

Keeping you connected to important health updates, upcoming classes and helpful resources



I received my COVID-19 vaccine. What happens now?



From the desk of Nirav K. Shah, M.D., Medical Director
 Nearly 9 million Californians have received at least one dose of the vaccine – about 27% of the over-16 population – a meaningful and promising leap toward widespread immunity. Many of you may be asking, “Now that I’ve been vaccinated against the COVID-19 virus, can I go about my life as usual?”

According to recent CDC guidance, fully vaccinated people (if it has been at least 2 weeks since your final dose) can:

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing
- Visit indoors with unvaccinated members of a household who are at low risk for severe COVID-19 illness without wearing masks or physical distancing
- Refrain from quarantine and testing following a known exposure if asymptomatic

Fully vaccinated individuals can still be exposed to the virus and spread it to others. Additionally, it is possible that current vaccines won't fully protect against new variants of the virus. For now, fully vaccinated people should continue to:

- Take precautions in public like wearing a well-fitted mask and physical distancing
- Wear masks, maintain physical distance, and practice other prevention measures if visiting with unvaccinated people from multiple households, especially those at an increased risk for severe COVID-19 disease
- Avoid medium and large in-person gatherings
- Get tested if experiencing COVID-19 symptoms
- Follow CDC and health department travel requirements and recommendations

The status of the pandemic continues to evolve. To stay up-to-date, please visit:

- [CDC Vaccine Recommendations](#)
- [Covid19.ca.gov](#)
- [CDC Covid Risk](#)



No more nutrition superstition – know your facts!

Good nutrition is an important part of maintaining a healthy lifestyle. Knowing how to properly read nutrition labels will also help you learn which foods to avoid or eat in moderation to promote better health. See changes to Nutrition Labels [here](#)

Finding your food a bit bland?

Try adding some low-sodium spices to enhance the flavor of food. Get ideas how to [Spice Up Your Life here](#)

Preventing Pre-Diabetes

This on-demand course brought to you by our Health Education team covers the risk factors for developing pre-diabetes and diabetes, lifestyle changes to delay or prevent the disease, and the importance of nutrition and its role in prevention. To access the video, click [here](#)

To learn strategies for healthier eating and find more online classes about nutrition, visit [HealthyWayEvents.com](#)



Chronic condition management through our Vital Care program

If you have a health issue such as diabetes or kidney disease, we have a care team dedicated to help with your specific healthcare needs. Our Vital Care program is made up of doctors, pharmacists, nurse practitioners, care managers, and highly skilled social workers working together to help you live a better life.

To learn more about our Vital Care Program, visit [here](#)



Easy grab and go blueberries and almonds

By choosing healthier snack options during the day, you will feel fuller, longer. Try this simple and tasty snack idea to give you energy while eating healthy.

Blueberries & Almonds (Makes 1 serving)

Ingredients

- ¼ cup unsalted almonds (about 23 nuts)
- 1 cup blueberries

Preparation

Wash berries and measure ¼ cup or count out 23 almonds.

Nutrition Facts/Per Serving

Calories: 249
 Carbohydrates: 27 g
 Protein: 7.1 g
 Fat: 14.5 g
 Sodium: 0 mg
 Potassium: 352 mg

Good for those with: diabetes, hypertension, congestive heart failure, chronic obstructive pulmonary disease, gout, nonalcoholic fatty liver disease, hyperlipidemia, weight management, depression and stress. As a general guideline, try to eat healthy snacks that contain no more than 30 grams of carbohydrates.

Reminder! FREE virtual talk Benefits of vaccines: COVID-19 and flu shot



With Vice President of Pharmacy,
 Dr. Bahar Davidoff, PharmD
 Thursday, April 29, 2021 10:00 a.m. – 11:00 a.m.
 Webex virtual webinar

Dr. Davidoff invites you to join her for an important conversation about the benefits of getting a COVID-19 vaccine and a flu shot. This virtual event will address questions and concerns that you may have about the vaccines.

- Is the COVID-19 vaccine safe and are there side effects?
- Can I get the flu shot and COVID-19 vaccine at the same time?
- Will I still have to wear a mask and take other precautions after I'm vaccinated?

Virtual attendees will have a chance to win one of three \$25 gift cards. Additionally, after the Virtual Webinar, Dr. Bahar Davidoff (and her Pharmacy team) will be available to confidentially answer any medication questions or appointments can be made to conduct a comprehensive medication reconciliation/consultation with the Pharmacy team.

RSVP by calling Nelly at (877) 777-6589.



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