

SPRING EDITION | APRIL 2022

# ST. VINCENT IPA NEWS

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*Welcome to St. Vincent. IPA News. This is your quarterly check-up for health tips, facts, and all you need to know from your Los Angeles Medical Group.*



## WELLNESS REMINDER

Have a New Primary Care Doctor?

When you have a new primary doctor it is important to establish care with this provider. This type of appointment is different than an annual checkup. It is designed to review your medical history so the new physician has a clear understanding of you and your needs. After you have established care, then schedule an Annual Wellness Visit. This visit is designed to ensure your current treatment plan(s) is up-to-date and assess any additional risks or concerns. While you may have a copayment to establish care with your new provider based on your health plan, the Annual Wellness Visit is covered by Medicare.



# Preventive Care Reminders

Schedule Your Mammogram.

May is Women's Health month. Take this opportunity as a reminder to schedule your mammogram. This type of breast cancer screening test is an x-ray of the breast. The U.S. Preventive Services Task Force (USPSTF) recommends women aged 50 to 74 have a mammogram every two years. According to the CDC, this is the best way to catch breast cancer in the earliest stages and can lower the risk of death due to breast cancer. Contact your doctor to see when you are due and/or schedule your mammogram.

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- Health-care coverage information
- Member benefits like getting rides to medical appointments and rewards for checkups, screenings and shots

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## Health Topic

Did you know that more men die of heart disease than any other cause of death? It is important to take steps to reduce this risk. You can do so by adding the following suggestions to your daily life:

- Monitor and control your cholesterol and triglyceride levels
- Control your blood pressure
- Maintain a healthy weight
- Stop smoking and limit alcohol
- Do 30 minutes of physical activity every day
- Lower saturated and trans fats in your diet
- Manage stress

June is men's health month. It's a great reminder to talk to your doctor about your heart health and risk factors.