

ST. VINCENT IPA NEWS

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.



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ANNUAL WELLNESS EXAMS

It may be time to start thinking about your yearly wellness visit with your doctor. The main purpose of an AW (Annual Wellness) visit is to check your overall health. **Your annual wellness visit is a good way to ensure that you stay healthy.** This visit is the time to address any health concerns you may have with your doctor.

Your AW is usually covered; however, it's important to check with your health plan to make sure that this benefit applies to you.

Call your doctor's office and ask to schedule your yearly annual wellness visit if you haven't already. Make sure it's been at least 12 months since your last wellness visit.

Upcoming Annual Election Period (AEP)

Please remember that Medicare (AEP) Annual Election Period is coming up October 15th and runs through December 7th. This is a time when you are able to review the new 2022 plans and if needed, make changes that start on January 1, 2022.

We're available to help you and your family with all of your health insurance needs and questions. Please call Seyi Awosanya, Marketing Manager at (562) 455-3559 for more information.

Flu Shots

As flu season is approaching, it is important to get your flu shot. You not only protect yourself from the flu, but those in your community. Call your doctor to schedule an appointment.

Important Dates/Events

Upcoming Important Health Observances

- Blood Cancer Awareness Month (September)
- National Cholesterol Education Month (September)
- National Yoga Awareness Month (September)
- Eye Injury Prevention Month (October)
- Health Literacy Month (October)
- American Diabetes Month (November)
- National Healthy Skin Month (November)

Weeks to Note

- 9/20-24 Falls Prevention Awareness Week
- 10/3-10/9 Mental Illness Awareness Week
- 10/24-10/30 Red Ribbon Week
- 11/1-11/7 National Diabetes Education Week

Days to Note

- 9/21 Get Ready for Flu Day
- 9/29 National Women's Health and Fitness Day
- 9/29 World Heart Day
- 10/10 World Mental Health Day
- 10/15 Global Handwashing Day
- 11/9 National Diabetes Heart Connection Day
- 11/25 National Family Health History Day

September is Healthy Aging[®] Month

Here are tips from the editors of Healthy Aging:

1. Check your diet
2. Get fit. Stay fit.
3. Track Your Activity to Help Meet Your Goal
4. Go Online For Fitness
5. Look For Free Classes
6. Virtual Running Races
7. Virtual Cycling
8. Build Your Support System
9. Find a Peer Group
10. Be Social

