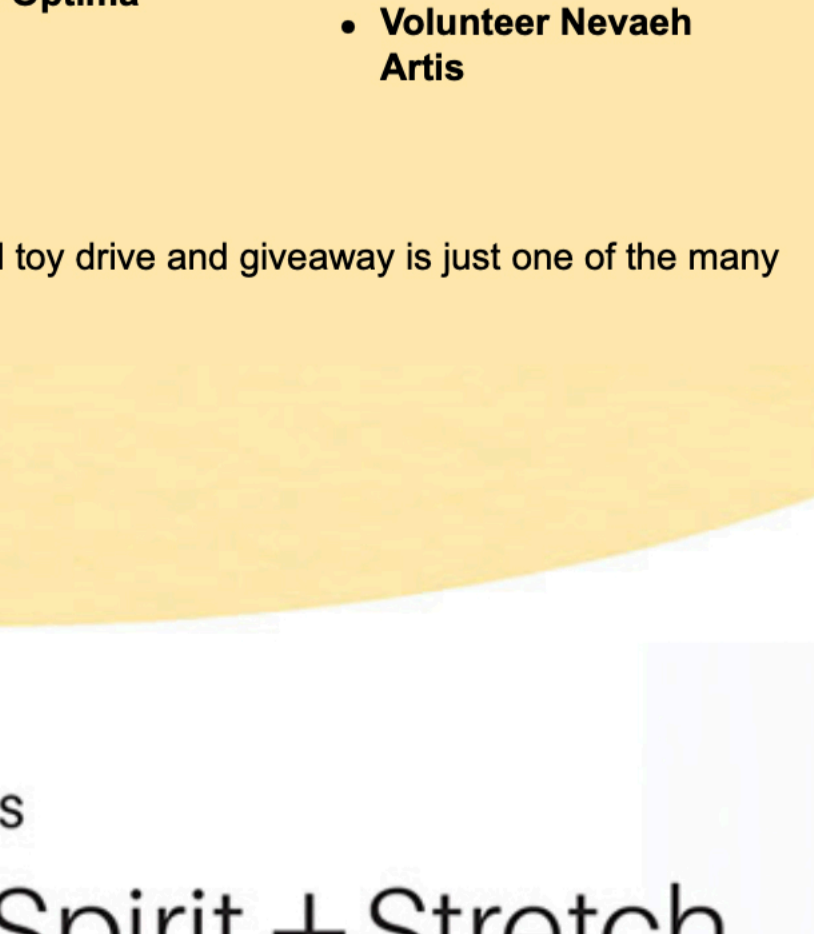
For additional information, please visit [COVID.gov](#) to find helpful resources including:

- 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



Toys Brightened the Holidays at 2nd annual toy drive & giveaway

Regal and Lakeside Medical Groups along with health plans, Wellcare and Health Net partnered with the Riverside Black Chamber of Commerce to help sponsor Parkview Hospital's second annual toy drive and giveaway. Toys from anonymous donors and sponsors poured in to make the toy drive and giveaway a joyful event for many Riverside families. More than 400 new toys brought happy smiles to children of all ages. Parents and grandparents alike were touched by the generosity of those who have made their holiday extra special.



A special thanks to all who donated their time and resources:

- Riverside Black Chamber of Commerce
- Riverside University Health Systems (RUHS)
- Health Net RV team
- Doctors Andro Sharobiem, M.D., and Vicente Vazquez, M.D., and staff from Optima Health
- Target
- Photographer Mirelda Najers and her assistant Alejandra Morales
- Volunteer Nevaeh Artis

We love engaging with our community! The annual toy drive and giveaway is just one of the many events that we sponsor throughout the year.

VIRTUAL CLASS

Shao, Spirit + Stretch with Harry Verni

Join us for this gentle form of yoga that is practiced sitting and/or standing. All levels are welcome! Beginners are especially encouraged to join and experience the health and wellness benefits of this form of exercise. This hourly class is held every Tuesday.

Join Harry on Valentine's Day!
Tuesday, February 14, 2023 • 9:00 a.m. – 10:00 a.m.

[RSVP to save your spot](#)

View our entire menu of fun classes at [healthywayevents.com](#).

