

Loma Linda University
Health Care *With Care*

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.



LOMA LINDA
UNIVERSITY
HEALTH

Todd Martell, MD
Medical Director,
Loma Linda University
Health Care

Katie Thompson
Editor-in-Chief

Gayle Everidge-White
Executive Director,
Managed Care

Loma Linda University Health Care
Managed Care

1776 West Park Avenue
Redlands, CA 92373



WHAT'S INSIDE

- Blueberry Chia Pudding Recipe
- Palm Imaging Radiology Center
- Nursing Team Spotlight
- Healthy Resolutions
- Contact Resources



FROM THE DESK OF
TODD MARTELL, MD

One **Call** Away

If you are in need of assistance, please use the following contact information as a guide to get you the help you need.

LOMA LINDA UNIVERSITY HEALTH CARE

Managed Care Member Services » 855-558-2273

Speak with a live person for questions about benefits and enrollment. Dedicated for Managed Care members.

Hours » Mon-Thurs 8 a.m.– 5 p.m. & Fri 8 a.m.– 4 p.m.

AFTER HOURS CARE

You can check the back of your health insurance card for a nursing care line, or ask for the LLU Health Care on-call primary care provider at **909-558-4000**.

MYCHART

Call **877-558-0090** for help setting up you MyChart account. The MyChart app is a simple way to access your electronic health record from anywhere. Download the MyChart app, available on iOS and Android devices.

Welcome to the latest issue of *With Care*, a newsletter created exclusively for the managed care members of Loma Linda University Health Care.

Our primary focus is on your wellness and wholeness. Wholeness is embracing a balanced life that integrates mind, body and spirit. Your care and wellbeing are always at the forefront of our thoughts and efforts. *With Care* is our connection to you, to give you resources and access to excellent health care so that you can feel whole.

At Loma Linda University Health Care, we are always seeking the best ways to serve you. We want you to make the most of your managed care membership. Call our appointment lines to set up your annual comprehensive visit, or set up an appointment anytime using your MyChart app.

I wish you a wonderful New Year, and please enjoy the latest issue of *With Care*.

Todd Martell, MD
Medical Director, Loma Linda University Health Care



LOMA LINDA UNIVERSITY
HEALTH

Many Strengths.
One Mission.

Berry Blue Chia Pudding

Start your day right with this high fiber, vegan and gluten-free recipe that is as delicious as it is nutritious.

Visit **LiveltLomaLinda.org** for more healthy recipes.

INGREDIENTS

- 2 cups unsweetened almond milk
- 1 cup fresh or frozen blueberries
- ½ cup chia seeds
- ½ tsp ground cinnamon
- ½ tsp vanilla extract
- ¼ cup toasted slivered or sliced almonds
- 1 tbsp honey (optional)

INSTRUCTIONS

1. Blend together the almond milk and ¾ cup of blueberries in a blender. Pour mixture into a bowl or mason jar.
2. Stir in chia seeds, cinnamon, vanilla extract, and honey. Let sit for 10 minutes, and stir once more.
3. Chill for two hours or overnight.
4. Once ready to eat, stir again. Top with remaining blueberries, almonds, and additional toppings.



8 servings – serving size = ½ cup (105g)

Nutrition Facts: Fat 7g; Sodium 90mg; Carbohydrates 12g; Dietary Fiber 7g; Total Sugars 4g; Added Sugars 2g; Protein 4g; Vitamin D 1mcg; Calcium 220mg; Iron 1mg; Potassium 80mg

Heart to Heart Care

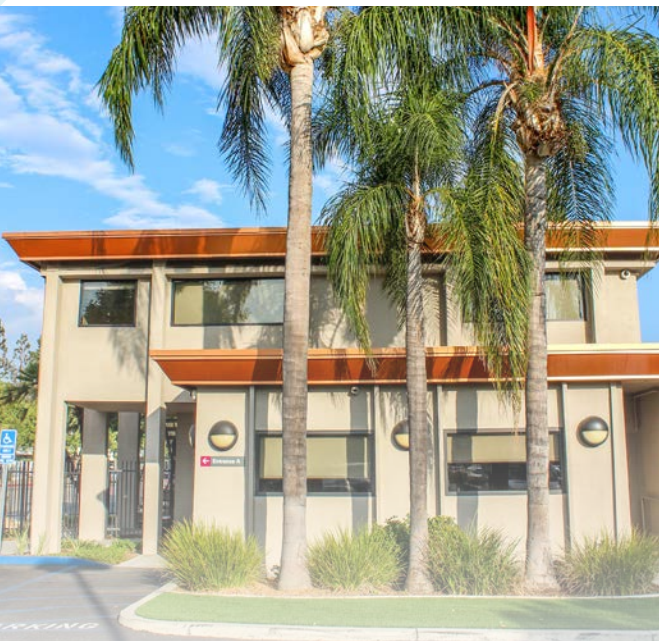
The managed care nursing team strives to go above and beyond for each of our members. The following testimony is just one example of the compassion and excellence in patient care that Loma Linda University Health is known for. How can we help you with your health care needs?

“I admitted the patient into the Managed Care Complex Case Management Program after her hospitalization at St. Bernardine Medical Center for a heart attack and new onset of heart failure. When I called the patient, she had no idea that she had such serious heart issues until she had her heart attack. She was very motivated to learn about her new diagnosis and stay as healthy as possible. I sent her written material by mail about heart failure management, a log to record blood pressure and weight and heart-healthy diet including salt/sodium management. I assisted her by setting up an appointment with her primary care physician and she saw him the following day. He referred her to Cardiology and she was able to see a cardiologist at Loma Linda University Health six days later. When I last spoke with her, she was having difficulty changing clinics and setting up with a new primary care physician. I sent a message to the member services team to give her a call and assist her in any way they could. She is struggling with fatigue but is weighing every day, taking all of her medications and is anxious to start cardiac rehab soon. She knows recovery will be a slow process, and she appreciates the calls.”

New Year Healthier You

New year or not, it's never a bad time to improve different aspects of your life. However, the most important resolution you can make is to live a healthier life. Make this year your year for good health so you can live life to the fullest. Here are some resolutions that can jump-start your wellness journey.

1. **EAT RIGHT »** Cut down on saturated fat and cholesterol by transitioning to a whole-foods plant-based diet. Consume whole grains as opposed to refined grains and simple sugars, look for healthy fat sources like olive oil, and eat a variety of fruits and vegetables. See your doctor for personalized diet recommendations.
2. **EXERCISE REGULARLY »** Building physical activity of any kind into your daily schedule is rewarded in the long run. If you can, aim for 30 minutes of walking a day, either all at once or in smaller segments. Take advantage of fitness centers in your community, like LLU Drayson Center, which offers discounted memberships for seniors and specialized classes. Membership may even be included in your healthcare plan. Call **909-558-4975** to get in touch with the Drayson Center or see your healthcare plan for more info.
3. **GET GOOD MEDICAL CARE »** It is important that you meet with your primary care physician at least once a year to review your current health status and address any new conditions that may arise. Please contact our managed care patient outreach to schedule your appointment at **909-558-6813**.



Radiology at Palm Imaging

LLU Health Care recently acquired Palm Imaging Institute, which provides full-service radiology and radiation oncology services at our San Bernardino facility.

ADDRESS

399 East 21st Street, San Bernardino, CA 92404

HOURS

Mon-Fri 8 a.m.– 4:45 p.m.; MRI: Mon-Fri 6:30 a.m.– 5 p.m.

FAX: 909-474-4766 **PHONE:** 909-882-2266

All services are by appointment only, except diagnostic X-rays. Call **909-882-2266** to schedule an appointment.