

GREATER Health

Ready for open enrollment?

FALL is open enrollment time. The majority of employers hold open enrollment during the fall months. For Medicare beneficiaries, the annual election period runs from Oct. 15 to Dec. 7, 2016.

Whether you are a Medicare beneficiary or are covered under an employer plan, if you are happy with your current coverage and you have access to the same health plan and you want to keep your primary care physician (PCP) or specialists with Greater Newport Physicians (GNP), then you probably don't need to do anything for 2017.

Employer-sponsored HMO plans

If your health plan options change through your employer and you need to choose a new plan, make sure you select a plan that will allow you access to GNP physicians.

Your benefits administrator can tell you what your health plan options are and enrollment deadlines that affect you.

The advantage is yours

If you are turning 65 soon or are already 65 and retiring or losing your employer plan coverage, you may want to consider a Medicare Advantage plan. Medicare Advantage plans provide enhanced services over traditional

—Continued on page 2

Fall 2016

**INSIDE
THIS ISSUE**

Healthy eating strategies for the holidays

Maternity and pediatric care, all under one roof

State-of-the-art breast center opens in Irvine



**GREATER
NEWPORT
PHYSICIANS**

Ready for open enrollment?

—Continued from front page

Medicare. Most plans offer:

- › Minimal or no co-pays for physician visits
- › No monthly premiums
- › No annual deductibles
- › Hospitalization covered at a substantial savings
- › Enhanced prescription drug program included at no additional cost
- › Coverage for urgent and emergency care outside of the United States

Any changes made during the annual election period will become effective on Jan. 1, 2017, and remain in effect through Dec. 31, 2017.

GNP accepts the following Medicare Advantage plans:

- › AARP Medicare Complete by United Healthcare (Secure Horizons)
- › Blue Shield 65 Plus

- › Humana Gold Plus (MemorialCare Health System networks only)
- › SCAN Health Plan

Choice of hospital networks

GNP offers a choice of four top-rated hospitals:

- › Hoag Hospital
- › Long Beach Memorial
- › Orange Coast Memorial
- › Saddleback Memorial

Make sure to select your hospital network along with your GNP physician of choice.

For questions about Medicare, health plans accepted by GNP or assistance with selecting the right PCP for you or your family, call GNP Customer Service at **800-553-6537**.



Niagara Health Center
18785 S. Brookhurst St.
Fountain Valley, CA 92708

Visit the Niagara Health Center

The Niagara Health Center opened in August 2015. It is home to Family Care Centers-Urgent Care, which is open 7 days a week, as well as primary and specialty physicians, MemorialCare Imaging Center, Quest Laboratory, physical therapy and Greater Newport Physicians' award-winning ACTIVE Diabetes Management Program, Anti-Coagulation Clinic and Special Care Center.

GREATER HEALTH is published as a community service for the friends and patrons of GREATER NEWPORT PHYSICIANS. Information comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your primary care provider. Models may be used in photos and illustrations. 2016 © Coffey Communications, Inc. All rights reserved.

Free Medicare seminars

If you or a family member is turning 65, retiring or in need of information on Medicare benefits, join Greater Newport Physicians for an informative discussion and learn about original Medicare, Medicare Advantage, prescription drug plans and Medigap plans for Medicare beneficiaries.

› Orange Coast Memorial Medical Center

9920 Talbert Ave., Fountain Valley

Saturday, Nov. 5, 9 a.m.

› Long Beach Memorial Medical Center,

Houssels Forum

2801 Atlantic Ave., Long Beach

Saturday, Nov. 19, 10 a.m.

These events are for educational purposes only, and no plan-specific benefits or details will be shared. Reservations are required. Register today to reserve your seat. To register or for future dates, please visit www.gnpweb.com/register or call **866-363-6511**.



Go green and sign up today for our e-newsletter

Get news from Greater Newport Physicians (GNP) sent directly to your email.

Sign up today for GNP's newly designed e-newsletter, arriving in your inbox six times a year. Visit www.gnpweb.com, click on the "Subscribe" link and complete the required information. Watch for our next issue to come to your inbox!

Partnering with Southern California's finest hospitals

Our priority is ensuring our patients have access to the best possible care. In addition to our 30-year partnership with **Hoag Hospital**, we have expanded our hospital affiliations to include **Long Beach Memorial, Miller Children's & Women's Hospital Long Beach, Community Hospital Long Beach, Orange Coast Memorial** and **Saddleback Memorial**.

Find us online: www.gnpweb.com

Give us a call: 800-553-6537

Like us on Facebook: facebook.com/greaternewportphysicians

Watch us on YouTube: youtube.com/GreaterNewportPh





HEALTHY EATING

The holiday solution

IF YOU'VE EVER felt sluggish—or stepped on the scale—after a big holiday meal, then you know that overindulging on food doesn't make the season any more special.

However, you don't have to completely avoid the pie and stuffing to look and feel better. The solution is to enjoy your favorite holiday foods in moderation.

Smart dietary choices and daily exercise can help give you the energy and stamina you need to carry you through the holidays and into a healthy new year without a bigger waistline.

Here are a few suggestions:

- ▶ Before going to a party, eat a healthful snack. High-fiber foods, such as fruit or whole-grain crackers, can help take the edge off hunger and reinforce your willpower to not overindulge. Also consider bringing a nutritious, low-calorie side dish to share.
- ▶ When at a buffet, opt for a small plate if it's available and keep portion sizes reasonable. Fill at least half your plate with fruits and

vegetables, and only take bite-sized samples of the rich foods and desserts.

- ▶ Alternate high-calorie drinks with glasses of water to help fill your stomach and stay hydrated. Dilute eggnog with low-fat milk to get the flavor with fewer calories.
- ▶ To help keep calories and fat at reasonable levels, try substituting healthful ingredients in dessert recipes. For example, try replacing butter with cinnamon-flavored applesauce. Or substitute dried fruit—such as blueberries, raisins or cherries—for chocolate chips or candies.
- ▶ After pies or cookies are prepared (and sampled!), put them out of sight to help deter impulse snacking.
- ▶ Finally, remember that the holidays aren't just about food. Enjoy conversations with family and friends. Play games with the kids. Or start a new tradition of taking a walk after a meal.

Sources: Academy of Nutrition and Dietetics; American Heart Association; American Institute for Cancer Research

GREATER NEWPORT PHYSICIANS

Accepted health plans

Additional health plans may be accepted. Please contact the GNP Customer Service Department at **800-553-6537** to confirm.

Commercial health plans

Aetna

www.aetna.com

- ▶ Aetna Whole Health—MemorialCare*
- ▶ Aetna HMO Products

Anthem Blue Cross

www.anthem.com

- ▶ Blue Cross HMO (CACare)
- ▶ PERS (CalPERS) Select HMO*
- ▶ PERS (CalPERS) Traditional HMO
- ▶ Select HMO Products
- ▶ Vivity*

Blue Shield

www.blueshieldca.com

- ▶ Access+ HMO
- ▶ CalPERS Access+ HMO

Cigna

www.cigna.com

- ▶ Cigna Open Access Network
- ▶ Cigna HMO Network

Health Net

www.healthnet.com

- ▶ Blue & Gold HMO (UC Irvine employees)
- ▶ Health Net HMO Products

UnitedHealthcare

www.myuhc.com

- ▶ SignatureValue Advantage HMO
- ▶ SignatureValue HMO
- ▶ United HMO Products

*products are for MemorialCare networks only

Medicare Advantage health plans

Blue Shield

www.blueshieldca.com

- ▶ Blue Shield 65 Plus HMO
- (We do not accept Blue Shield 65 Plus Choice.)**

Humana

www.humana.com

- ▶ Humana Gold Plus HMO*

SCAN

www.scanhealthplan.com

- ▶ SCAN Balance
- ▶ SCAN Classic
- ▶ SCAN Heart First (Orange County only)
- ▶ SCAN Plus Plan (Medicare/Medi-Cal)

UnitedHealthcare AARP Medicare Complete—Orange County

www.myuhc.com

- ▶ SecureHorizons Plan 1 (for LA residents only)
- ▶ SecureHorizons Plan 2
- ▶ SecureHorizons Premier Plan

*products are for MemorialCare networks only



8,000
children each year

6,000
babies

100
OB-GYNs

750
pediatric specialists

95
NICU beds

28
PICU beds



PEDIATRIC CORNER

Specialized care for kids, teens and moms-to-be

MILLER CHILDREN'S & WOMEN'S HOSPITAL LONG BEACH provides specialized pediatric care for children and young adults, with conditions ranging from common to complex—as well as maternity care for expectant mothers—all

under one roof. Only 5 percent of all hospitals are children's hospitals, making them unique not only to children's health care needs in the community, but across the region. Miller Children's is one of only eight freestanding children's hospitals in California.

Miller Children's is a not-for-profit, pediatric, teaching hospital that treats more than 8,000 children each year. It has become a regional pediatric destination for more than 84,000 children who need specialized care in the outpatient specialty and satellite centers.

The BirthCare Center at Miller Children's delivers more than 6,000 babies each year and receives nearly 100 transported high-risk moms. More than 750 pediatric specialists and

subspecialists and nearly 100 OB-GYNs, including 10 high-risk pregnancy specialists (maternal fetal subspecialists), ensure that the highest quality, compassionate care is given to each patient and his or her family.

Miller Children's features eight Centers of Excellence, including seven major inpatient care centers within the hospital and comprehensive outpatient specialty centers that feature more than 30 subspecialties, along with 16 California Children's Services (CCS) approved special care centers.

These centers provide specialized care for children with chronic conditions—such as pulmonary, gastroenterology, orthopedics, cardiology, rehabilitation, diabetes, asthma, autism, and hematology/oncology (cancer) needs.

Why kids need their flu shots

AT ITS BEST, the flu is miserable. At its worst, it can be a serious health threat.

That's especially true for young children.

Kids are at high risk for complications from the flu, like ear infections, croup and pneumonia—which is why it's so important to protect your little ones from the flu. And the best way to do that is to be sure they get the flu vaccine.

The flu shot can be given to babies once they

reach 6 months old.

Your child needs the vaccine every year, because the flu virus changes from year to year and protection fades.

It's best to get the vaccine as soon as it's available each fall. But getting the shot anytime throughout the winter months—and even into spring—can help your child fend off the flu and its complications.

Sources: American Academy of Pediatrics; Centers for Disease Control and Prevention





New breast center in Irvine

GREATER NEWPORT PHYSICIANS

is pleased to offer access to the new MemorialCare Breast Center in Irvine. The center features state-of-the-art technology, such as 3-D tomosynthesis, DEXA bone density testing and breast ultrasound.

About 47 percent of women have dense breast tissue and may benefit from 3-D tomosynthesis. GNP members who obtain mammograms at MemorialCare Breast Center are assured that they will have no out-of-pocket expenses for this additional study.

This center is outfitted with the latest screening and diagnostic equipment available, according to MemorialCare Breast Center's Medical Director and nationally recognized breast radiologist Gary Levine, MD.

"And, unlike many imaging centers," says Dr. Levine, "the new breast center is staffed with nationally recognized radiologists and technologists who are specialists in breast diagnostics and health, ensuring that local patients are getting the high quality of care they deserve."

For your convenience

- ▶ Same-day, Saturday and early evening appointments
- ▶ Short wait times
- ▶ Quick response time for screening results
- ▶ Comfortable environment
- ▶ Easily accessible location with ample free parking

The MemorialCare Breast Center in Irvine is located at 4040 Barranca Parkway, Suite 110. It is open Monday through Saturday, from 8:30 a.m. to 5:30 p.m.

For an appointment or more information, call **949-452-7200**.



Gift card giveaway

Every GNP member who gets their recommended mammogram at the new Irvine breast center from now through **Saturday, Dec. 17**, will receive a \$10 Target GiftCard™!





Boeing, the world's largest aerospace company, selected MemorialCare as its exclusive preferred partnership provider in the Southern California region.

GNP featured in preferred partnership

MEMORIALCARE AND BOEING ARE LAUNCHING AN ACCOUNTABLE CARE ORGANIZATION

THE BOEING COMPANY has selected MemorialCare Health System for a first-of-its-kind customized health plan option in California for almost all of Boeing's employees and their dependents in the Long Beach, South Bay and Orange County communities.

This option will be offered to roughly 15,000 employees and 22,000 dependents during open enrollment in the fall, with coverage to start Jan. 1, 2017. Employees who choose the MemorialCare option will have access to GNP physicians and MemorialCare Medical Group.

The preferred partnership is known as an accountable care organization, or ACO, which offers a narrower network of providers who coordinate care and manage chronic conditions, while increasing communication with patients. The new option centers on keeping people healthy and out of the hospital by focusing on best practice, evidence-based prevention, diagnoses, and treatments to identify

and treat underlying health problems before they become chronic conditions.

Boeing, the world's largest aerospace company, selected MemorialCare as its exclusive Preferred Partnership provider in the Southern California region after a rigorous selection process. MemorialCare was selected based on its reputation for high-quality care; broad geographic reach; and the depth of its extensive physician, hospital and community outpatient center network. MemorialCare's commitment to improving health and patient experience was among other key factors.

The network for Boeing employees will feature 2,400 primary care physicians and specialists, as well as nine hospitals, including MemorialCare's five hospitals: Orange Coast Memorial Medical Center in Fountain Valley, Saddleback Memorial Medical Center in Laguna Hills, Long Beach Memorial Medical Center, Community Hospital Long Beach and Miller Children's & Women's Hospital Long Beach.



Highest ratings once again!

GNP is consistently rated among the top physician organizations in California.

For the ninth year, Greater Newport Physicians earned the California Association of Physician Groups' highest rating, Elite Status, for achievements in quality care, patient satisfaction, care coordination and health information technology. Our achievements demonstrate our commitment to the highest quality of personalized care for our members.

And for the fifth year in a row, GNP has been rated by SCAN Health Plan as one of its top performing medical groups in the entire California network.

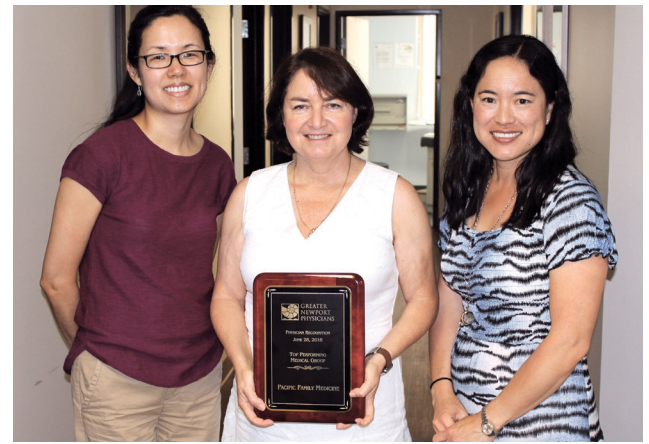
Sign up for better health

You can become a GNP member in two easy steps

1. Join one of the HMOs listed on page 3.
2. Select a primary care physician affiliated with Greater Newport Physicians (GNP) and the hospital network of your choice. The hospital network you choose will determine the network of providers available to you.
You may select a single physician to care for your entire family—or you can choose a different family practitioner, internist or pediatrician for each member of your family.

For more information about our primary care physicians, call Customer Service at **800-553-6537** to request that a physician photo directory be mailed to you.

You can also speak to an independent sales representative who represents a variety of senior and commercial plans by visiting **www.nautilushealthinsurance.com**.



MEDICAL GROUP OF THE YEAR: Pacific Family Medicine (Karen Kim, DO; Catou Greenberg, MD; and Carol Shi, MD)

Recognizing excellence

Annually, Greater Newport Physicians (GNP) recognizes physicians, their staff and one of our primary care medical groups for providing high-quality personalized care to the communities they serve. Pacific Family Medicine was named GNP's Top Performing Medical Group of the Year for its commitment to quality care that extends to all its patients.

Congratulations to all the 2016 award recipients:

- ▶ **Family Practitioner of the Year**
Alan Nili, DO
- ▶ **Internists of the Year**
Jennifer Knox, MD
Samy Younis, MD
- ▶ **Pediatrician of the Year**
Jennifer Rodriguez, MD
- ▶ **Hospitalist of the Year**
Richard Mansour, MD
- ▶ **Specialist of the Year**
N. Simon Tchekmedyan, MD,
Hematology/Oncology
- ▶ **Medical Group of the Year**
Pacific Family Medicine: Catou Greenberg, MD;
Karen Kim, DO; Carol Shi, MD

Join us in congratulating these physicians and their staffs for their commitment to providing the very best medical care.

For information about our physicians, visit "Find a Doctor" on our website or call GNP at **800-553-6537**.



Get social!

Find out about local health events, information about our doctors, exciting contests and giveaways, and tips on how to lead a healthier life.



Like us on Facebook: facebook.com/greaternewportphysicians

Watch us on YouTube: youtube.com/GreaterNewportPh



GREATER
NEWPORT
PHYSICIANS

P.O. Box 6270
Newport Beach, CA 92658

Standard
U.S. Postage
PAID
Long Beach, CA
Permit No. 2041

Urgent care— when it's not an emergency

WHAT IF a health issue needs quick attention but isn't an emergency?

If your doctor isn't available, the urgent care center may be a good choice. Urgent care centers treat minor illnesses—such as flu, fever, earaches and rashes—and some minor injuries.

Most of our affiliated urgent care centers are open seven days a week and offer evening hours. The patient co-pays of an urgent care center are considerably lower than an emergency room, and most also provide x-ray and laboratory services.

At right is a list of GNP-contracted urgent care centers.

You don't need an appointment at urgent care centers, and you likely won't wait long for treatment. But remember: An urgent care center isn't a replacement for your primary care doctor or the emergency department.

Call 911 if you think you're dealing with a medical emergency. This includes:

- › Severe chest pain
- › Uncontrolled bleeding
- › Suspected poisoning
- › Seizures
- › Head trauma
- › Coughing up or vomiting blood

Sources: American Academy of Urgent Care Medicine; American College of Emergency Physicians; Urgent Care Association of America

ALISO VIEJO

South Coast Medical Group

5 Journey, Suite 130
Aliso Viejo, CA 92656
949-360-1069

COSTA MESA

Family Care Centers

1190 Baker St.
Costa Mesa, CA 92626
714-668-2500

FOUNTAIN VALLEY

Family Care Centers

18785 Brookhurst St., Suite 101
Fountain Valley, CA 92708
714-594-7268

MemorialCare Medical Group

11420 Warner Ave.
Fountain Valley, CA 92708
714-549-1300



IRVINE

Woodbridge Walk-In Urgent Care

4950 Barranca Parkway, Suite 104
Irvine, CA 92604
949-857-1248

LAGUNA HILLS

AV Family Medicine & Urgent Care

24801-C Alicia Parkway
Laguna Hills, CA 92653
949-425-0321

LONG BEACH

MemorialCare Medical Group

2110 N. Bellflower Blvd.
Long Beach, CA 90815
562-346-2222

NEWPORT BEACH

Newport Urgent Care

1000 Bristol St., Suite 1B
Newport Beach, CA 92660
949-752-6300

SAN JUAN CAPISTRANO

MemorialCare Medical Group

31001 Rancho Viejo Road
San Juan Capistrano, CA 92675
949-582-2002

WESTMINSTER

MemorialCare Medical Group

15464 Goldenwest St.
Westminster, CA 92683
714-891-9008

Get the app!

The GNP app provides access to locations, hours of operation, services provided, GPS navigation, and direct-dialing contact to the nearest urgent care center, physician office or lab.

