

OUR MARCH NEWSLETTER

GOLDEN PHYSICIANS MEDICAL GROUP, INC

Spring Edition | March 2023

Top Tips for Excellent Care

Your Doctor is always here for you! Our Doctors strive to provide you with EXCELLENT Care, here are a few friendly reminders to receive the best care possible.

- ALWAYS discuss all your prescription medications with your doctor.
- ALWAYS ask for a medication refill before you leave the office.
- ALWAYS talk to your doctor about any other medical appointments you've had since your last visit.
- ALWAYS ask your doctor when you should expect to hear back about your test results.
- ALWAYS ask for assistance if you need further clarification understanding the care instructions your doctor provides.
- ALWAYS ask for assistance if you need help scheduling your next appointment.
- ALWAYS call your doctor or your health plan if you need assistance getting an appointment with a specialist or other care provider.
 - ALWAYS make sure your doctor has answered all your questions.

Survey/Reviews Encouragement

We want your feedback. In the business of caring for your health, your trust and satisfaction is of utmost importance. We welcome and encourage your feedback and strive for the highest standard in patient care. If you receive a patient satisfaction survey for a recent visit, please take a few minutes to complete and return that survey. Your feedback is invaluable. You may also visit us online at <https://gomedicalgroup.com/>.

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Golden Physicians
Medical Group, Inc.

Physical Activity is Essential to Healthy Aging- Let's Get Moving!

Did you know, as an older adult, regular physical activity is one of the most important things you can do for your overall health. Regular physical activity can prevent or delay many of the health problems that seem to come with age. Taking part in physical activity also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Keep in mind, some physical activity is better than none at all. But as with anything, you reap what you sow, and your health benefits will also increase with the more physical activity that you do.

According to the CDC, Adults aged 65 and older need:

- At least **150 minutes a week** (for example, 30 minutes a day, 5 days a week) of **moderate intensity activity** such as brisk walking. Or they need 75 minutes a week of **vigorous-intensity activity** such as hiking, jogging, or running.
- At least **2 days a week** of activities that **strengthen muscles**.
- Activities to **improve balance** such as standing on one foot about 3 days a week.

If chronic conditions affect your ability to meet these recommendations, be as physically active as your abilities and conditions allow. Stay Active- Stay Healthy!

QUEST Diagnostic for all of your Lab Services

We wanted to remind you that Golden Physicians Medical Group is contracted with Quest Diagnostic as our In-Network provider for your lab services. If you, the member, choose to go to a Non-Quest laboratory office for your lab services, you may be liable for the full or partial amount of health care payments made at said lab.

Quest Diagnostic Locations are available on the [gpmg.com](https://gpmedicalgroup.com) website for your convenience.

<https://gpmedicalgroup.com/checkboxes/labs/>

Introducing SNAP Diagnostics!

We are pleased to announce that Golden Physicians Medical Group has partnered with SNAP Diagnostics for In Home Sleep Tests. Speak to your physician about how you can request this new service and aid in the diagnosis of Sleep Apnea. Speak to your physician about how you can request this new service and aid in the diagnosis of Sleep Apnea **in the comfort and convenience of your home.**

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