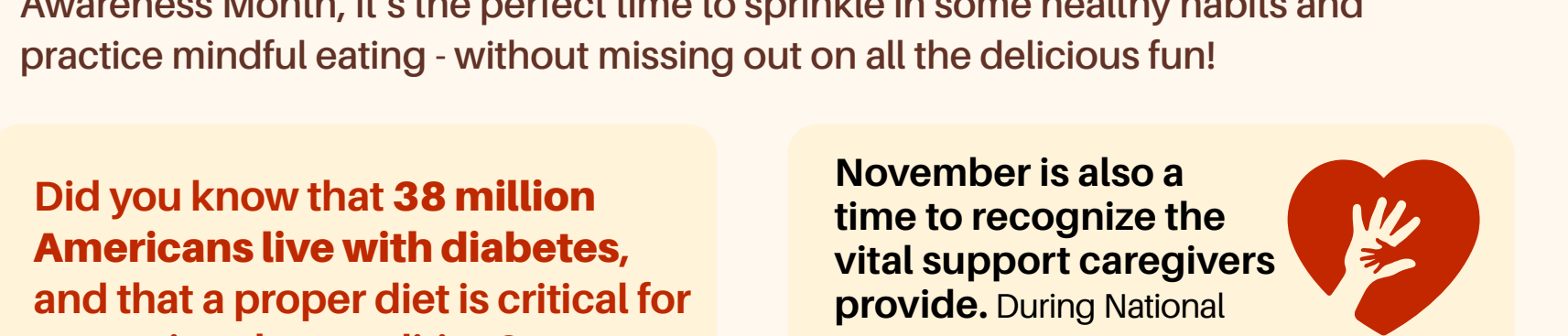


# FIND YOUR **HealthyWay** MONTHLY NEWSLETTER

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

## Gather the season

WITHOUT SACRIFICING YOUR HEALTH



This Thanksgiving, let's be grateful for not only the joy of being with our loved ones, but also for the gift of good health. And since November is Diabetes Awareness Month, it's the perfect time to sprinkle in some healthy habits and practice mindful eating - without missing out on all the delicious fun!

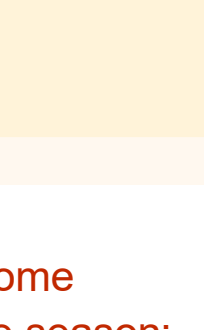
### Did you know that 38 million Americans live with diabetes, and that a proper diet is critical for managing the condition?

You don't have to sacrifice your health during the holiday of food abundance. Feast smart by cooking up a nutritious and delicious Thanksgiving spread. Grab your bestie and prepare a hearty veggie roast that balances flavor with wellness (see recipe below). By making mindful choices, you can gobble up good health and share the joy of cooking with those you cherish most.

Source: *Fast Facts on Diabetes*, CDC, 2024 - <https://www.cdc.gov/diabetes/php/data-research>

### November is also a time to recognize the vital support caregivers provide.

During National Family Caregivers Month, we honor those who put the needs of their loved ones before their own. These providers play an integral role in managing health conditions, including diabetes, and ensuring their family members get the care they need. We encourage you to take a moment to thank the caregivers in your life and acknowledge their hard work and commitment.

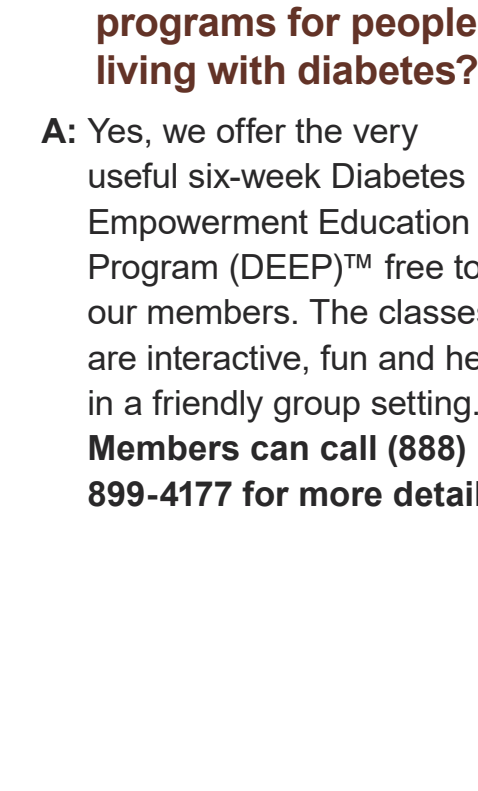


#### Q: What should my plate look like at Thanksgiving dinner if I'm managing diabetes?

A: Aim for the balanced plate method:

- 1/2 non-starchy vegetables (e.g., cauliflower)
- 1/4 lean protein (e.g., turkey or tofu)
- 1/4 whole grains or starchy vegetables (e.g., brown rice or potatoes)

Be mindful of portion sizes and try to limit high-carb, sugary dishes. Adding a side salad and choosing smaller portions of holiday favorites can help maintain blood sugar levels.



#### Q: How can I enjoy Thanksgiving dishes without impacting my blood sugar?

A: Try changing recipes to reduce sugar and fat. Opt for healthier cooking methods like roasting instead of frying, and use spices and herbs to add flavor without extra calories. You can also prepare lower-carb versions of traditional dishes (cauliflower mash instead of mashed potatoes) to keep your meals satisfying and diabetes-friendly.



#### Q: What should my blood sugar readings look like before and after meals, especially during the holiday season?

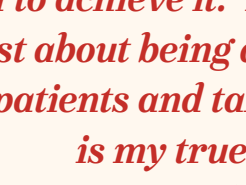
A: Ideally, your fasting blood sugar should be between 80-130 mg/dL, and your blood sugar be less than 180 mg/dL two hours after a meal. Monitoring these levels can help you understand how different foods impact your sugar balance and adjust your diet or medication as needed. If you notice significant changes, discuss them with your doctor.



#### Q: Does Regal have any programs for people living with diabetes?

A: Yes, we offer the very useful six-week Diabetes Empowerment Education Program (DEEP)™ free to our members. The classes are interactive, fun and held in a friendly group setting. **Members can call (888) 899-4177 for more details.**

**Carmen Slavov, M.D.** | Board Certified: Internal Medicine and Nephrology

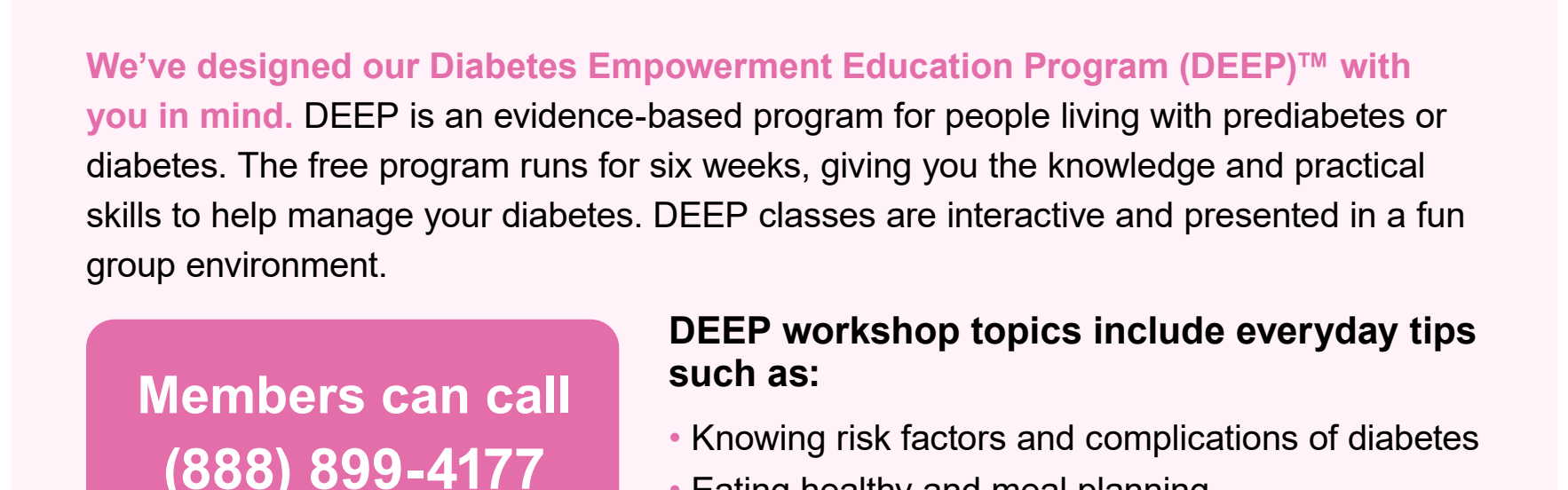


Dr. Slavov serves Mission Hills and the surrounding area. She is board certified in internal medicine and nephrology with a special focus on renal transplants. She has been in practice for more than 22 years and treats patients living with diabetes. She believes good communication is key to finding the best healthcare outcomes. When not treating patients, Dr. Slavov enjoys planting and gardening.

Lakeside Community Healthcare – Mission Hills  
14901 Rinaldi St., Ste. 201 | Mission Hills, CA 91345  
Office: (818) 365-8553  
Office Hours: Monday - Friday: 8:00 a.m. – 5:00 p.m.

“  
*One of my favorite quotes is from Paulo Coelho's book, The Alchemist: 'And, when you want something, all the universe conspires in helping you to achieve it.' This inspires me most about being a doctor. Helping my patients and taking care of them is my true passion.*  
”

~ Dr. Slavov



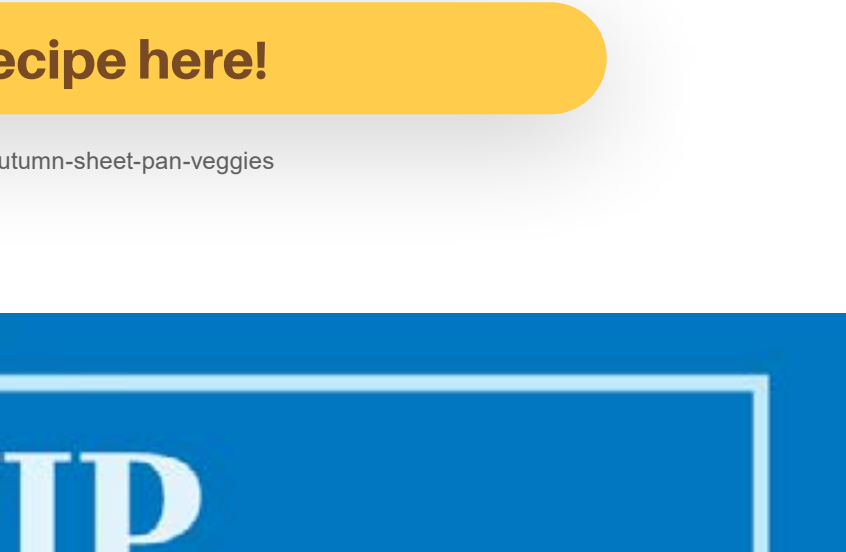
We've designed our Diabetes Empowerment Education Program (DEEP)™ with you in mind. DEEP is an evidence-based program for people living with prediabetes or diabetes. The free program runs for six weeks, giving you the knowledge and practical skills to help manage your diabetes. DEEP classes are interactive and presented in a fun group environment.

Members can call  
**(888) 899-4177**  
for more details.

DEEP workshop topics include everyday tips such as:

- Identifying risk factors and complications of diabetes
- Eating healthy and meal planning
- Being physically active and losing weight
- Managing medications

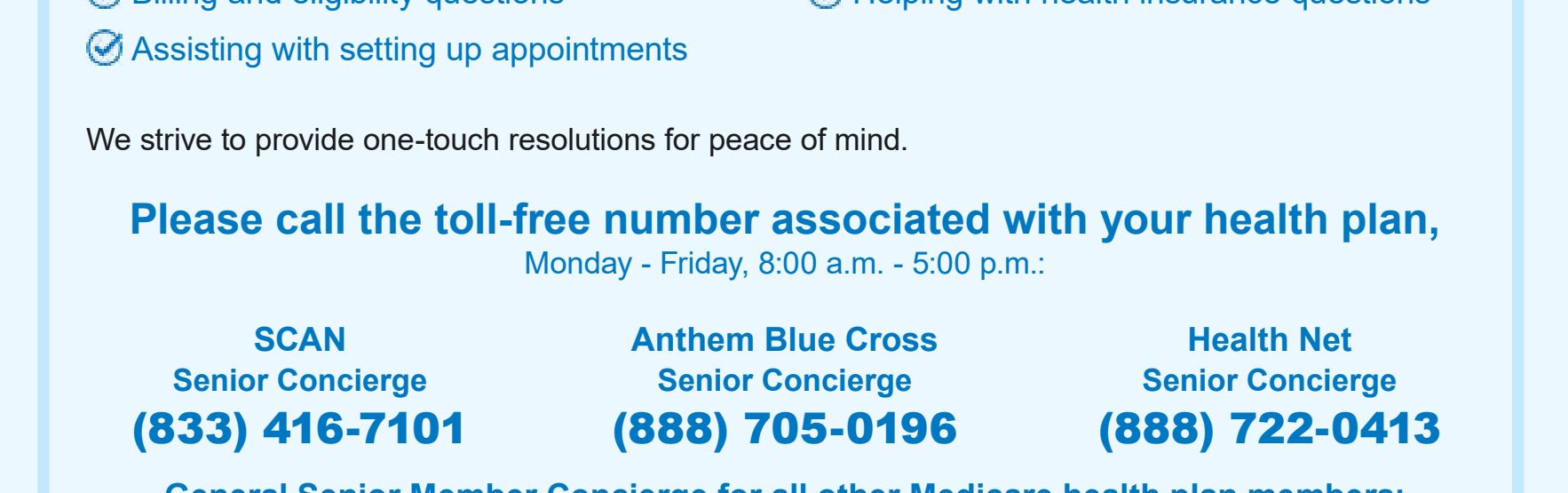
## Fall-ing for Veggies: The Sheet Pan Roast



Embrace fall flavors with an autumn sheet pan veggie recipe! This seasonal dish combines a colorful mix of roasted vegetables, perfect for adding a touch of the harvest to your meals. Featuring nutrient-packed ingredients like sweet potatoes, Brussels sprouts and carrots, it's both delicious and diabetes-friendly. Easy to prepare and full of fall-inspired goodness, these sheet pan veggies make for an ideal side dish to complement your festive dinners.

Get the full recipe here!

[www.diabetesfoodhub.org/recipes/autumn-sheet-pan-veggies](http://www.diabetesfoodhub.org/recipes/autumn-sheet-pan-veggies)



We're excited to share a special service for our Medicare members

Our Senior Member Concierge Line is now open! The dedicated service for our Medicare members is staffed with a highly skilled member service team devoted to researching and resolving routine and complex issues:

- ✓ Authorization concerns
- ✓ Billing and eligibility questions
- ✓ Assisting with setting up appointments
- ✓ Dealing with health-related issues
- ✓ Helping with health insurance questions

We strive to provide one-touch resolutions for peace of mind.

Please call the toll-free number associated with your health plan, Monday - Friday, 8:00 a.m. - 5:00 p.m.:

- |   |  |   |
|---|--|---|
| <p><b>SCAN</b><br/>Senior Concierge<br/><b>(833) 416-7101</b></p> | <p><b>Anthem Blue Cross</b><br/>Senior Concierge<br/><b>(888) 705-0196</b></p> | <p><b>Health Net</b><br/>Senior Concierge<br/><b>(888) 722-0413</b></p> |
|---|--|---|

General Senior Concierge for all other Medicare health plan members: (818) 357-5000, press option 1, then press option 6.

Want to learn more? Attend a Medicare 101 event near you.

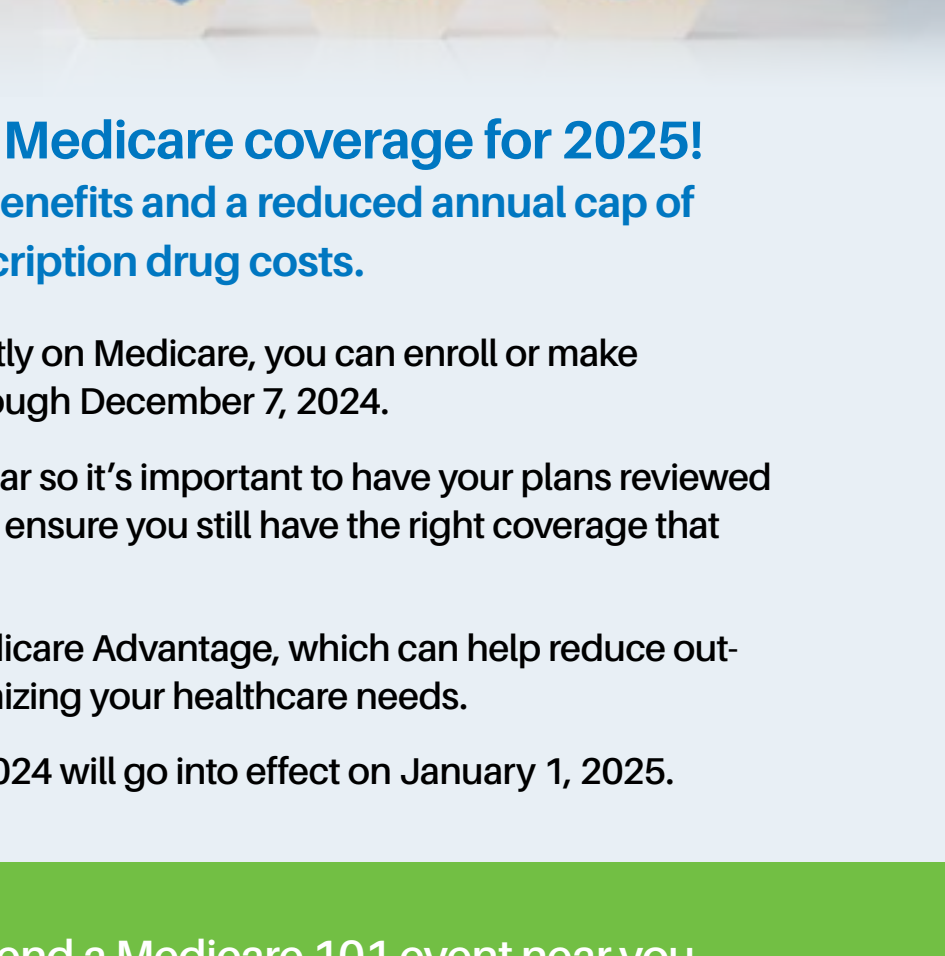
- Lakeside Community Healthcare - Glendale**  
1500 S. Central Ave., Ste. 200B  
Glendale, CA 91204  
*Presented by licensed insurance agent Adam Markovitz (License #676866)*  
**Wednesdays, November 6, 13 & 20**  
6:00 p.m. - 7:00 p.m.  
**RSVP by calling (855) 875-2558**
- Lakeside Community Healthcare - West Covina**  
1500 W. Covina Pkwy.  
West Covina, CA 91790  
*Presented by licensed insurance agent Dan Tirado (License #0E02208)*  
**Wednesday, November 6**  
2:00 p.m. - 3:00 p.m.  
**RSVP by calling (866) 855-6549**
- Lakeside Community Healthcare - North Hollywood**  
12660 Riverside Dr., Ste. 310  
North Hollywood, CA 91607  
*Presented by licensed insurance agent Lara Goulson (License #0E69969)*  
**Tuesday, November 19**  
**Wednesday, December 4**  
6:00 p.m. - 7:00 p.m.  
**RSVP by calling (888) 831-9359**
- Lakeside Community Healthcare - West Hills**  
7325 Medical Center Dr., Ste. 300  
West Hills, CA 91307  
*Presented by licensed insurance agents Marni Soltan (License #0H10606) and Charles Soltan (License #0693820)*  
**Monday, November 18**  
6:00 p.m. - 7:00 p.m.  
**RSVP by calling (877) 834-9456**
- Lakeside Community Healthcare - Mission Hills**  
14901 Rinaldi St., Ste. 200  
Mission Hills, CA 91345  
*Presented by licensed insurance agents Marni Soltan (License #0H10606) and Charles Soltan (License #0693820)*  
**Tuesday, November 19**  
6:00 p.m. - 7:00 p.m.  
**RSVP by calling (877) 834-9456**
- Lakeside Community Healthcare - Thousand Oaks**  
612 E. Janss Rd.  
Thousand Oaks, CA 91360  
*Presented by licensed insurance agent Lisa Scharlepp (License #0K14549)*  
**Tuesday, November 12**  
10:00 a.m. - 11:00 a.m.  
**Wednesday, November 13**  
10:00 a.m. - 11:00 a.m.  
**Thursday, November 14**  
1:00 p.m. - 2:00 p.m.  
**RSVP by calling (888) 796-8374**
- Lakeside Community Healthcare - Burbank**  
191 S. Buena Vista St., Ste. 250  
Burbank, CA 91505  
*Presented by licensed insurance agent Gaspar (Gary) Gasparian (License #0F56726)*  
**Wednesday, November 20**  
10:00 a.m. - 11:00 a.m.  
**Wednesday, November 20**  
6:00 p.m. - 7:00 p.m.  
**RSVP by calling (877) 501-7655**

Don't miss this opportunity to take control of your health!

## Medicare 101

How to get the most out of your 2025 benefits

Medicare's annual enrollment period is here!  
**Oct. 15 - Dec. 7, 2024**



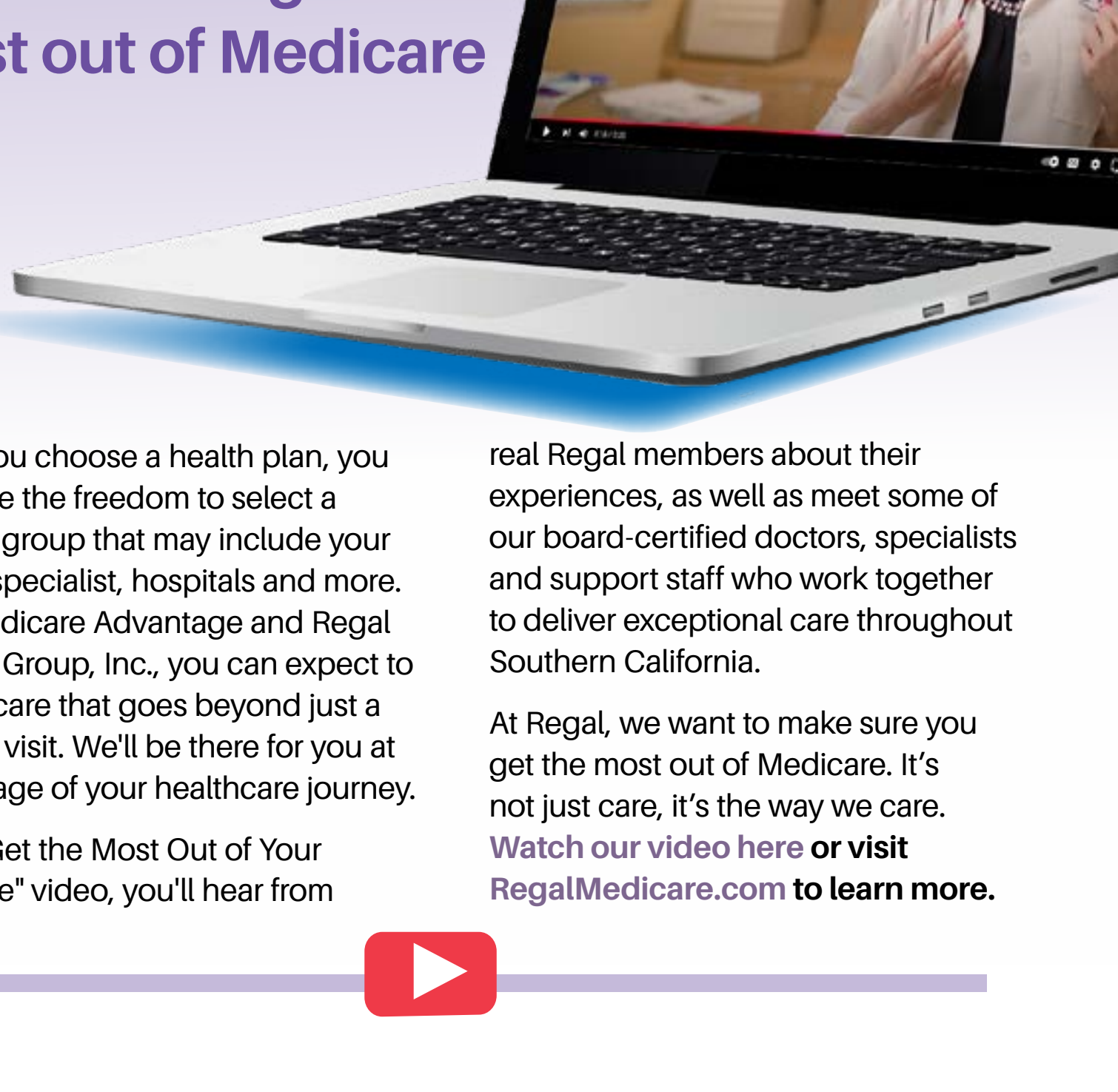
Big changes will impact Medicare coverage for 2025! This includes the new Part D benefits and a reduced annual cap of \$2,000 for out-of-pocket prescription drug costs.

If you're new to Medicare, or currently on Medicare, you can enroll or make changes beginning October 15 through December 7, 2024.

- ✓ Medicare plans change every year so it's important to have your plans reviewed by a licensed insurance agent to ensure you still have the right coverage that meets your needs for 2025.
- ✓ Make sure to also ask about Medicare Advantage, which can help reduce out-of-pocket expenses while maximizing your healthcare needs.
- ✓ Any changes that you make in 2024 will go into effect on January 1, 2025.

## Press play

Learn how to get the most out of Medicare

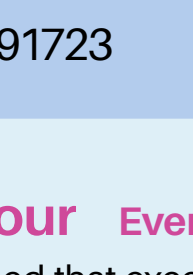


When you choose a health plan, you also have the freedom to select a medical group that may include your doctor, specialist, hospitals and more. With Medicare Advantage and Regal Medical Group, Inc., you can expect to receive care that goes beyond just a doctor's visit. We'll be there for you at every stage of your healthcare journey.

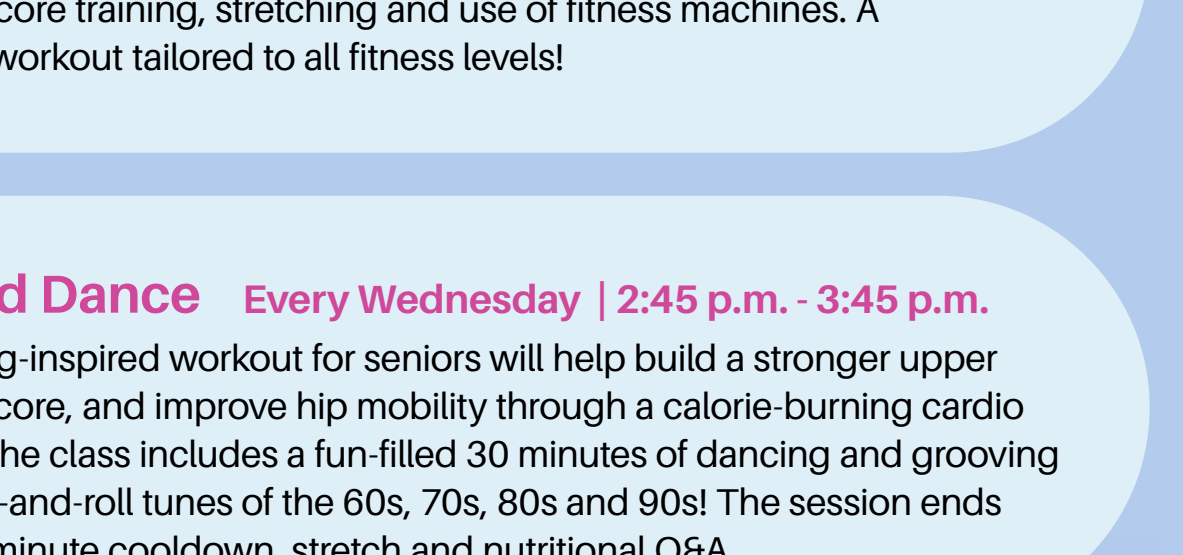
In our "Get the Most Out of Your Medicare" video, you'll hear from

real Regal members about their experiences, as well as meet some of our board-certified doctors, specialists and support staff who work together to deliver exceptional care throughout Southern California.

At Regal, we want to make sure you get the most out of Medicare. It's not just care, it's the way we care. **Watch our video here or visit [RegalMedicare.com](http://RegalMedicare.com) to learn more.**

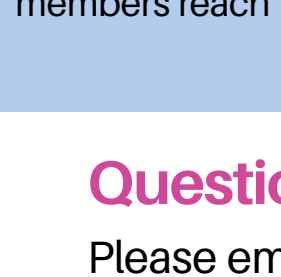


## Get Fit with Dan Tison



### Free fitness classes held at Covina Senior Center

815 N. Barranca Ave. Covina, CA 91723



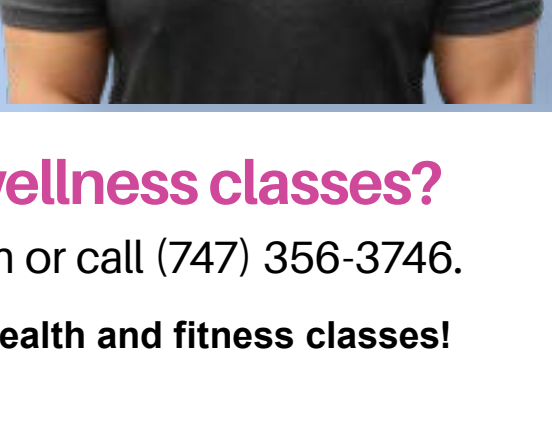
**The Power Hour** Every Wednesday | 1:30 p.m. - 2:30 p.m.  
Designed to help shed that excess fat while building strength and endurance. This hour-long circuit training class includes body weight exercises, core training, stretching and use of fitness machines. A complete workout tailored to all fitness levels!



**Box and Dance** Every Wednesday | 2:45 p.m. - 3:45 p.m.  
This boxing-inspired workout for seniors will help build a stronger upper body and core, and improve hip mobility through a calorie-burning cardio exercise. The class includes a fun-filled 30 minutes of dancing and grooving to the rock-and-roll tunes of the 60s, 70s, 80s and 90s! The session ends with a 20-minute cooldown, stretch and nutritional Q&A.

Dan Tison has 18 years of experience as a health educator and fitness expert.

His expertise in lifestyle modification, chronic disease management and prevention gives him a whole-person approach to health. He works closely to design his classes to meet specific wellness needs. From cardio workouts, weight lifting at home, stretching and flexing, Dan helps members reach their personal fitness goals.



Questions about our health and wellness classes? Please email [MemberHealthEd@regalmed.com](mailto:MemberHealthEd@regalmed.com) or call (747) 356-3746.

Visit [HealthyWayEvents.com](http://HealthyWayEvents.com) for a full schedule of health and fitness classes!