Regal Medical Group | Lakeside Community Healthcare™ | ADOC Medical Group

HealthyWay

SMALL CHANGES. BIG RESULTS.

Your guide for everyday wellness.

Feel better, stress less

The New Year brings plenty of pressure to reinvent yourself. But if a "new you" means crash diets, brutal workouts and giving up what you love, we're already over it. This year's glow-up doesn't have to be extreme to be effective. The changes that matter most are simple, enjoyable and last well past February.

View full article here

The heart's hidden hustle

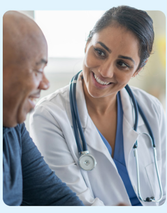
Your heart beats more than 100,000 times a day, quietly working whether you're at your desk, climbing stairs or bingeing Netflix. Heart problems rarely appear overnight. They build slowly through everyday habits and stress that feel normal. Understand how smart choices can impact your heart health.

Read more

Book now! Your Annual Wellness Visit

If you wake up feeling good, scheduling a doctor's visit might seem pointless. After all, no cough, no pain, no problem, right? Not so fast. Turns out, some of the best health visits happen when nothing feels wrong. That's where the **Annual Wellness Visit for Medicare Advantage members** comes in.

Get the facts



Watch: UC vs. ER

When you're sick or injured, knowing where to go matters. Should you head to an urgent care center or straight to the emergency room? Understanding the difference can save you time, money and stress. Here's how to know which option is right for you.

Nirav Shah, M.D.
Senior Medical Director

Your first doctor's visit made easy.
You've made your first doctor's appointment. Now what?
Click here to get the most out of your visit.

A bowl of cozy: chicken, pasta & spinach soup

Cozy up with a bowl of chicken, pasta and spinach soup. It's a hearty meal that works just as well for lunch as it does for dinner. Packed with whole grains, lean protein and just the right amount of veggies, this soup is more than good food, it's also diabetic friendly and heart healthy.

Get the full recipe here

Recipe by Nancy Hughes from The Carb Control Cookbook. Photo by Renée Comet.

Free classes and events

Our team of health educators and fitness coaches work with physicians and community centers to bring you fun and engaging free classes and events.

See calendar

HealthyWay videos

Enjoy our free video library, complete with pre-recorded videos on health and wellness, chronic disease management, exercise, nutrition and much more.

Explore videos

Health education

View and download free healthy recipes, PDFs, e-books and posters that provide valuable information on topics like stress management and diabetes.

Browse library

Get more HealthyWay tips, recipes and resources here!

Member Services
(866) 654-3471

Senior Concierge Line
(818) 357-5000
Option 1, then Option 6

Urgent Care Finder

Regal Medical Group | Lakeside Community Healthcare™ | ADOC Medical Group

RegalMed.com | LakesideMed.com | ADOC.us

You are receiving this because you previously shared your email with us, indicating you would welcome information on health-related updates and events from Regal Medical Group, Lakeside Community Healthcare and ADOC Medical Group. If you no longer want to receive this type of communication, please click the unsubscribe link provided. Manage your profile here.

This email was sent by:
%%Member_Busname%%, %%Member_Addr%%, %%Member_City%%, %%Member_State%%, %%Member_PostalCode%%