



# The healthcare network that gives you more

## Selecting the right medical group matters when it comes to your healthcare.

At Regal and Lakeside Medical Groups, we understand that quality care is more than just seeing your doctor when you're sick. It's also about having the right resources available when you need it. That's why being part of one of the largest physician-led networks in Southern California means more choices in finding the right doctor and healthcare that best fit your needs. We have been caring for the many diverse communities throughout SoCal for more than 30 years.

We have thousands of doctors and specialists to choose from and everyday resources that extend beyond the doctor's office. With a focus on coordinated, whole-person care and disease prevention, we offer well-rounded support for you and your family through every stage of your unique health journey.

**Hurry! Medicare Open Enrollment ends December 7, 2023.**

**We help you get the most out of your Medicare**

If you're new to Medicare, or currently on Medicare, you can enroll or make changes

through December 7, 2023. Medicare benefits change every year so it's important to have your benefits reviewed by a licensed insurance agent to ensure you still have the right coverage that meets your needs for 2024. Make sure to also ask about Medicare Advantage, which can help reduce out-of-pocket expenses while providing coverage for dental, hearing, and other important services and care. Regal and Lakeside are devoted to the health and well-being of our members and the communities we serve. Our purpose is to better every life we touch through the way we care.

### See why our members have chosen our network of doctors and hospitals:

- One of the largest doctor-led medical groups in Southern California
- Comprehensive network of thousands of doctors and specialists

- Access to hundreds of local urgent care centers, labs and hospitals
- Free online health education, fitness classes and more
- Appointment preparation
- In-person, online and telehealth visits
- Preventive care and patient resources
- Contracted with most major health insurance plans
- 5-star rating in Standards of Excellence™ from America's Physician Groups

### You're never alone on your journey to better health

"Regardless of where a member is at on their journey, we meet them there," says Mindy Morgen, Vice President of Marketing and Health Education at Regal, Lakeside and ADOC. "We work with members with a focus on making small, realistic changes that lead to lasting and meaningful healthy life changes." On HealthyWayEvents.com, members can browse through daily offerings of free fitness classes like Yoga, Zumba and Strength and Balance, as well as Doc Talks, community events and health education presentations.

For members who have serious health issues or chronic conditions, Regal and Lakeside offer chronic condition management programs and extra support custom-tailored to their needs. This can include resources like one-on-one health coaching, dedicated social services support, pharmacy consultation for patients and families, specialized care teams catering to short and long-term recovery and more.

"The goal is to provide a very customized and member-centered experience," says Nirav Shah, M.D., Senior Medical Director of Regal, Lakeside and ADOC. "We believe in the importance of well-rounded and complete healthcare - access to providers that speak your language and understand your culture, extra support beyond your doctor's office and a highly encouraging and comforting environment that is tailored to your goals and health needs."

To learn more about Regal and Lakeside Medical Groups, or about our doctors and your Medicare health plan options for 2024, call (866) 984-0527 to speak with a licensed agent, or visit [RegalHealth365.com](https://www.RegalHealth365.com).

