

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



Attend a presentation on COVID-19 boosters, get 4 more free at-home tests available, and avoid Medicare scams



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

We know many of you still have questions about the effectiveness of the COVID-19 vaccine booster. I invite you to join me for a virtual Q&A session so that I can help answer these questions and address any concerns that you may have. Learn:

- new insights about the vaccine booster
- medical facts about vaccine effectiveness from trusted sources
- when and where to receive a booster shot

Register to attend a presentation

Tuesday, March 29, 2022
12:00 p.m. – 1:00 p.m.
via Webex

[Register now](#)

Tuesday, March 31, 2022
12:00 p.m. – 1:00 p.m.
via Webex

[Register now](#)

Get 4 more free at-home COVID-19 tests

If you have already ordered your 4 free at-home COVID-19 tests from COVIDtests.gov, you can now get 4 more free at-home tests shipped directly to your home.

Just visit COVIDtests.gov again to place your second order. It's the same process as before – enter your name and mailing address (you can also give your email address if you want status updates on your order).

If you have not yet ordered any at-home tests, you can get a total of 8 tests shipped to your home. You will have to place 2 separate orders. Each order contains 4 test kits.



Medicare members – beware of COVID-19 scams

If you have received any robocalls, text messages, or emails offering COVID-19 tests in exchange for your Medicare number, please be extra careful. Cyber criminals are finding more clever ways to profit from unsuspecting victims by selling fake and unauthorized at-home COVID-19 test kits in exchange for your personal or medical information.

Do not give out your Medicare number for COVID-19 test kits. Make sure to purchase only FDA-approved COVID-19 test kits from legitimate providers. At-home and over-the-counter tests are available for sale at many reputable and trustworthy pharmacies and retailers. If you suspect fraud, please call 1-800-MEDICARE to report it.



For additional information, please visit the helpful resources below.

- To view a complete list of COVID-19 [risk factors](#)
- Information about the [Omicron variant](#)
- Find a [testing site](#) or call (833) 422-4255 or 211.
- Get a copy of your [digital vaccine record](#)
- Learn more about [masking requirements and recommendations](#)
- To find a vaccination site near you, or to make an appointment.
- myturn.ca.gov or call (833) 422-4255.
- vaccinateLACounty.com (English) or vaccinateLosAngeles.com (Spanish)

In-person fitness classes are back WITH HARRY VERNI



Been missing that personal connection and fun energy that you get from being with a friendly group of people? So have we! Please join our fitness instructor and health educator Harry Verni as we resume some of his in-person fitness classes.



For more information or to RSVP for our in-person and virtual classes, please visit us [here](#). You can also [subscribe](#) to our newsletter. To get in touch with the health education team, e-mail memberhealth@regalmed.com.

Wednesdays at Lakeside – West Covina

1500 W. Covina Pkwy., Ste. 100
West Covina, CA 91790

- **Strength, Balance & Flexibility**
8:30 a.m. – 9:30 a.m. (in-person only)
- **Shao Chi**
10:00 a.m. – 11:00 a.m. (in-person only)

Thursdays at Joslyn Adult Center – Burbank

1301 W. Olive Ave.
Burbank, CA 91506

- **Strength and Balance**
10:00 a.m. – 11:00 a.m. (virtual and in-person)
- **Shao Chi**
12:30 p.m. – 1:30 p.m. (virtual and in-person)

Ask the Pharmacist



Each month, our members will have a chance to get their question answered by one of our doctors, or other members of our healthcare team. If you have a question about health and wellness for any age group, please email us at healthyway@regalmed.com.

If your question is chosen, you will be notified via email if your question will be published in an upcoming newsletter. Your identity will remain anonymous.



From the desk of Kendra F. Ednacot, Pharm.D. Registered Pharmacist (RPh)

For more information, please call our Pharmacy Services and support team at (866) 654-3471, Monday through Friday, 8:00 a.m. – 5:00 p.m. TDD/TTY users can dial (800) 735-2929.

Do I need to alter my diet or activities while taking certain medications?

Some medications have side effects and it's good to inform your doctor and pharmacist when taking multiple medications. Tell your provider and pharmacist about your lifestyle and daily eating habits to find out if there's anything in your routine that you might need to adjust while taking your new prescription.

Some medications can cause drowsiness, therefore you would need to avoid driving or operating machinery. Some medications work best when taken with food or water, and some work best on an empty stomach. There are some medications that don't interact well with certain foods like grapefruit. Some can cause negative side effects if you are exposed to sun. It's good to always be aware of these types of medications and following the instructions on your medication label.

Some types of medications, such as antibiotics and antacids can alter your healthy gut bacteria, which can lead to antibiotic-associated diarrhea, especially in children. Fortunately, there's a number of studies that found if you take prebiotics and probiotics during and after taking these medications, it will help add healthy bacteria back into your gut. Below is a list of prebiotics and probiotics found in whole foods. Change to:

Prebiotics: Found in garlic, leeks, onions, asparagus, bananas, barley, oats, apples, cocoa, root vegetables, wheat bran and seaweed.

Probiotics: Yogurt, kefir, sauerkraut, tempeh, kimchi, miso, kombucha, pickles, traditional buttermilk and some types of fermented cheese.

Sources: <https://www.webmd.com/digestive-disorders/what-are-probiotics>; www.eatright.org/; <https://www.nccih.nih.gov/health/probiotics-what-you-need-to-know>

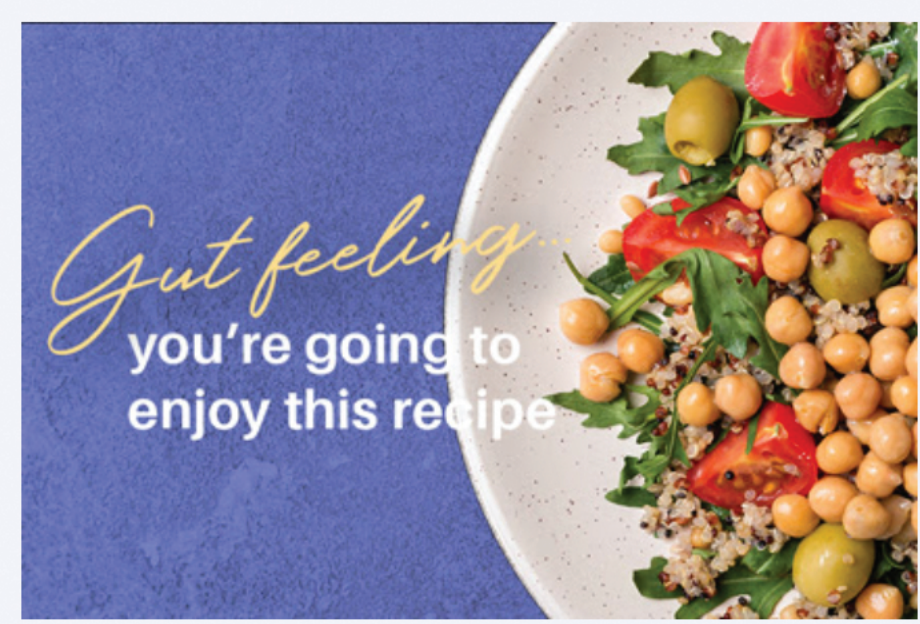


Did you know that there are around 40 trillion bacteria in our bodies and most are found in our gut?

Our digestive system is home to different types of bacteria. Gut health refers to the balance of bacteria that live in the digestive tract – both good and bad. Maintaining the right balance of both types of bacteria is vital for our physical and mental health, immunity, and more. Many factors, including the foods we eat, can impact this balance such as prebiotics and probiotics.

Learn more about the benefits of prebiotics and probiotics, what foods contain both and how they affect our gut.

[Learn more](#)



Fiber it up with this healthy and flavorful Tuscan Bean Salad with Tomatoes & Arugula that provides important health benefits and promotes good gut bacteria.

Eating enough dietary fiber can also make you feel full, help reduce blood sugar spikes, lower cholesterol, reduce constipation and keep you regular. Studies have shown that a healthy gut contributes to a stronger immune system, better heart health, brain health, improved mood, healthier sleeping habits, effective digestion, and it may help prevent some cancers and autoimmune diseases.

[Try the recipe yourself](#)

Doc Talk on Brain Health & Alzheimer's

presented by Dr. Shariar Borbor



Join Dr. Borbor for an afternoon of valuable information about brain health and Alzheimer's. Whether you are a caregiver, are living with Alzheimer's, or would like to learn more about the brain, join us for an informative conversation and have your questions answered. Plus, speak with licensed broker Lorena Lugo for information about health plan benefits.

Tuesday, April 19, 2022
12:00 p.m. – 1:00 p.m.

Irwindale Senior Center
5050 N. Irwindale Ave.
Irwindale, CA 91706

[RSVP](#)

