

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 your local Los Angeles medical group.

## 5 Tips to Combat Malnutrition

Aging increases the risk for problems with adequate nutrition and can result in health problems. Dietary problems include difficulty with chewing or swallowing, digesting the food, shopping, cooking, and decreased appetite. Here are 5 tips to combat malnutrition:

- Chop, stew, steam or grate hard foods to allow for easier chewing or swallowing.
- Choose fruits and vegetables that are non-gas forming.
- Shop by phone to find grocery stores that deliver in your area.
- Consider having someone cook for your or using such programs as Meals-on-Wheels.
- Increase the flavor of food by adding spices, lemon juice or sauces.

If you are having nutritional problems, please talk to your doctor. Problems with nutrition can arise from medical problems, eating poorly, mouth pain or tooth loss, financial hardship, multiple medications and problems with self-care. By consulting your primary provider, he or she can assess your nutritional problem and develop a plan for you.

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

## We Care About Your Health

Your health and wellness are of the utmost importance to St. Vincent IPA! We want to remind you to talk to your Primary Care Physician (PCP) at your next visit about the following screenings:

- Breast Cancer Screening (Mammogram)
- Colorectal Cancer Screening
- Glaucoma Screening
- LDL-C Screening (Evaluates Cholesterol Level)
- HbA1c Screening (Evaluates Blood Sugar Levels)
- Nephropathy Screening (Evaluates Kidney Functions)
- Diabetic Eye Exam

Make your appointment for these very important services today.

*-Heather Rotan,  
Clinical Initiatives Manager*

## Cal MediConnect

No sooner than April, Medi-Cal and Medicare are launching Cal MediConnect, a project to coordinate health care for seniors and the disabled.

- Cal MediConnect is a voluntary Medicare and Medi-Cal program to deliver care through a single system.
- During passive enrollment the state may enroll individuals into Cal MediConnect unless the individuals choose to “opt out” by notifying the state.
- Those “opting out” of Cal MediConnect may be required to join a Medi-Cal health plan to receive Medi-Cal benefits.

The state will send notices describing choices.

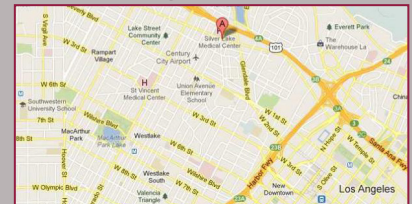
*Ken Rasmus,  
Insurance Specialist*



### Quick Fix

**St. Vincent IPA  
Customer Service**  
available 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

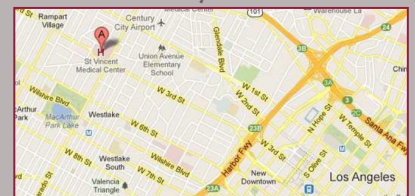


1711 W. Temple St., 2nd Floor  
Los Angeles, CA 90026  
(213) 989-6160

Call your Primary Care Physician whenever possible before seeking Urgent Care services.

Lab Work can be handled at any Quest Diagnostics draw station.  
[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

ST. VINCENT IPA

*The Patients' Choice for Health Care*

## 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>



The Patient's Choice for Health Care

PO Box 5089  
Oceanside, CA 92052

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Important Plan Information

### **In this Issue...**

- Combat Malnutrition
- Important Health Screenings
- Cal MediConnect

## **The Patient's Choice For Health Care**

Your St. Vincent IPA primary care physicians and specialists deliver the finest care with compassion and convenience in the Los Angeles area as they have been for over 15 years!

Our nurses work with your primary care physician to ensure that your referrals are handled with timeliness, courtesy and concern. For questions or event information, call Monday through Friday from 9 AM to 5 PM or visit us on the web.



The Patient's Choice for Health Care

(888) 255-5053, ext. 110

[www.stvincentipa.com](http://www.stvincentipa.com)

### **Did you Know?**

For more specific information about events, dates, and times, call (888) 255-5053 x110.

#### **Diabetes Education Program**

St. Vincent IPA offers diabetes education aimed at helping patients to better manage their diabetes. Receive nutrition counseling, exams and check-ups, and exercise education in one-on-one meetings with our diabetic nurse educator, Elaine Ybarra, ANP. Some conditions apply. For more information visit: <http://stvincentipa.com/forms/Diabetic-Clinic.pdf>

#### **SVMC Free Transportation**

St. Vincent Medical Center offers free transportation, within a 15 mile radius of the facility, to patients having an outpatient procedure, including radiology. Some conditions apply. For more information call: (213) 484-5534.

### **Spring Is Here**

Get out your hat and gloves, and join a community garden club.

#### **Burbank-Valley Garden Club**

1<sup>st</sup> Thursday of each month at 10:00 A.M.  
Little White Chapel  
1711 North Avon Street, Burbank  
<http://californiagardenclubs.com/burbank-valley>

#### **La Ballona Valley Bromeliad Society**

Veterans Memorial Hall, Rotunda Room  
4117 Overland Avenue, Culver City  
<http://culvercitygardenclub.com/>

#### **Los Angeles Garden Club**

2<sup>nd</sup> Monday of each month at 10:00 A.M.  
Visitors' Center Auditorium, Griffith Park  
4730 Crystal Springs Drive, Los Angeles  
<http://losangelesgardenclub.wix.com/losangelesgardenclub>

\*Program details are subject to change without notice