



Welcome to *Noble News*, from Noble AMA IPA Medical Group. This is your quarterly check-up for health tips, facts, and all you need to know from your Orange County Medical Group.

Medicare Special Enrollment Opportunities

Released December 15th, the Center for Medicare and Medicaid Services (CMS) Administrator Seema Verma announced a Special Enrollment Period (SEP) in support of California residents displaced and recovering from the wildfires. Those beneficiaries in FEMA-declared emergency or major disaster areas who were unable to make an election during the fall open enrollment period or another election period for which they were eligible are able to add, drop, or change their Medicare health and prescription drug plan through March 31, 2018. CMS notes, individuals who made an election during the annual election period (AEP) cannot use this SEP to make a second AEP election.

This means that you can still review your current policy and make changes until the end of March, if you have not done so already. If you have already made a change, make sure you know what benefits you will have for 2018. If you have appointments with your specialists from 2017, make sure to inform your Primary Care Doctor if you changed your Medicare Advantage Plan during AEP. Please feel free to contact me with any questions.

- Bill Chau

Common Insurance Services Agency (CISA)
(800) 900-8850

Medicare-Covered Preventive Services

For many, the beginning of the year is a great time to start scheduling the yearly "Wellness" Visit with your doctor. Aside from an Annual Wellness visit, Medicare covers many other preventive screenings and services, including but not limited to

- Bone Density
- Cervical Cancer Screening
- Depression Screening
- Mammograms (Screening)
- Prostate Cancer Screening
- Flu, Hepatitis B, Pneumococcal Shots

To learn more about Medicare-covered preventive services, visit www.medicare.gov/coverage/preventive-and-screening-services.html or contact your health plan.

- Heather Rotan
Clinical Initiatives Manager

Healthy Eating After the Holidays

The holidays are a time to have fun, socialize and make new friends. Often times, this means parties and yummy foods. Many of us enter the new year with healthy eating goals. Below are a couple of tips from the University of Los Angeles for healthy eating strategies:

- Don't skip meals. This may cause overeating later.
- Avoid excess alcohol and snacks which can be empty calories.
- Select small portions: Moderation is the key.
- Eat slowly: By eating slowly, you might be less likely to overeat.
- Leave the table when you are done: Linger around the table might tempt you to continue eating even if you are not hungry.

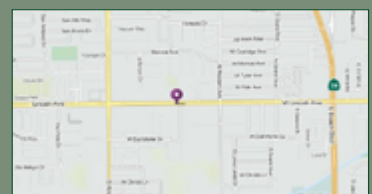
-From the desk of
Iselda Gentry, MSN, FNP-BC



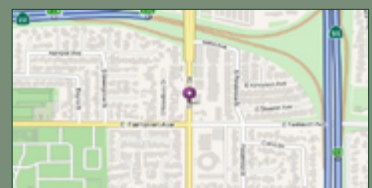
Quick Fix

**Noble AMA IPA
Customer Service
available 9 AM to 5 PM
Monday thru Friday:
(877) 207-7600 (TTY/TDD 711)**

Urgent Care is available at the following locations:



Anaheim Urgent Care
831 S. State College Blvd.
Anaheim, CA 92806
(714) 533-2273



**Sunrise Multi-Specialist
Medical Center**
867 S. Tustin Ave.
Orange, CA 92866
(714) 771-1420

U.S. Health Works
Visit www.ushealthworks.com
for locations.

Call your Primary Care Physician whenever possible before seeking Urgent Care.

Lab Work can be handled at any CMB draw station.
www.cmlabs.com

Upcoming Events

Events listed below are free of charge. Call the number listed for more information or to RSVP.

What You Need to Know About Medicare:

Saturday, January 6th from 10:30AM-12PM
CISA Office (Offered in Vietnamese)
www.common-insurance.com
14541 Brookhurst St., Suite A5-A7
Westminster, 92683
(800) 900-8850

What You Need to Know About Medicare:

Saturday, February 3rd from 10:30AM-12PM
CISA Office (Offered in Vietnamese)
www.common-insurance.com
14541 Brookhurst St., Suite A5-A7
Westminster, 92683
(800) 900-8850

What You Need to Know About Medicare:

Saturday, March 3rd from 10:30AM-12PM
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Westminster, 92683
(800) 900-8850

What's Happening in OC?

There is always a lot going on in Orange County at the beginning of the year. The Tét Festival is returning to the OC Fair & Event Center from February 16th to the 18th, 2018. For more information or to purchase tickets visit tetfestival.org

Maintain Access to your Primary Care Physician. Select any of the following health plans:

- Blue Shield(888) 568-3560 (TTY/TDD 711) www.blueshieldca.com
- Central Health Plan.....(888) 314-2427 (TTY/TDD 711) www.centralhealthplan.com
- Easy Choice Health Plan(866) 999-3945 (TTY/TDD 711) www.easychoicehealthplan.com
- HealthNet(800) 522-0088 (TTY/TDD 711) www.healthnet.com