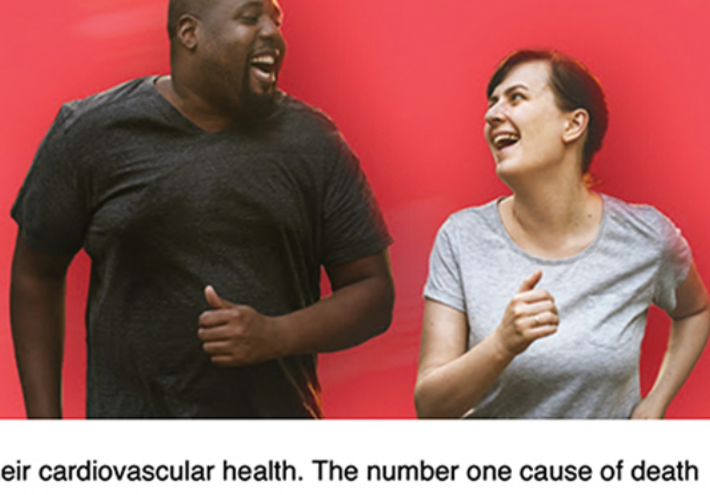


Keeping you connected to important health updates, upcoming classes and helpful resources



February is American Heart Month!

Exercise for Heart Health



American Heart Month is a time when all people can focus on their cardiovascular health. The number one cause of death for most groups is heart disease, and it affects all genders and ethnicities. Want to know how to keep you heart younger, stronger and healthier? Get involved in regular exercise. There are many benefits to staying active related to heart health:

- **Strengthens and increases muscle mass.** More muscle improves the body's ability to draw oxygen from your circulating blood.
- **Helps with weight control.** By increasing muscle mass you will burn more calories. Exercise will not only assist you in losing pounds; it will aid in keeping your weight off.
- **Improves blood lipid levels.** Increases HDL cholesterol (good cholesterol) and decreases the LDL cholesterol (bad cholesterol).
- **Manages stress.** Regular exercise can increase self-confidence, improve your mood, help you relax, lower symptoms of mild depression and anxiety and may reduce the risk of heart disease and stroke.
- **Decreases the risk of diabetes.** Increased activity levels use up excess sugars in the body and make the cells more sensitive to insulin (making it easier for sugar to get into the cell). This leads to lower risk of prediabetes and Type 2 diabetes.
- **Social and fun!** Regular exercise keeps you feeling your best so that you are more likely to participate in the things you most enjoy.

Adopting an active lifestyle also helps to discourage unhealthy habits such as overeating, smoking, alcohol misuse, electronic overload, and other bad habits.

For more information on heart health, visit Heart.org.

Want to kick start getting active?

Join health educator and fitness expert Harry Verni for a virtual Dance & Stretch class!

Learn ways to form healthy routines that focus on cardiovascular and muscular benefits that target the whole body.

This is an hour long session. Please be advised that the last chance to RSVP is 12 hours before the start of this virtual event.

Dance and Stretch (Virtual class): Every Wednesday from 1:00 p.m. – 2:00 p.m. RSVP by visiting HealthyWayEvents.com



Ask the Doctor



Each month, our members will have a chance to get their question answered by one of our doctors.

If you have a question about health and wellness for any age group, please email us at healthyway@regalmed.com.

If your question is chosen, you will be notified via email if your question will be published in an upcoming newsletter. Your identity will remain anonymous.



From the desk of

Michele Kalt, M.D.

Lead Cardiologist
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True or False? Heart disease affects more men than women.

FALSE. Since 1984, more women than men have died each year from heart disease. Heart disease remains the leading cause of death in women over age 65, just as it is for men. Here's why:

Nutrition

- Eating habits have changed over the years, thus increasing risk of heart disease
- From 1971 to 2004, women ate on average 22 percent more calories, and men ate 10 percent more calories
- Today the average woman eats 1900 calories and the average man eats 2700 calories per day

Other factors

- Lack of physical activity can lead to cardiovascular disease
- Family history; children of parents with heart disease are more likely to develop heart disease themselves
- Those who smoke have a higher risk of heart disease over non-smokers

Male or female, talk to your doctor about having your cholesterol, sugar levels and blood pressure checked regularly. Prevention and living a healthy lifestyle will help keep your heart healthy and lower your chances of getting heart disease. Try to work up to walking an average of 1 hour a day (get your steps in), and work on eating a low fat, low cholesterol non-processed diet. It will help make 2022 a heart healthy year, and a happy one, too!

For more information on heart disease and prevention, please visit [here](#).

Please note that this information does not constitute medical advice or a doctor-patient relationship and is not a substitute for medical care. Contact your physician or other qualified healthcare providers with questions you may have regarding your symptoms and medical condition for a complete medical diagnosis.

Need help scheduling a lab appointment? Just visit MyQuest

The MyQuest app/site allows you to schedule your appointment and check your lab results in a safe, timely and secure manner. It's easy to sign up. Just visit [MyQuest](#).



At home rapid COVID-19 tests covered by insurance

Vaccines and boosters encouraged



While positive cases of the Omicron variant have spiked in recent weeks, the good news is that those who are vaccinated and boosted generally are avoiding major illness. The best way to remain healthy and reduce the spread of infection continues to be getting a COVID-19 vaccine and subsequent booster shots. Unvaccinated individuals are 14 times more likely to die of a COVID-19 infection. Cloth masks are less effective against Omicron and we recommend using an N95 or KN95 mask.

Text your zip code to 438829 to get the nearest locations for COVID-19 and booster vaccine.

At home rapid test kits are available to you, free of charge. This applies whether you purchased your health plan on your own or whether you get health insurance through your job. Contact your health plan for more information and see cms.gov.

And, beginning Wednesday, Jan. 19, Americans can start ordering free COVID-19 rapid tests shipped directly to their home as the White House launches COVIDTests.gov. Order your free test kit [here](#).

If you are covered by a Medicare Advantage plan, please check with your plan directly as some may offer coverage and payment for the at-home COVID-19 tests.

For additional information, please visit the helpful resources below.

- Information about the [Omicron variant](#)
- Learn more about [masking requirements and recommendations](#)
- Find a [testing site](#) or call (833) 422-4255 or 211.
- Get a copy of your [digital vaccine record](#)
- To find a vaccination site near you, or to make an appointment.
- myturn.ca.gov or call (833) 422-4255
- VaccinateLACounty.com (English) or VacunateLosAngeles.com (Spanish)

Let's not keep this healthy breakfast under wraps



Want to start your day off bright and full of energy? Check out this protein-packed egg, avocado and black bean breakfast burrito recipe that is healthy and filling. You can prepare it the night before, and add in a serving of fruit for a balanced, heart healthy meal.

[Click here](#) for the easy-to-follow recipe.

Your opinion matters to us



Every year around this time, Medicare invites some members to share their experiences through a survey. Receiving a survey invitation is something of a golden ticket. Because if you are one of the members chosen to participate, you have a unique opportunity to make a difference for yourself and your fellow Medicare Advantage members. Here's how:

- **It's a chance to help improve your healthcare, even if you're happy with it.** Medicare, your Health Plan, and your healthcare providers use all the feedback — from complaints to compliments — to make decisions regarding the care and coverage you receive.
- **You're speaking for others, too.** Medicare sends its health plan's members only to a small sample of each health plan's members, so your survey responses count even more.
- **Your feedback affects your Health Plan's star rating.** When a plan receives four or more stars, Medicare rewards that level of quality with bonus payments which allows your Health Plan to offer the comprehensive benefits that our members appreciate year after year.
- **Your input helps other seniors find quality healthcare.** CMS reports the survey results for each plan in the annual Medicare & You Handbook and on the Medicare Plan Finder [website](#). Medicare beneficiaries consider these ratings when choosing a Medicare Advantage health plan.

As always, we value and appreciate you as a member of our medical group and remain dedicated to ensuring that you have a positive healthcare experience.

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