

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.

Maintain Healthy Cholesterol Levels

Cholesterol is a fat-like substance that the body needs. Yet, if the body has too much in the blood, it can cause build-up in the walls of the arteries. This can lead to heart problems and strokes. Many people do not know their cholesterol level is high. So, it is important to have your blood checked as recommended by your doctor.

Healthy cholesterol levels are as follows:

Total Cholesterol	Less than 200 mg/dL
LDL (“bad” cholesterol)	Less than 100 mg/dL
HDL (“good” cholesterol)	40mg/dL or Higher
Triglycerides	Less than 150 mg/dL

It is important to have cholesterol levels at a healthy level at any age. For those with high cholesterol, eating a healthy diet, exercising regularly, maintaining a healthy weight, not engaging in smoking and taking anti-cholesterol drugs will help decrease cholesterol levels and in turn, decrease your chance of getting a stroke or heart problem.

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

A Health Resolution That Will Stick

The two easiest ways to keep to a new, healthy resolution is to start small and to find one that you actually enjoy! If exercise makes you happy, you might start with short walks or taking the stairs when you can. If it is to keep a sharp mind, perhaps sudoku puzzles or reading are for you. You might even find a friend to join you and help keep you on track. The key is choosing something that fits with your personality, setting aside time, and creating small attainable goals that will help you stick to your resolution.

Suggested Winter Reading List

- A Christmas Carol by *Charles Dickens*
- The Hobbit by *J.R.R. Tolkien*
- The Book Thief by *Markus Zusak*
- Into Thin Air by *Jon Krakauer*
- The Time Machine by *H.G. Wells*
- Mansfield Park by *Jane Austen*
- Snow Flower and the Secret Fan by *Lisa See*



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.

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	www.anthem.com
Blue Shield	(888) 568-3560	www.blueshieldca.com
Citizens Choice	(877) 387-6277	www.citizenschoicehealth.com
Easy Choice Health Plan.....	(866) 999-3945	www.easychoicehealthplan.com
Health Net	(800) 522-0088	www.healthnet.com
La Care (Medicare Advantage)	(888)452-2273.....	www.lacare.org
SCAN	(877) 452-5898	www.scanhealthplan.com
United Healthcare	(877) 596-3258	www.uhcmedicareolutions.com



The Patient's Choice for Health Care

PO Box 5089
Oceanside, CA 92052

Important Plan Information

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- Healthy Cholesterol
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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

Did you Know?

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.

Details to note:

- This is a free service
- Transportation needs to be booked at least 48 hours in advance
- Requests must be made by the referring physician
- Must be within a 15 mile radius

Additional information can be found online at:
<http://stvincent.dochs.org/for-patients-visitors/>

Diabetes Education Program

St. Vincent IPA offers a diabetes education program that can help patients to better manage their diabetes. Patients will receive nutrition counseling, exams and check-ups, and exercise education in one-on-one meetings with our diabetic nurse educator, Elaine Ybarra, ANP.

Details to note:

- Patients must meet medical criteria and have a referral request submitted by their physician
- Progress reports will regularly be provided to patient's physician

Additional information can be found online at:
<http://stvincentipa.com/forms/Diabetic-Clinic.pdf>

*Program details are subject to change without notice