

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



## Keeping your children safe during the ongoing COVID-19 pandemic



From the desk of **Nirav K. Shah, M.D.**  
Sr. Medical Director

**California has seen a rapid increase in COVID-19 cases among children 5-11 who are not eligible for vaccination. With most kids heading back to school in-person, a variety of protection are essential for keeping schools open and minimizing COVID-19 transmission.**

The Los Angeles County Department of Public Health reports case rates have been increasing most rapidly among children 5 to 11, who are not eligible for vaccination. With an increased number of unvaccinated children heading back to school, layered protection is essential.

And, among the 12 to 17-year-old teens who are eligible for vaccine, **unvaccinated teens had 8 times the risk of infection than vaccinated teens.** Teens 12 and over can receive the Pfizer vaccine at any county and city sites without an appointment. Many school districts and individual schools are also offering vaccinations over the next few weeks.

The most powerful strategy for keeping schools open is increasing vaccination numbers as fast as possible; the more individuals that are vaccinated at schools and in our homes, the greater the protection for those not yet eligible for vaccines. And, if all eligible children and staff at schools were vaccinated, we would dramatically reduce transmission both in school settings and in after-school sports programs and extracurricular activities.



Keeping sick children and those who need to quarantine at home is also a key component of prevention. It is important to have a plan for emergency childcare should one or more of your children need to remain home. Also, participate in routine screening testing where it is available, and if you or your child end up being in close contact of a confirmed case, participate in contact tracing and follow quarantine orders. And regardless of vaccination status, the Centers for Disease Control and Prevention (CDC) continues to strongly recommend mask wearing by children and adults in all public indoor spaces including schools, grocery and retail stores, theaters, restaurants, doctor offices and at work.

Lastly, as more and more situations require proof of vaccination please take a minute to get a digital copy by visiting California's Digital COVID-19 Vaccine record portal [here](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Imz.aspx).

As the pandemic continues to surge and mandates evolve, please check requirements for your specific county by visiting [covid19.ca.gov](https://www.covid19.ca.gov).

## How does a medical group work? Let us show you!



**We know that navigating the healthcare system can be challenging simply because health plans and medical groups have such unique roles, and they can often be quite confusing.**

**First, you have your managed care health plans such as Health Maintenance Organizations (HMOs).** These health plans contract with groups of doctors. These groups of doctors are called medical groups. A health plan's goal is to contract with enough medical groups in a local area so that members can conveniently find a doctor and related healthcare services closer to home, and have greater access to care when needed. The health plan arranges for and pays for a significant portion of the care and oversees the rules about which types of healthcare services are covered.

**Second, you have your medical groups.** In an HMO plan, the medical group's primary role is to arrange care for its assigned members. This care is given by doctors, nurses, case managers, pharmacists and other healthcare professionals within the medical group. They are responsible for the patient's overall health including helping to prevent future health issues and illness. This is why it is so important to select the right medical group along with a health plan that will best meet your healthcare needs.

**We understand that it might still be a lot of information to absorb. That's why we have created a short video to further explain each of these unique roles.** They say a picture is worth a thousand words so we hope this animated video will help explain it better. Please take a few minutes to watch it [here](#).



## Get the most out of your Medicare benefits



**Medicare's Annual Enrollment Period (AEP) is quickly approaching beginning October 15 until December 7, 2021. The New Year will bring about many changes and additional benefits to your Medicare Advantage plan. If you are turning 65 or currently on Medicare, we are offering three (3) convenient ways to learn about 2022 Medicare benefits and insurance options:**

- Attend** one of our Drive-Up events and get a free care package

**North Hollywood**  
Oct. 17, Nov. 7 or Dec. 5  
11:00 a.m. to 1:00 p.m.  
Sharry Zedek Congregation  
12800 Chandler Blvd.  
Valley Village, CA 91607

**Burbank**  
Oct. 23, Nov. 6 or Nov. 20  
10:00 a.m. to 12:00 p.m.  
Providence High School  
511 S. Buena Vista St.  
Burbank, CA 91505

**Thousand Oaks**  
Nov. 3, 2021  
10:00 a.m. to 12:00 p.m.  
Lakeside Community Healthcare  
612 E. Janss Rd.  
Thousand Oaks, CA 91360

**West Covina**  
Nov. 7 or Nov. 20  
11:00 a.m. to 1:00 p.m.  
Lakeside Community Healthcare  
1500 W. West Covina Pkwy.  
West Covina, CA 91790

- Call** our Medicare Helpline at (888) 528-0308 to schedule a Medicare plan review with one of our trusted Medicare specialists. They will go over your current plan in detail, discuss your specific healthcare needs and help determine the best plan options to meet your needs.

- Visit** [here](#) to watch a video on Medicare basics and submit a form to be contacted by a licensed insurance agent within 72 hours. The agent will be able to answer all of your questions about Medicare.

Regardless of which way you choose to learn more about Medicare, please be sure to take advantage of these free services to ensure you get the most out of your Medicare benefits for 2022.

A campaign that is close to our hearts



**Breast Cancer**  
AWARENESS



Each October is dedicated to Breast Cancer Awareness Month, an annual campaign to increase awareness of this disease that impacts so many lives.

Other than skin cancer, **breast cancer** is the most common cancer among American women; 1 in 8 women will develop breast cancer in their lifetime. **Mammograms** are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

There are things you can do to help **lower your risk** of breast cancer.

- Keep a healthy weight and exercise regularly.
- Don't drink alcohol, or limit the amount of alcohol you drink.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
- Breastfeed your children, if possible.

Early detection is important. Talk to your doctor about when and how often you should have a mammogram. For more information about breast cancer including signs, diagnosis, treatment options, and more, visit [here](#).

Breast cancer awareness is important but so is breast health awareness. A free downloadable e-book Breast Problems That Aren't Breast Cancer is available [here](#).

**1 in 8** women develop breast cancer in their lifetime.



## Celebrate with us! NATIONAL HISPANIC HERITAGE MONTH at Latino Health Access

Regal, ADOC and Meraz Insurance Agency invite you to join us for this fun outdoor community event to celebrate National Hispanic Heritage Month at Latino Health Access (LHA). Have questions about Medicare? A Medicare expert will be on-site to answer questions and provide information about Medicare changes for 2022 and highlight which Medicare benefits are right for you.

You'll also have a chance to meet our providers and staff while enjoying music and light refreshments and snacks (while supplies last). Don't miss joining our free raffles for chances to win some great prizes and fun giveaways!

As always, your health and safety remain our priority. Please don't forget to bring your masks and we'll see you there!

**Join us Thursday, October 14, 2021 from 10:00 a.m. – 2:00 p.m.**

**RSVP Today**

## WE WON'T SUGAR COAT IT, WE'RE COOKING HEALTHY with Celebrity Chef DOREEN COLONDRES



**November is American Diabetes Awareness Month** and we are pleased to offer another webinar program in collaboration with Novo Nordisk that will provide information and resources to those who may be at risk for diabetes along with support and practical strategies to help those who are living with diabetes.

Health educator Osbaldo Camargo will discuss healthy lifestyle practices for prevention and managing this chronic condition. Celebrity chef Doreen Colondres will show us how to prepare "Mediterranean Chicken Bites", a healthy, affordable and delicious diabetes-friendly meal.

Once you submit your RSVP you will receive a confirmation email that contains the WebEx link to attend the class.

**Celebrity Chef Cooking Demo Wednesday, November 3, 2021 from 12:00 p.m. – 2:00 p.m.**

**RSVP Today**

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