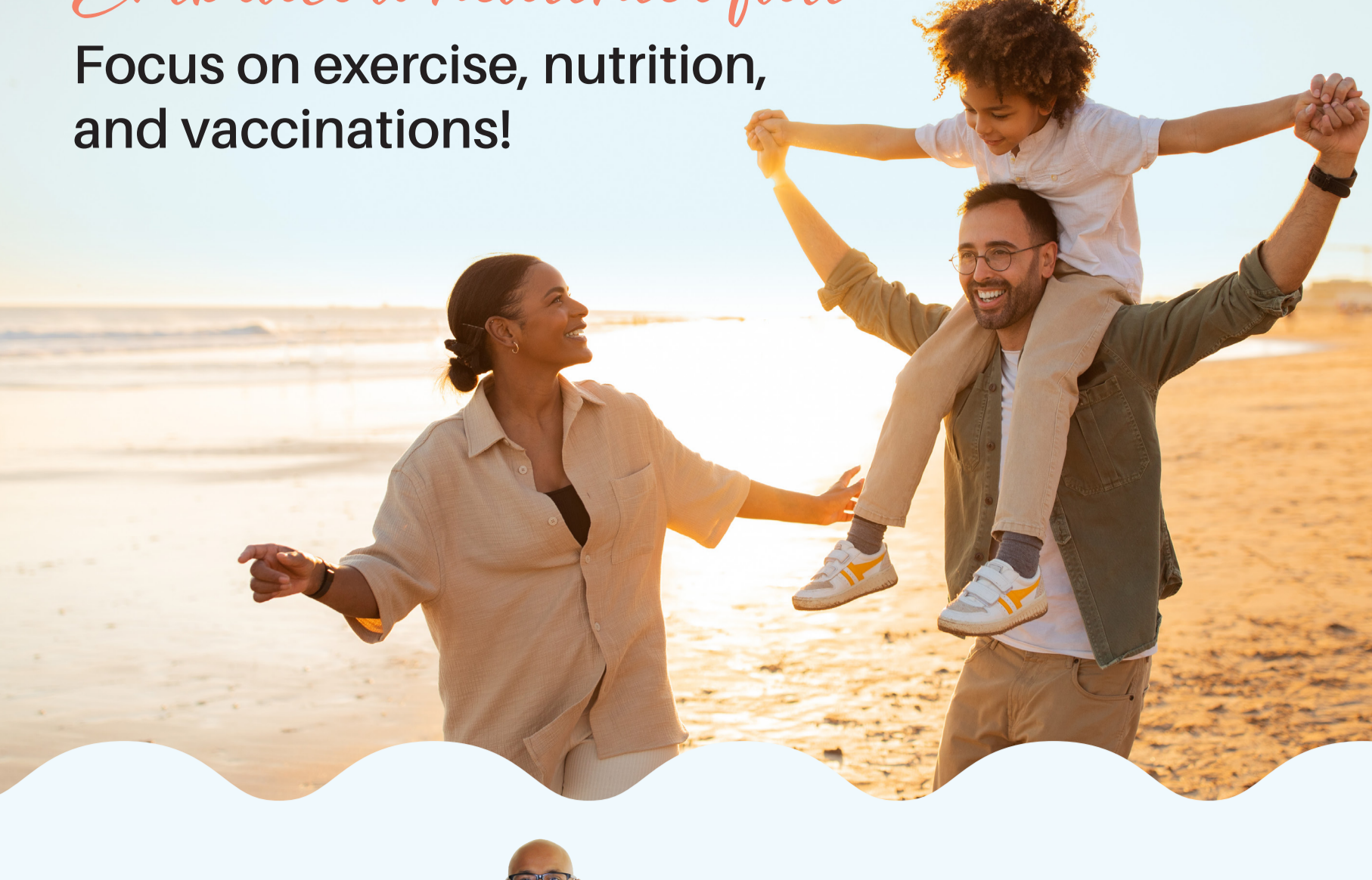


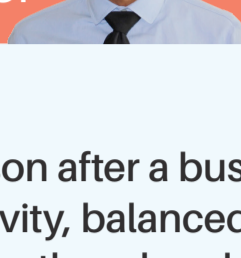
FIND YOUR **Healthy Way** MONTHLY NEWSLETTER

Embrace a healthier fall:

Focus on exercise, nutrition, and vaccinations!



FROM THE DESK OF



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

As we welcome the fall season after a busy summer, let's focus on your health by including daily physical activity, balanced meals, and staying up-to-date with your vaccinations. With cooler weather ahead and more time spent indoors, it's crucial to maintain exercise and good nutrition while also getting your flu and COVID-19 vaccines.

To ensure you stay protected throughout the season, Dr. Nirav Shah helps to answer some of your questions about getting vaccinated this fall. Proper timing is key to maximizing the effectiveness of these vaccines and safeguarding your health.

Why get your flu shot and COVID-19 booster?

The 2024-2025 flu season is predicted to be severe or more severe than last year. Certain groups are at higher risk of severe illness, including children aged 6 months to 5 years, individuals 65 and older, pregnant women, and those with serious underlying medical conditions.

Flu shot benefits

- 1. Reduces illness:** Lowers your chance of getting the flu by 40-60%.
- 2. Prevents severe illness:** Cuts down the risk of serious complications like pneumonia and hospitalizations.
- 3. Protects others:** Helps shield those who can't be vaccinated, like infants and the elderly.

COVID-19 booster benefits

- 1. Boosts protection:** Increases immunity against COVID-19 and its variants.
- 2. Maintains immunity:** Keeps your protection strong over time.
- 3. Reduces spread:** Lowers the chance of passing the virus to others.
- 4. Prevents severe outcomes:** Lessens the risk of severe illness, hospitalization, and death.

RSV vaccine recommendations:

The Centers for Disease Control and Prevention (CDC) recommends the RSV vaccine for all individuals 75 and older, as well as those 65 and older with underlying heart or lung disease. It's important to note that the RSV vaccine is not an annual vaccine. If you received one last year, you do not need another this year.

Getting vaccinated helps you stay healthy and protects those around you. Check with your healthcare provider for the best time to get your flu shot and COVID-19 booster.

Sources:

- [1. Vaccine Effectiveness: How Well Do Flu Vaccines Work? | CDC](#)
- [2. Getting a Flu Vaccine and other Recommended Vaccines at the Same Time | CDC](#)
- [3. Staying Up to Date with COVID-19 Vaccines | COVID-19 | CDC](#)
- [4. Respiratory syncytial \(sin-SISH-uhl\) virus \(RSV\) - CDC](https://www.cdc.gov/rsv/about/index.html)

Oncology Physicians Network (OPN) is our choice for hematology oncology

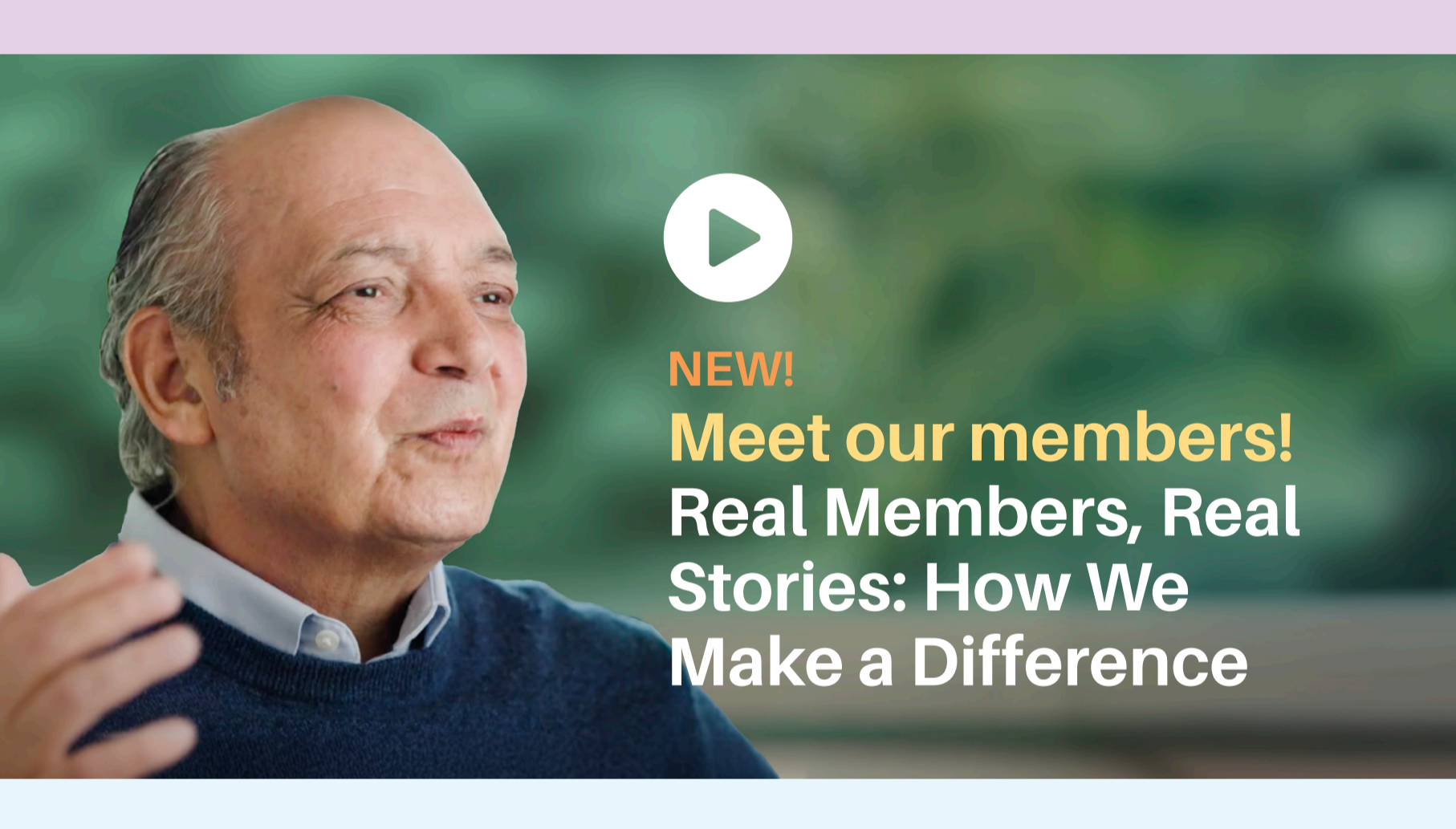


OPN HEALTHCARE

OPN has been a leading oncology partner for 25 years, delivering the highest level of oncology care while focusing on keeping the cost affordable. They serve many regions across the U.S. with a strong history of offering value-based cancer care to local communities.

OPN is dedicated to bringing cancer care to people where they live and work, making health and wellness their utmost priority. We are proud to work with OPN to provide our members with high-quality oncology care and services that meet their needs.

For questions or more information about OPN, or how to access care, contact our customer service department at (818) 357-5000.



NEW!
Meet our members!
Real Members, Real Stories: How We Make a Difference

We are excited to introduce you to our latest video where you will hear heartwarming stories from our Regal and Lakeside members about the profound impact our team has had on their lives. This video showcases testimonials of overcoming illness, adapting to lifestyle changes, and managing chronic conditions. It's a powerful reminder of why we do what we do.

[Watch the full video](#) and get to know some of our members as they share their personal health journeys.

Are you game-day ready? Touch down with these healthy and delicious recipes!



Football season is here, and it's time to fuel up with tasty and nutritious recipes that won't leave you feeling tired. Stay energized with game-day snacks that keep you going strong the whole day!

Can you really eat healthy during football season?

Absolutely! As fans gear up for game days, tailgates, and watch parties, choosing the right foods is key. Eating healthy keeps you energized and helps you enjoy the fun without feeling sluggish. Opt for nutrient-rich foods like fruits, veggies, lean meats, and whole grains to stay alert through the final whistle.

Balanced meals also boost your immune system and reduce your risk of illness. Choosing water or low-sugar drinks over sugary sodas and alcohol keeps you hydrated and performing your best. Make healthy eating a game-day habit to support them all the way to victory!

Try this **savory beef sliders recipe** [here](#).

Thirsty? Click [here](#) and mix a refreshing drink.

Reminder: **Medicare open enrollment begins October 15, 2024!**



Open enrollment begins **October 15th** and runs through **December 7th**.

Medicare plans change every year so it's important to have your plans reviewed to ensure you still have the right coverage that meets your needs for 2025. If you're already enrolled in Medicare, you can make changes to your plan during this open enrollment season.

Any changes that you make in 2024 will go into effect on January 1, 2025. Be on the lookout for more detailed information in the coming months.

Visit [Medicare.gov](https://www.Medicare.gov) to learn more