



MEDICARE OPEN ENROLLMENT BEGINS OCT. 15th, AND WE ARE HOSTING A PARTY!

CVM Family Members:

- Citrus Valley • Family Practice
- Citrus Valley • Internal Medicine
- Citrus Valley • Pediatrics
- Norco Medical Group
- Eastvale Medical Group
- Citrus Valley • Urgent Care
- 65Up Coordinated Care Clinic

In this issue:

- Rush Night is October 15th Open Enrollment begins
- I may have Hemorrhoids
- Have you visited the 65Up Coordinated Care Clinic?
- Do you need additional supplements as you age?
- Help with the cost of drugs

We pay attention to your customer service responses. To be more efficient, we've switched to a new billing system.

- MyProviderLink.com allows you to view statements, make payments and manage delivery settings. It makes keeping up to date on your payments easier and faster.

We had such a fun time with our Open House last May that we decided to do it again as we enter into the Medicare Open Enrollment period. Open Enrollment begins on October 15th. We're calling our fiesta, 'Rush Night'. Come take a tour. Come

meet the 65Up Coordinated Care Team members. Come meet some of our doctors and providers. Come enjoy strawberry margaritas, sangria, and we'll once again be serving tacos. After meeting the docs, we'll have bingo, bingo, and more bingo for the remainder of the evening. We're hoping this becomes an

Citrus Valley Medical
PRESENTS
Rush Night
Meet the Doctors, play Bingo and eat Tacos.
Get a free wine glass.



annual festival for anyone and everyone that would like to have fun and learn about our additional services. If you're 65 and up, or nearing 65 and would like to know more, please come say hello, come ready to eat, and come ready to get your bingo on. You can find out more information at theMightyDocs.com/rush

WHAT IS A MEDICARE ADVANTAGE PLAN? WHAT IS OPEN ENROLLMENT? IF I'M 65 AND UP, WHAT IS MY BENEFIT?

If you're not familiar with **Medicare Advantage Plans**, they are Medicare plans contracted through private doctors. They're designed to enhance traditional Medicare. When you turn 65, you're eligible to sign up for a Medicare Advantage Plan. Most plan **benefits** include no deductible, no 20% co-insurance and lower co-pays. Part C can also provide additional coverage for dental, vision and more. You will need to talk to a health insurance agent to find out what plan will work best

for your needs. **Open Enrollment** is the period you have to evaluate your current plan and make changes for the coming year. That period begins October 15th, and runs through December 7th. With the additional benefits, we recommend a Medicare Advantage plan for all of our senior members. To learn more, call your health insurance agent. If you need a recommendation, please call us at (951) 808-6607 for an agent in your area. You can also learn more at TheMightyDocs.com/65up

If you're 65 and up, we have an office just for you.

In this issue we're highlighting some of the unique ideas we've added to help keep you healthy if you are 65 and up. One office you may have already visited is the 65Up Coordinated Care Clinic. We've designed an office and program specializing in the needs of adults over 65. We start with an annual health assessment. If we spot any potential hazards, we'll then work with your specialists to develop a healthy strategy of coordinated care. We may include wellness programs and classes, preventive care, and occasionally alternative healthcare.

We are pro-active, and we stay involve. These are just a few of the team members of the new 65Up Coordinated Care Program.



Ruby Campista, LVN
Home Health Nurse



Chris Bovetas, M.D.
Internal Medicine



Kimberly Minesinger,
D.O. Family Practice

The goal of our team is to meet the ever changing needs as you age. To assess and diagnose bone density and peripheral artery disease as quickly as possible, our office has on-site DEXA and ABI machines. By spotting potential troubles early, we can avert any developing health

risks. Members also have access to a health care provider 24 hours a day. The 65Up Coordinated Care Clinic is a new way to approach healthcare. It's pro-active, and we want to stay active and involved. If you're interested in learning more, call the 65Up Coordinated Care Clinic, (951) 808-6607.

Did you know you can get extra help with Medicare Prescription Drug Plan costs?

Anyone who has Medicare can get Medicare prescription drug coverage. Some people with limited income resources and income also may be able to get Extra Help with the costs – monthly premiums, annual deductibles, and prescription

co-payments – related to a Medicare prescription drug plan.

To qualify for Extra Help in 2018, your annual income must be limited to \$17,820 for an individual or \$24,030 for a married couple living together. Your resources must be limited to \$13,640 for an individual or \$27,250 for a married couple living together.

If you, or someone you know, might qualify, more information

and an application can be found at www.ssa.gov/extrahelp/ or call Social Security at 1-800-772-1213 (TTY 1-800-325-0778).

This helpful tip is brought to you by PrimeCare. At PrimeCare, our main focus is to keep our members healthy and informed about their care. As a PrimeCare member, you're at the center of a caring and coordinated team, led by your primary care doctor.

Citrus Valley Medical Associates, Inc.



• Citrus Valley • Family Practice

2250 S. Main St. [Suite 104](#)
Corona, CA 92882 • (951) 737-1454

• Citrus Valley • Internal Medicine

2250 S. Main St. [Suite 106](#)
Corona, CA 92882 • (951) 371-2703

• Eastvale Medical Group

12523 Limonite Ave. [Suite 400](#)
Eastvale, CA 91752 • (951) 808-6300

• Citrus Valley • Pediatrics

2250 S. Main St. [Suite 107](#)
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• Norco Medical Group

1901 Town & Country Dr. [Suite 104](#)
Norco, CA 92860 • (951) 737-8141

• 65Up Coordinated Care Clinic

2250 S. Main St. [Suite 208](#)
Corona, CA 92882 • (951) 271-4161

• Citrus Valley • Urgent Care

760 Washburn Ave. [Suite 5-6](#)
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Check in with us on Facebook. Enter to win a Mighty Docs Exercise tee!



As you age, are additional vitamins, minerals and supplements healthy for you?

Tom Ku, PA-C, [Citrus Valley Internal Medicine](#)

We've all seen the supplement commercials on TV. Vigorous healthy senior couples running and smiling on the beach. No cares, no aches and no pains. Just one pill a day, and you too could be just like them. Unfortunately, reality is a bit more complicated. To begin, let's define supplements. Supplements are a broad based category of products we eat or drink to support good health. There are FDA guidelines recommending how much your body needs daily. But - as you age - your body may work less effectively than it did when you were 20. Because of that, there are vitamins and minerals we can recommend as you age. **Vitamin B12, additional folate (folic acid), potassium, vitamin D, probiotics and added fiber** are all good to acquire through your dietary choices, i.e., *just eat good healthy food in moderation*. In some situations, a lack of appetite, poor fitting dentures, a fixed income that makes buying healthy foods too

expensive, dietary supplements may be an option. Additionally, because women over 50 are at a greater risk for bone loss and osteoporosis, we also recommend additional calcium. **We also highly recommend Omega-3 fatty acids** that help benefit your brain and keeps your heart healthier. As you age, all of these vitamins and supplements we've listed become more important and more relevant to your overall health. We recommend staying pro-active with your health. Exercise for 30 minutes a day. Don't smoke, and make sure you eat a diet that is rich in vitamins and minerals that will benefit your health. The last thing to remember, TV commercials would have you believe their supplements can work miracles. It just isn't true. There is no one-pill cure-all. Lastly, before you start taking any additional supplements, **ask your provider if those supplements are right for your needs.**

You can find the complete list of FDA recommendations on our website.

That bright shiny thing up there is called the sun. It should provide you with what you need to form Vitamin D. But not always.



Vitamin D is an important supplement for a variety of reasons. It helps maintain strong bones and teeth. It also helps support your immune system. It helps regulate insulin levels and lung function as well as your cardiovas-

cular system. Studies suggest it can also suppress some cancers. The problem is, as you age your body becomes less efficient in producing and absorbing vitamin D. Supplements are a good way to increase your intake. For most adults the recommended intake is 15 micrograms. If you're over 70, we recommend getting upwards of 20 micrograms daily. Vitamin D supplements can easily be found at your local pharmacy.

CALENDAR OF EVENTS, GROUPS AND CLASSES.

All activities meet at CVM
2250 S. Main St. Suite 207
unless otherwise noted.

Diabetes Management and Support group - Suite 208

Meets the 3rd Monday of every month. 4pm - 6pm.
call (951) 271-4161

Weight Management and Support group - Suite 104

Meets on every 2nd and 4th Monday 5pm - 6:30pm
call (951) 737-1454

High Risk COPD Clinic

Usually the 1st and 3rd Tuesday of every month. All patients with COPD diagnosis can attend. Please call (951) 371-2703 for more information.

This class will educate seniors on how to manage and live with congestive heart failure.

Congestive Heart Failure Class and support group - Suite 104

Meets on every 3rd Wednesday 2pm - 4pm
call (951) 256-3490

Beginning Yoga - Suite 207

Mondays 6pm
Thursdays 6pm
Saturday 9am & 10:30am

If you would like to start receiving email updates and our newsletter, email us a request at: info@themightydocs.com

Get your blood pressure checked at the Corona Senior Center:

October

24 Wednesday 9:30am - 10:30am
31 Wednesday 9:30am - 10:30am

November

21 Wednesday 9:30am - 10:30am
28 Wednesday 9:30am - 10:30am

December

19 Wednesday 9:30am - 10:30am
For our schedule check our facebook page [65Up Coordinated Care Clinic](#)

Shhhhhh. I might have hemorrhoids. 50% of the population is sitting on a secret.

Kimberly Minesinger, D.O.. Family Practice. [Citrus Valley Family Practice](#)



If you suspect you may have hemorrhoids, relax, you are not alone. By the age of 30, over 50% of adults and 90% of women who

have had a child are experiencing some hemorrhoid symptoms. Hemorrhoids are, quite literally, a pain in the a**. They are also one of the most common ailments in our society. Yet we have a very hard time discussing them with our doctors. It's understandable why there is some hesitation in talking about hemorrhoids, but there are very good reasons we need to have

this conversation. Although hemorrhoids themselves are not all that dangerous, those symptoms, (bleeding, itching, and painful bowel movements), could be warning signs of something worse. We don't want to frighten anyone - we simply want to keep you healthy and well. If it helps, just remember, statistically, every other person you see today might also be sitting on a painful secret. If you are experiencing any hemorrhoid symptoms, we do need to talk.

GOT HEMORRHOIDS?

We have recently teamed up with Circle City Gastroenterology.

Ask your provider if you may be a candidate for Hemorrhoid Banding, a non-surgical, painless and effective treatment of chronic hemorrhoids.

CVM | **Citrus Valley Medical**
Associates, Inc.
Family Practice • Internal Medicine • Pediatrics • Urgent Care • and More

HOME OF THE



MIGHTY•DOCS
of Citrus Valley Medical