



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.

Diabetes Prevention

Type 2 diabetes is on the rise in the United States. Prevention plays a key role in decreasing the chances of acquiring this medical condition. Making some lifestyle changes can aid in decreasing the chance of getting diabetes. The American Diabetes Association recommends the following tips:

1. Increase physical activity- The benefits of regular physical activity includes weight loss and lowering blood sugar.
2. Fiber intake- This reduces your risk of diabetes by improving blood sugar control, lowering the risk of heart disease and promoting weight loss. Foods high in fiber include fruits, vegetables, beans, whole grain and nuts.
3. Incorporate whole grains into your diet- Whole grains help maintain blood sugar levels.
4. Make healthier food choices- Engage in portion control. Ensure the dinner plate includes at least the following: non-starchy vegetables (at least half the plate), meat, fish, poultry or other protein (egg or tofu) in a small section of the plate and lastly, any starchy food (pasta, potatoes or rice) in another small section of the plate.

Always consult with your doctor before starting any significant lifestyle changes.

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

Medicare Annual Enrollment

October 15th to December 7th is the time to review your current Medicare health plan benefits. There are a lot of changes in 2020. For example, if you are paying \$135.50 for the part B premium, some health plans will pay a big portion of this for you! This allows you the opportunity to have the benefits of Medicare Advantage plan, while saving you money, and without changing your doctors.

As a State Licensed Agent, certified with different Medicare Advantage health plans, we can help you explore all your health plan benefits and options to meet your needs.

Wishing you and your family good health always,

Tho Chau
(800) 900-8850
(Lic OH78936)

Managing Diabetes During the Holidays

If you are living with diabetes, the holidays can be a difficult time to stick to your diet. Here are some tips for staying on track:

- Stay on schedule. Skipping meals to save calories for later makes it harder to maintain your blood sugar and could cause overeating.
- Take the edge off of your appetite and start your meal with vegetables.
- If you indulge in sweets, balance it out and cut back on other carbs like potatoes or bread.
- Slow down. Remember it takes 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol as drinking in excess can lower blood sugar and/or interact with your medication.

- Heather Rotan
Clinical Initiatives Manager



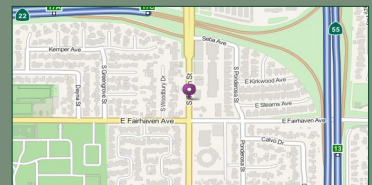
Quick Fix

**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:

- Wednesday, October 16th from 10am to 11pm
- Saturday, November 2nd from 10am to 12pm
- Tuesday, November 12th from 5pm to 6pm

Fountain Valley Regional Hospital
Saltzer Conference Room
17100 Euclid Street
Fountain Valley, 92708
(833) 248-8477

- Friday, November 1st from 10AM to 11PM
- Friday, November 22nd from 10AM to 12PM

Fountain Valley Regional Hospital
Saltzer Conference Room
17100 Euclid Street
Fountain Valley, 92708
(800) 900-8850

What You Need to Know About Medicare:

(Offered in Vietnamese)
All events starting at 10:30AM

- Tuesday, October 15th
- Saturday, October 19th
- Wednesday, October 23rd
- Monday, October 28th
- Saturday, November 2nd

CISA Office

www.common-insurance.com
14541 Brookhurst St., Suite A5-A7
Westminster, 92683
(800) 900-8850

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