



OUR NOVEMBER NEWSLETTER

GOLDEN PHYSICIANS MEDICAL GROUP, INC

Fall Edition | November 2023

Annual Enrollment Period (AEP)

Every year, as the Annual Enrollment Period (AEP) approaches, it becomes your golden ticket to securing the ideal healthcare coverage. This period, from October 15 to December 7, is not just a formality; it's a vital opportunity for you to assess your health insurance needs and make adjustments accordingly.

So Why Does AEP Matter to You?

First and foremost, AEP offers flexibility tailored to your changing life circumstances. As your health needs evolve, so should your coverage. AEP allows you to align your insurance plan with your current health requirements, ensuring you are adequately protected without overpaying.

Additionally, AEP is your chance to be financially savvy. By exploring different plans during this period, you can potentially save a significant amount on premiums, deductibles, and out-of-pocket costs. It's like finding a tailored suit at a discounted price, but for your healthcare needs!

During AEP, you have the freedom to choose from a variety of plans, each designed to cater to different aspects of your health – be it prescription medications, preventive care, or specialist visits. This means you can handpick a plan that covers what matters most to you, providing peace of mind in the face of unexpected health issues.

Your Golden Physicians Medical Group Primary Care Physician accepts a variety of Health Plans so you can find the best fit for you, while keeping your doctor! Find the list of Health Plans by visiting the website www.gpmedicalgroup.com/about/insurance-plans/.

How to Reduce Stress During the Holiday Season

The holidays are a busy time, but also filled with much joy. Here are some tips to reduce stress this season.

1. Keep up healthy habits. You can stay hydrated by bringing a water bottle with you to refill and eating a healthy snack before a family gathering or a party.
2. Take time to unwind. You might try taking deep breaths or going for a walk. Maybe you need time to yourself after being with family. Even a little break can make a big difference to reduce stress.
3. Share holiday tasks and let your family and friends help with shopping, cooking, cleaning, and event planning. If you really dislike doing dishes, help with cooking instead. Sharing tasks lets everyone be part of making the holidays special.
4. Use a calendar to stay up to date on events or plans you have for the holidays.
5. Get at least 8 hours of sleep per night.
6. Refill any prescriptions before the holiday rush and any holiday travel to maintain your daily health routines and medications.

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The Importance of Flu Shots for Seniors: Protecting Health and Well-being

As we age, our immune systems may weaken, making us more susceptible to various illnesses and infections. In particular, influenza, commonly known as the flu, can pose a significant threat to seniors. Getting a flu shot is not just a precaution; it's a vital step in safeguarding the health and well-being of older individuals.

Flu shots are specifically designed to provide protection against the strains of the influenza virus that are most likely to circulate during a given flu season. By getting a flu shot, seniors can significantly reduce their risk of contracting the virus and experiencing severe symptoms. This protection is particularly important for those with underlying health conditions such as heart disease, diabetes, or respiratory issues, which can make flu-related complications even more dangerous.

Flu-related hospitalizations are more common among seniors. By receiving an annual flu shot, seniors can reduce their chances of falling seriously ill and needing extensive medical care. Additionally, seniors play a crucial role in their families and communities. By getting a flu shot, they not only protect themselves but also reduce the risk of spreading the virus to others, and are more likely to maintain their overall health, mobility, and independence, allowing them to enjoy a higher quality of life.

Be sure to get your flu shot as soon as possible. To find a flu vaccination near you call your doctor, your preferred pharmacy, or call 2-1-1 for locations in San Diego County where you can get the flu vaccination.

Flu Shots

To protect yourself this flu season, make sure you:

- Ask your health care provider or pharmacist about getting a preferred flu shot.
- Cover your mouth and nose when you cough or sneeze.
- Wash your hands and clean surfaces you touch often.

Medicare Part B (Medical Insurance) covers the seasonal flu shot (or vaccine) once per flu season and additional flu shots if it's medically necessary.

Preferred flu shots

People 65 and older can get a preferred flu shot, which may be a greater benefit than the standard dose. Ask your doctor about getting one of these three preferred vaccines (if available):

- Fluzone High Dose Quadrivalent
- Flublok Quadrivalent
- Fluad Quadrivalent

You can get the standard flu shot if the preferred vaccine isn't available.

Coronavirus disease 2019 (COVID-19) Vaccine

Medicare covers the updated (2023–2024 formula) Moderna or Pfizer-BioNTech COVID-19 vaccine for people 5 and older.

If you're immunocompromised (like people who have had an organ transplant and are at risk for infections and other diseases), you can get a 3-dose series of updated (2023–2024 formula) Moderna or Pfizer-BioNTech COVID-19 vaccine. If you had doses of a Moderna or Pfizer-BioNTech COVID-19 vaccine in the past, you can get 1 or 2 doses of the updated formula, depending on how many doses you had in the past.

To find a flu or COVID vaccination near you, call your doctor, your preferred pharmacy, or call 2-1-1 for location in San Diego County.

