

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



There is a new treatment for COVID-19!



From the desk of **Nirav K. Shah, M.D.**
Sr. Medical Director

The Food and Drug Administration (FDA) has authorized a prescription drug in pill form for treating COVID-19 in some high-risk patients. To qualify for this medication, patients need to talk with their doctor and begin taking treatment within five days of getting symptoms. The pill has shown to significantly decrease hospitalization and death.

The treatment saves lives. Get tested early and talk to your doctor if you are positive.

The likelihood of developing a severe COVID-19 infection increases when a person has multiple high-risk factors. Some of these factors include age (risk increases after age 50), cancer, cardiovascular disease, chronic kidney disease, chronic lung disease, diabetes, immunocompromising conditions, obesity, pregnancy, and sickle cell disease. For a complete list of risk factors visit: [CDC](https://www.cdc.gov/coronavirus/2019-ncov/risk-factors.html)

Read the [flyer for more information](#) on the COVID-19 pill and to see if you qualify.

Medicare to cover at-home COVID-19 tests

Testing continues to be an important tool in early detection of infection to reduce the spread of the virus. In an effort to ramp-up access to easy-to-use testing, Medicare beneficiaries will be able to get up to eight over-the-counter, at-home COVID-19 tests each month for free. People will be able to pick up the tests from pharmacies and other vendors in early spring. Until then, Medicare recipients can order tests at [CovidTests.gov](https://www.covidtests.gov), which allows **Americans to order four free kits per address** delivered by the U.S. Postal Service.



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](https://www.vaccinate.lacounty.gov) (English) or [VacunateLosAngeles.com](https://www.vacunate.lacounty.gov) (Spanish)

Our New Member Welcome Page is LIVE!



We're excited to share that we have recently launched our new member welcome page to make it easier for you to find everything that you will need to know whether you are a new member, or an existing member. The page includes resources including our Doctor Finder, how to schedule and check the status of your authorization, scheduling your labs and radiology, finding the nearest urgent care center, and much more – all in one convenient location. Visit the links below and let us know what you think. As always, your feedback is appreciated. View them here: [RegalMed.com](https://www.RegalMed.com), [LakesideMed.com](https://www.LakesideMed.com), [ADOC.us](https://www.ADOC.us)

Easy-to-understand lab results, sent directly to you.

Download the MyQuest™ app today.

The MyQuest app 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.com.



Healthy Eating: Meals on the Go

Did you know that March is National Nutrition Month®? And this month, our goal is to become mindful eaters, working to balance our plate with a variety of foods from different food groups. Sometimes meal planning is hard to do. For most of us, life can get plenty busy and it's challenging to find the time to prepare a healthy and satisfying meal. That's why we created these quick, on-the-go healthy and balanced lunch ideas that need no refrigeration or microwave. We included a variety of healthy and delicious options that are easy to make and can be kept at room temperature, and still taste great at lunchtime.

For more information on healthy snacking, watch our on-demand [video](#). Password: Hehe1234

Try a healthy omelet recipe with great appeal



Let's continue celebrating National Nutrition Month®!

Along with exercise, National Nutrition Month® also focuses on the importance of making healthy food choices. March is also the month that we celebrate St. Patrick's Day. A great way to observe both is by adding a bit of green into our meals – for health, and, sure – for luck, too. It can't hurt. So, make some room in the kitchen and enjoy this healthy and delicious [potato-onion spinach omelet recipe](#). And remember, making small healthy changes to your day can lead to big results.



Ask the Registered Dietitian Nutritionist



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

Can natural sugar be as harmful as processed sugar?



From the desk of **Jessica Yanez, MS, RDN, CHES**
Manager, Health Education

It is well known that processed sugar can be harmful to your health, but did you know that eating too much natural sugar has also been linked to many health-related conditions, such as obesity, type 2 diabetes and many more? Just because something is labeled "natural" doesn't necessarily mean it is better for you. Natural sugars, such as honey and fruit juice can be added to packaged foods, which count toward "additional sugar." The American Heart Association suggests that women should not consume more than six teaspoons (25 grams) of added sugar per day, and for men, no more than nine teaspoons (37 grams) of added sugar per day.

You may limit your sugar intake by eating whole foods rather than packaged and processed foods. Eat fresh or frozen fruits and vegetables without added sugar. Make your dressing and sauces at home using lemon or lime juice with olive oil. Use cinnamon, raw coconut flakes, nutmeg, or other unsweetened spices in your tea and coffee. Live a balanced and healthy lifestyle by keeping moderation in mind, and don't feel guilty or punish yourself for indulging once in a while.

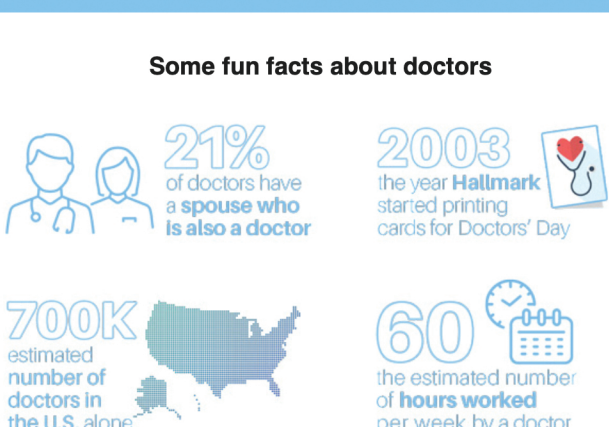
Sources: American Diabetes Association; American Heart Association; Harvard Medical School



On March 30th, we celebrate and recognize the determination and perseverance of physicians around the nation who have given their all throughout the year.

We honor these heroes who have gone above and beyond to treat our wounds and illnesses, care for and help to rebuild our health, give care to our families and friends, and ultimately, even save our lives. While remaining under the veil of one of the worst health crises of our generation, our physicians continue to provide the kind of care we need to keep us on our journey toward health and well-being. To all of our physicians who commit their every day to making a difference in the lives of our members and community, thank you for your compassion and dedicated service. We celebrate Physicians' Day with you and wish you continued good health.

Some fun facts about doctors



Source: <https://nationaltoday.com/doctors-day/>

Join us for a game of virtual BINGO for seniors!

We invite you to join us for free virtual bingo open to all Regal, Lakeside and ADOC senior members. Hurry! Space is limited so RSVP today to reserve your virtual seat.

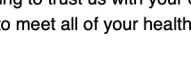
SENIOR BINGO! (Virtual class)
Thursday, March 3 from 10:00 a.m. – 11:00 a.m. via WebEx

[RSVP](#)

EXCITING ANNOUNCEMENT! Astiva Health Plan JOINS OUR FAMILY OF CONTRACTED HEALTH PLANS



We are happy to announce that effective January 2, 2022, Regal Medical Group is now contracted with Astiva Health Plan in the San Diego area. Astiva Health Plan offers a Medicare Advantage plan with quality benefits and service to our members. As we progress into 2022, we thank you for continuing to trust us with your care, and we look forward to working with Astiva Health Plan to meet all of your healthcare needs.



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