

HOME OF THE



CITRUS VALLEY MEDICAL • HOME OF THE

MIGHTY-DOCS
Fall 

Family Practice • Internal Medicine • Pediatrics • Urgent Care • and Specialty

NEW UPDATED WEBSITE ► TheMightyDocs.com

Health Information Fall 2023



TEAM MIGHTY DOCS:

- Citrus Valley Family Practice
- Citrus Valley Internal Medicine
- Citrus Valley Pediatrics
- Norco Medical Group
- Eastvale Medical Group
- Circle City Medical Group
- Platinum Providers Medical Group
- Citrus Valley Urgent Care
- 65up Coordinated Care Clinic
- Inland Heart Doctors
- Inland Neurology

Over the Counter (OTC) Benefits

- Most Medicare Advantage members have an OTC benefit with their health plan.
- The benefit amount is different with each health plan.
- Can be used to purchase any pharmaceutical item that is over the counter including digital blood pressure cuffs.
- Contact your health plan for more information before December 31st, most funds do not carry over to the following year.



In this issue:

- Over the Counter Benefits
- Understanding your Medicare
- Annual Wellness Visit
- Communicating with Office
- New Urgent Care/Virtual UC
- Free Senior Community Event

Understanding Your Medicare Advantage Coverage

Understand that trying to determine what Medicare plan is best for you, can be difficult and confusing. For your convenience, we have a bilingual **Senior Patient Care Advocate, Leticia**, available to answer any questions you may have related to your healthcare needs and can assist if you are not getting a call back from your Primary Care Office, having referral related issues or having trouble making an appointment. She can be reached by calling **(951) 808-6607**. Her offices hours are Monday through Thursday from 8am to 5pm and on Friday from 8am to 2pm.

Again, your health is our top priority.

We are here to help you, our highly valued patient.



**Senior Patient
Care Advocate
Contact Leticia
(951) 808-6607**

Hablamos Espanol



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Importance of Scheduling Annual Wellness Visit

- Your doctor can detect any physical signs that may otherwise be overlooked. This helps to identify any potential medical conditions that may be present and to provide the most appropriate and comprehensive care.
- Physical assessment may include the following test
 - EKG Testing – Checks the heart for different conditions or disorders.
 - Spirometer Testing – Checks the flow of air through the lungs.
 - Blood Pressure Testing - Checks the pressure in the arteries as the heart pumps.
 - ABI Testing – Checks for narrowing or blockage of the arteries in the legs.
 - Other testing which can include lab work to check your cholesterol, blood sugar, Thyroid functionality, and much more.
 - Colorectal Screening
 - Osteoporosis Testing
 - Fall Prevention Assessment
 - Pain Screening Assessment
- Your doctor can assess your risk for developing chronic diseases, such as diabetes, stroke, and heart disease, and offer advice on how to reduce your risk.
- Eating a healthy diet, exercising regularly, and checking your blood pressure are all strategies that can reduce your risk for recurring health problems. Remember your numbers matter!



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COMMUNICATING WITH YOUR PROVIDER'S OFFICE

- Patient Portal
 - Email your provider's medical assistant
 - Send and receive documents digitally
 - Review lab results as soon as they become available
 - Review your upcoming and past appointments
- Text your provider's office phone number to schedule an appointment
- Chat online through our Mighty Docs website to schedule an appointment

If you do not have access to the patient portal, please ask your provider's medical assistant or front office staff for details on how to create an account.

INLAND VIRTUAL URGENT CARE

SAME DAY TELEMEDICINE APPOINTMENTS

We specialize in treating patients 12 years and older

To schedule an appointment Call (951) 356-8825

Allergy symptoms

Urinary tract infections (bladder infections)

Cough/Cold/Sore Throat

Pink eye

Medication refills (maintenance medications only, no controlled substances)

Possible Covid-19 symptoms



www.inlandvuc.com

NEW STATE- OF-THE-ART URGENT CARE FACILITY WE ARE HERE FOR YOU

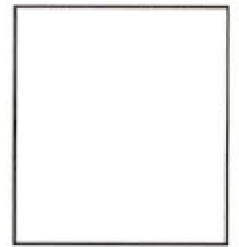
**OPEN 7 DAYS A WEEK 9am to 9pm
(Call for Holiday Hours)**

If you have an injury or illness that needs immediate attention, we will see you right away in our brand new facility. It is located just one block away from our old building, still across the street from Corona Regional ER.

308 W 6th St, Suite 101, Corona, CA 92882

☎(951) 737-0910

LOCATED BEHIND THE CITY OF HOPE BUILDING



Health Information Fall 2023



**Dont forget if you need medical attention after hours
you can always call our doctors at (951) 737-1454**

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COMMUNITY SENIOR EVENT
AGING WELL AND COPING WITH
ANXIETY AND DEPRESSION

COME JOIN US AT CORONA SENIOR CENTER FOR
FREE COFFEE AND PASTRIES



Guest Speaker
Nicole Newman, PA-C
"Aging Well"
[Coordinated Care Clinic](#)



Guest Speaker
Brigid Riordan, AGNP-C
"Coping with Anxiety and
Depression"
[Norco Medical Group](#)

Discussion Topics

- Aging Well
- Depression

Date: 10/12/2023
10:00am - 11:30am

CONTACT INFO
PLEASE RSVP

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