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WITH CARE

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An Exclusive Publication for Loma Linda University
Health Care Managed Care Members



FROM THE DESK OF **TODD MARTELL, MD**

As we embrace the beauty of autumn, I am delighted to welcome you to the latest edition of *With Care*, our exclusive quarterly newsletter dedicated to your well-being. It is an honor to continue serving as your Medical Director, and I am deeply committed to ensuring that your healthcare experience remains exceptional.

In this fall issue, we have curated a wealth of valuable information to support you on your health journey. Our team of experts has prepared guidance on the importance of flu shots for seniors, empowering you with the knowledge to stay protected during the upcoming season. Additionally, you'll find a delightful recipe for a turmeric ginger tonic, specially crafted to boost your immune system and invigorate your taste buds. We're also excited to share details about upcoming senior meetup events, fostering community and camaraderie among our cherished members. Lastly, we'll explore strategies to help you make the most of your Medicare Advantage plan, ensuring that you receive the care and support you deserve.

As always, your health and well-being are at the heart of everything we do at Loma Linda University Health Managed Care. We look forward to continuing this journey with you, offering support, information, and resources that enhance your quality of life. Thank you for entrusting us with your care, and we hope you find this newsletter both informative and inspiring.

Todd Martell, MD

Medical Director, Loma Linda University Health Care



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**Many Strengths.
One Mission.**

Turmeric Ginger Tonic

This vibrant and spicy tonic combines the warmth of ginger and turmeric with the zingy freshness of lemon, creating a revitalizing elixir. Plus, the addition of chia seeds not only adds a delightful texture but also brings a dose of omega-3s and fiber to boost your day.

INGREDIENTS

- 4 inch piece peeled ginger, coarse chopped
- ½ teaspoon turmeric powder
- ¼ cup lemon juice or lime juice
- 1 tablespoon chia seeds
- 4 packets Monk fruit or stevia, or ¼ cup honey

Ice and chilled water or club soda to dilute

INSTRUCTIONS

1. Blend fresh ginger, turmeric, sweetener, lemon juice and 3 cups chilled water in a blender until smooth
2. Pour mixture through strainer into a large bowl or pitcher, add chia seeds and stir to disperse. Chia seeds will swell in 10 min.
3. Pour 4 ounces of tonic into glasses. Add additional ice, chilled water and or club soda to make a total of 8 oz.
4. Enjoy chilled and garnish with a lemon slice.



8 servings – 15 calories per serving

Nutrition Facts: Fat 0.5g; Saturated Fat 0g; Sodium 5mg; Carbohydrates 2g; Fiber 1g; Sugars 0g (8g if using honey); Protein 0g; Cholesterol 0mg;



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For more healthy recipes and health tips

Maximize Medicare Advantage

As we find ourselves in the midst of the Medicare Annual Enrollment Period (AEP), it's crucial to stay informed on any changes or updates made to your current plan. If you have any questions or need assistance navigating your plan, contact our member services line at **855-558-2273**. To ensure you're getting the most out of your Medicare Advantage plan, here are some essential tips:

GET TO KNOW YOUR BENEFITS

Take some time to thoroughly understand the benefits offered by your Medicare Advantage plan. What does it cover? What are your copayments and deductibles? Knowing your benefits can help you make informed decisions about your healthcare needs. Many Medicare Advantage plans also offer extra perks beyond traditional Medicare. These can include over-the-counter (OTC) allowances for non-prescription medications and supplies, personal emergency response devices (PERS), fitness programs, transportation services, and more. Make sure you're taking advantage of all the additional benefits your plan may offer.

SCHEDULE YOUR PREVENTATIVE CARE VISITS

Medicare Advantage plans often cover preventative care services with little or no out-of-pocket cost to you. These services can include vaccinations, screenings, and annual wellness visits. Don't forget to schedule these appointments with your primary care provider to catch potential health issues early.



Fight the **Flu**

As fall sets in, it's time to think about protecting yourself and your loved ones from the flu. Influenza, or the flu, is a contagious respiratory illness that can be particularly serious for seniors. Getting the flu shot is a simple yet powerful way to safeguard your health during the colder months.

WHY SHOULD SENIORS GET THE FLU SHOT?

REDUCED RISK OF ILLNESS The flu shot is one of the most effective ways to lower your chances of getting the flu. Seniors are more vulnerable to flu-related complications, such as pneumonia, so prevention is key.

LESS SEVERE SYMPTOMS If you do get the flu after receiving the vaccine, your symptoms are likely to be less severe. This means fewer doctor visits and a quicker recovery.

WHAT SENIORS SHOULD KNOW ABOUT THE FLU SHOT

TIMING IS CRUCIAL It's best to get the flu shot in the early fall before flu season peaks. However, it's never too late to get vaccinated, even during the winter months.

HIGH-DOSE VACCINE Seniors aged 65 and older are recommended to receive a high-dose flu vaccine, which provides extra protection due to their increased vulnerability.

CONSULT YOUR DOCTOR If you have any concerns about the flu shot, including allergies or previous vaccine reactions, consult your healthcare provider before getting vaccinated.

ANNUAL VACCINATION The flu virus mutates, so the vaccine is updated each year to provide the best protection. Make it a yearly habit to get vaccinated.

WHERE TO GET YOUR FLU SHOT

YOUR DOCTOR'S OFFICE Schedule an appointment with your primary care physician.

Don't wait - get your flu shot today and enjoy a healthier, happier fall and winter season! For more information about the flu or the vaccine, call **1-800-CDC-INFO** or visit <http://www.cdc.gov/flu/>.

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With Care is published by Loma Linda University Health Care to provide general health information to the managed care patient population. It is not intended to provide personal medical advice, which should be obtained directly from a physician.



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Senior Meetups

Managed Care is dedicated to enhancing the well-being of our Medicare Advantage members by fostering a sense of community. That's why we're excited to introduce our latest initiative – "Senior Meetup" events! These gatherings provide the perfect opportunity for you to connect, socialize, and engage with fellow members who share your interests. Building these relationships can contribute to a healthier and happier life.

Our very first "Senior Meetup" event is approaching, and we invite you to join us:

MANAGED CARE SPONSORED SENIOR YOGA CLASS | RSVP REQUIRED

DATE: Thursday, November 2, 2023

TIME: 9:00 a.m. - 10:00 a.m.

LOCATION: Drayson Center | 25040 Stewart Street, Loma Linda, CA 92350

COST: Free for Loma Linda University Health Care Medicare Advantage Members



This event is free of charge and open to all skill levels. Please note that spots are limited, and we won't be accepting walk-ins. To secure your place, **RSVP now** by scanning the QR code with your mobile device. **You must be a Medicare Advantage member with Loma Linda University Health Care in order to attend this event.**

Stay tuned for more "Senior Meetup" events in the coming months. We're thrilled to offer a variety of activities tailored to your interests, helping you forge lasting connections within the community.