



# NOBLE NEWS

Winter Edition | November 2021

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.

## Preventative Care For a Healthy You

- Flu shots. Flu shots protect you and the people around you. Most people age 6 months or older should get a flu shot this fall. Flu shots are safe and covered by your health plan.
- Regular/annual health-care visits. Stay healthy by staying current with:
  - o Eye exams
  - o Mammograms
  - o Annual physicals
  - o Vaccinations
- Mental health. It's important to check in with family and friends. But don't forget about yourself. If you are struggling, know that you are not alone. Your primary care physician can listen and help guide you with options.

## We appreciate you!

Thank you for allowing Noble AMA IPA Medical Group (Noble) to serve you with your healthcare needs. We realize you have choices when it comes to selecting your healthcare options, and it is our goal to listen to you so we can serve you better. If you have recently seen your doctor please take this opportunity to complete the brief member satisfaction survey online at [tinyurl.com/2j26vrhm](http://tinyurl.com/2j26vrhm). If you have questions, concerns or if you prefer a paper version of the survey, please contact Autumn Mai, Provider Relations at 714-944-6737. I wish you all happy holidays as we look toward a happy new year.

Mary Beltran  
Noble AMA IPA Administrator

Noble AMA IPA Customer Service available 9AM to 5PM Monday through 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

### Concentra Urgent Care

Visit [www.concentra.com](http://www.concentra.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.cmblabs.com](http://www.cmblabs.com)

## Maintain Access to your Primary Care Physician

Astiva Health	(866) 688-9021 (TTY/TDD 711)	<a href="http://astivahealth.com">astivahealth.com</a>
Blue Shield	(888) 568-3560 (TTY/TDD 711)	<a href="http://blueshieldca.com">blueshieldca.com</a>
Central Health Plan	(866) 314-2427 (TTY/TDD 711)	<a href="http://centralhealthplan.com">centralhealthplan.com</a>
Clever Care Health Plan	(833) 388-8168 (TTY/TDD 711)	<a href="http://clevercarehealthplan.com">clevercarehealthplan.com</a>
HealthNet	(800) 522-0088 (TTY/TDD 711)	<a href="http://healthnet.com">healthnet.com</a>
WellCare	(866) 999-3945 (TTY/TDD 711)	<a href="http://wellcare.com">wellcare.com</a>



NOBLE AMA  
IPA

P.O. Box 4909  
Oceanside, CA 92052

## Physicians That Speak Your Language

Your Primary Care Doctor is an Independent Physician with Noble AMA IPA Medical Group, an Independent Physicians Association that is committed to the well being of their patients in Orange County!

For questions or event information, call Monday through Friday from 9 am to 5 pm or visit our website [nobleamaipa.com](http://nobleamaipa.com)

## Astiva Health Plan Events

Please see the upcoming planned events hosted by Astiva Health Plan listed below. All events will take place at **9551 Bolsa Ave, Suite E, Westminster, CA, 92683** and are open to the public. To attend an event please call 949-393-8867, Community Outreach Desk for reservation.

- 12/6 Coffee & Donut Day (10am - 2pm)
- 12/16 Christmas Karaoke/ Sing Along (3pm-5pm)
- 12/28 New Year Resolutions (10am - 12pm)

**We wish you and your family a very safe and fun holiday season!**

## OC Farmers Markets

Looking for fresh produce? Look no further than your local, certified farmers' markets.

### Garden Grove

Historic Main Street between Garden Grove & Acacia Pkwy  
Sundays 10AM - 2PM

### Downtown Anaheim Farmers Market:

Center Street Promenade & Lemon Street, Anaheim, CA 92805  
Thursdays 11AM - 3PM  
[downtownanaheim.com](http://downtownanaheim.com)

### Santa Ana

301 E. 3rd Street in city parking lot, Santa Ana, 92701  
Tuesdays 3PM - 7PM