

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.

## Sun Exposure and Vitamin D

Summer means increased sun exposure. Excessive unprotected sun exposure could be harmful to the skin, but the keywords are “excessive” and “unprotected.” The fundamentals to proper sun exposure are moderation, sunburn prevention, and knowing the limits for your skin type. Though too much exposure can be dangerous, sunlight is an important source for vitamin D.

Vitamin D’s main job is to control the absorption of calcium and phosphorus in the bones, but it offers many additional benefits: immune system support, inflammation/pain reduction, and muscle strength. Vitamin D differs from other vitamins because our bodies can make it with sunlight. The Office of Dietary Supplements at the National Institutes of Health recommends the following daily vitamin D dosages: 600 IU for adults 19-70 years old and 800 IU for adults 71+ years old.

When you are enjoying the outdoors this summer, remember that those sun rays are helping your body produce vitamin D. When exposure lasts more than a few minutes, though, remember to wear protective clothing and apply sunscreen with SPF (sun protection factor).

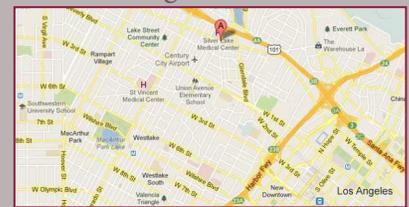
*From the desk of Iselda Gentry, BSN, RN, PHN*



## 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 IPA** uses all local  
hospitals in the downtown area.



## Type II Diabetes Care & Treatment

If you are living with type 2 diabetes, it is very important to know how to care for your unique health needs. Talk to your primary care doctor about the following tests at your next visit:

- LDL-C Screening - to evaluate cholesterol levels  
Results should be <100
- HbA1c Screening - to evaluate blood sugar levels  
Results should be <7%
- Nephropathy Screening - to evaluate kidney functions
- Diabetic Eye Exam

St. Vincent IPA offers a free diabetic clinic! For more information, please contact the Diabetic Care Coordinator at 562-860-8771 ext.103.

*Heather Rotan,  
Clinical Initiatives Manager*

## Extra Help: Lower Your Drug Cost

Why do some friends or relatives pay less for prescription drugs? Extra Help (LIS) offers a drug coverage limit: no more than \$2.55 for each generic and \$6.35 for each brand-name covered drug.

If you receive a purple, yellow, green, or orange notice from Medicare, you are generally automatically qualified for Extra Help. To obtain proof of qualification, contact Medicare at 1-800-MEDICARE. Requests can take anywhere from several days up to 2 weeks to process.

If you need extra help understanding Medicare’s Extra Help for prescription drug coverage, simply call St. Vincent IPA, your plan, or your broker.

*Jesse Caballero, Insurance Specialist*

## 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 65 .....	(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>
Humana .....	(888) 223-9950 .....	<a href="http://www.humana.com">www.humana.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

17215 Studebaker Road, Ste 320  
Cerritos, CA 90703

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Important Plan Information

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## The Patient's Choice For Health Care

For over 15 years, your St. Vincent IPA primary care physicians and specialists continually deliver the finest care with compassion and convenience in the Los Angeles area!

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 & check-ups, and exercise tips one-on-one. Our diabetic nurse educator, Elaine Ybarra, ANP, also offers education in Spanish. 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.

\*Program details are subject to change without notice

### Summer Salad Recipe

Stay cool and eat right this summer with salad recipes from [www.closetcooking.com](http://www.closetcooking.com).

#### Carne Asada Salad



- 1 head romaine lettuce, sliced
- 1 pound carne asada, sliced
- 1 1/2 c pico de gallo
- 1/2 c corn
- 1/2 c black beans
- 1 large avocado, diced or sliced
- 1/4 c cotija, crumbled (optional)
- 1/4 c cilantro
- 1/4 c Mexican ojo dressing

#### Directions:

Assemble the salad, toss in the dressing and enjoy!