

# Health Beat

2013 Fall Edition

Welcome to *Health Beat*, from St. Vincent IPA. This is your quarterly check up for health tips, facts, and all you need to know from you local Los Angeles medical group.



## 8 Tips to Fight the Flu

The flu can be a serious contagious disease that can lead to hospitalization and in some cases, even death. Take the following actions to protect yourself and others from the flu:

1. Take time to get the flu shot every year.
2. Get vaccinated if you are 6 months of age and older.
3. Take preventive action to stop the spread of germs
4. Avoid close contact with sick people.
5. While sick, limit contact with others.
6. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
7. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
8. Know your risk. High risk individuals include young children, pregnant women, people with chronic health conditions, and people 65 years and older.

For more detailed information about flu prevention, reference the Centers for Disease Control and Prevention website at <http://www.cdc.gov/flu/protect/preventing.htm>.

*From the desk of Iselda Gentry, BSN, RN, PHN*

### Are you due for a mammogram?

October is breast cancer awareness month! We encourage you to check with your Primary Care Physician to see if you are due for a mammogram. St. Vincent IPA utilizes the following provider for mammograms:

**St. Vincent  
Outpatient Radiology  
213-848-7148**

Getting your routine screening is an important way to enable early detection. An annual mammogram is recommended for women 40 years and older, so be sure to schedule your exam..

### Healthy Holiday Habits

Having a healthy holiday is more than just eating right. Here are a few tips to prepare for a joyous holidays season:

- Keep Active: Find activities to help you stay energized and focused.
- Stay Financially Fit: Make financial decisions that keep you healthy.
- Prioritize: Set goals and allow yourself to say "no" to maintain stress this season.
- Eat Well: Create a game-plan for making healthier choices.
- Laugh Often: Happy dinner conversation leaves you just as satisfied while eating less.

### Quick Fix

**St. Vincent IPA**

**Customer Service**

is available from 9 AM to 5 PM

**Monday thru Friday:**

**(888) 255-5053 ext. 110**

**Urgent Care** access is available 24 hours a day, 7 days a week at

Silverlake Medical Center

Urgent Care



1711 W. Temple St., 2nd Floor  
Los Angeles, CA 90026  
(213) 989-6160

**Lab Work** can be handled at any Quest Diagnostics draw station. For more information visit: [www.questdiagnostics.com](http://www.questdiagnostics.com).

**St. Vincent Medical Center** is our primary hospital serving the community since 1856:



2131 W. 3rd Street  
Los Angeles, CA 90057  
(213) 484-7111

### Maintain Access to your Primary Care Physician.

### Select any of the following senior health plans:

Anthem Blue Cross .....	(866) 693-3339 .....	<a href="http://www.anthem.com">www.anthem.com</a>
Blue Shield .....	(888) 568-3560 .....	<a href="http://www.blueshieldca.com">www.blueshieldca.com</a>
Citizens Choice .....	(877) 387-6277 .....	<a href="http://www.citizenschoicehealth.com">www.citizenschoicehealth.com</a>
Easy Choice Health Plan.....	(866) 999-3945 .....	<a href="http://www.easychoicehealthplan.com">www.easychoicehealthplan.com</a>
Health Net .....	(800) 522-0088 .....	<a href="http://www.healthnet.com">www.healthnet.com</a>
LA Care.....	(888) 452-2273 .....	<a href="http://www.lacare.org">www.lacare.org</a>
SCAN .....	(877) 452-5898 .....	<a href="http://www.scanhealthplan.com">www.scanhealthplan.com</a>
United Healthcare .....	(877) 596-3258 .....	<a href="http://www.uhcmedicareolutions.com">www.uhcmedicareolutions.com</a>