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Quarterly Newsletter | Summer 2022

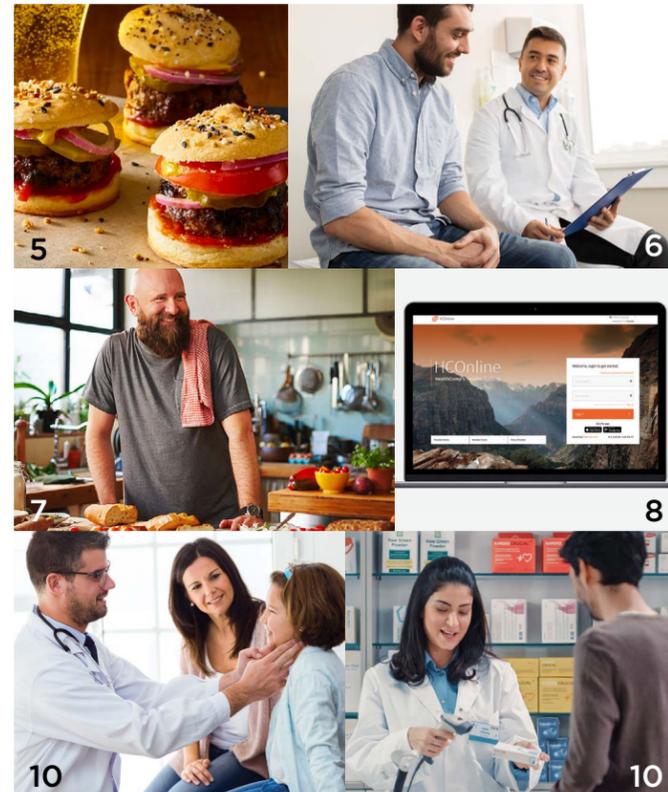
# HealthMatters



**Special Men's Health Issue**

**Fit at Any Age**

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HealthMatters is a quarterly newsletter brought to you from Community Care Health. Designed to keep members abreast of the latest information impacting their health, we hope you find this a valuable resource.

Regular readers of Health Matters know how important it is to me, and to the entire Community Care Health team, to continue to grow in order to provide each and every member with access to the care you need. From online tools and services to wellness partnerships, digital resources, mobile apps and more, delivering the information to put you in control of your health drives us day in and day out.



And this is why I am excited, once again, to announce the expansion of our provider network. Over the last few months, CCH has welcomed new Primary Care and Pediatric Care Specialists to our network, giving families of all sizes, ages, and backgrounds access to leading care in the Valley. We invite you to learn about these providers, and their practices, on the following pages to find one that best suits your healthcare needs – and be sure to use the online Provider Directory to search our entire provider network.

I also wanted to provide a shout out to all the men. Don't ever forget: your health matters too! It's easy to get caught up in the hectic routines of life and all too often we fail to take the necessary time for ourselves. So let's all make a pledge, this summer, to carve out some time to take care of our own health. Please make that appointment for your annual check-up, get up to date on your screenings, find time for some exercise and make healthier decisions when it comes to diet. Your friends and loved ones will thank you for it.

In addition to expanding access, giving you the tools and resources to be an active participant in your health is a driving force behind everything we do. If you have not yet checked it out, I invite you to visit and familiarize yourself with the CCH Member Portal. Though it has a new look, its changes are more than just skin deep. Login today and easily access Claims, Explanation of Benefits (EOB), Review Coverage, Access ID Cards and so much more.

**Aldo De La Torre**  
President, CEO  
Community Care Health

## CCH Welcomes New Providers Into Our Expanding Network

CCH continues to grow its provider network helping to give members more choice and access. We know choosing your primary care provider is a personal choice and we want you to learn more about our providers to make the best decision for you.



**Naveen Alam, M.D.**

Dr. Alam has received numerous awards for her quality patient care and receives praise from patients for actively listening. When she's not at work, Dr. Alam enjoys painting, swimming and badminton.

**Community Primary Care – Alluvial**  
650 W. Alluvial Ave., Suite 101  
Fresno, CA 93711  
Office: (559) 603-7400  
Fax: (559) 603-7440

Board Certification: Internal Medicine  
Medical School: The Aga Khan University, Karachi, Pakistan  
Internship: St. Joseph Mercy Hospital, Ypsilanti, MI  
Residency: St. Joseph Mercy Hospital, Ypsilanti, MI



**Jesse Alifano, D.O.**

Dr. Alifano believes in forming lasting relationships with his patients to help them thrive. In his free time, he enjoys the outdoors, spending time with family and hiking in Yosemite National Park.

**Community Primary Care – Halifax**  
585 N. Halifax Ave., Suite 102  
Clovis, CA 93611  
Office: (559) 603-7400  
Fax: (559) 603-7410

Board Certification: Pediatrics  
Medical School: Touro University California  
Internship: UCSF Fresno, Fresno, CA  
Residency: UCSF Fresno, Fresno, CA



**Esmeralda Arreola, M.D.**

Dr. Arreola has been providing care to patients in the Fresno area for over 17 years. She is native to the Central Valley. When she is not servicing patients, she's proud to be a full time mother and wife.

**Community Primary Care – Christopher Kuebrich, M.D. & Esmeralda Arreola, M.D.**  
724 Medical Center Drive East, Suite 106  
Clovis, CA 93611  
Office: (559) 387-2090  
Fax: (559) 357-2099

Board Certification: Family Medicine  
Medical School: UCLA School of Medicine, Los Angeles, CA  
Internship: UCSF Fresno, Fresno, CA  
Residency: UCSF Fresno, Fresno, CA



**Ishwaree Chogle, M.D.**

Dr. Chogle doesn't just want to treat medical conditions, her goal is to help her patients understand their diseases and how to manage them. When she's not seeing patients, Dr. Chogle enjoys painting, traveling and adventure sports.

**Community Primary Care – Halifax**  
585 N. Halifax Ave., Suite 102  
Clovis, CA 93611  
Office: (559) 603-7400  
Fax: (559) 603-7410

Board Certification: Family Medicine  
Medical School: Mahatma Gandhi Memorial Medical College  
Internship: University of Iowa Hospitals and Clinics  
Residency: University of Iowa Hospitals and Clinics



**Greg Copeland, D.O.**

Dr. Greg Copeland believes the key to optimal health comes through healthy living and prevention. This happens by living a balanced lifestyle including physical, emotional and spiritual health.

**Copeland Medical Healthcare Partners**  
7145 N. Chestnut Ave., Suite 101  
Fresno, CA 93720  
Office: (559) 299-1178  
Fax: (559) 326-2170

Board Certification: Family Medicine  
Medical School: Kansas City University of Medicine & Bioscience College of Osteopathic Medicine  
Internship: University of Kansas Medical Center, Kansas City, KS



**Lee Copeland, M.D.**

Dr. Lee Copeland encourages patients to achieve health and longevity by healthy diet, moderate exercise and finding contentment. Medication and procedures may be needed, but lifestyle should come first.

**Copeland Medical Healthcare Partners**  
7145 N. Chestnut Ave., Suite 101  
Fresno, CA 93720  
Office: (559) 299-1178  
Fax: (559) 326-2170

Board Certification: Internal Medicine  
Medical School: University of Missouri School of Medicine, Columbia, MO  
Internship: Community Medical Centers/ University Medical Center, Fresno, CA  
Residency: Community Medical Centers/ University Medical Center, Fresno, CA



**Ali Fayed, M.D.**

Dr. Fayed aims to provide comprehensive medical care and involve patients in the decision-making process regarding their health care. When he's not working, he enjoys traveling and desert camping.

**Community Primary Care – Ali M. Fayed, M.D.**  
2335 E. Kashian Lane, Suite 270  
Fresno, CA 93701  
Office: (559) 445-1251  
Fax: (559) 445-0638

Board Certification: Internal Medicine  
Medical School: Ain Shams University School of Medicine, Cairo Egypt  
Internship: UCSF Fresno, Fresno, CA  
Residency: UCSF Fresno, Fresno, CA



**Katherine Flores, M.D.**

Dr. Flores has won numerous awards for leadership, education, and for mentoring Latinos in medicine. She continues to donate countless hours of volunteer work and serves on many non-profit boards.

**Community Primary Care – Susanne Way**  
4005 N. Fresno Street, Suite 104  
Fresno, CA 93726  
Office: (559) 603-7450  
Fax: (559) 603-7451

Board Certification: Family Medicine  
Medical School: UC Davis, Davis, CA  
Internship: Valley Medical Center, Fresno, CA  
Residency: Valley Medical Center, Fresno, CA



**Bonnie Her, M.D.**

Dr. Her advocates for prevention and overall well-being for her patients. When she's not working, she enjoys spending time with her family and friends, long runs with her dog and quiet time to read.

**Community Primary Care – Halifax**  
585 N. Halifax Ave., Suite 102  
Clovis, CA 93611  
Office: (559) 603-7400  
Fax: (559) 603-7410

Board Certification: Family Medicine  
Medical School: Drexel University College of Medicine, Philadelphia, PA  
Internship: Mercy Merced Family Medicine Residency Program, Merced, CA  
Residency: Mercy Merced Family Medicine Residency Program, Merced, CA



**Christopher Kuebrich, M.D.**

Dr. Kuebrich believes in prevention and that two-way communication with patients is his most valuable diagnostic tool. In his free time, he stays active with exercise and participating in his kids' activities.

**Community Primary Care – Christopher Kuebrich, M.D. & Esmeralda Arreola, M.D.**  
724 Medical Center Drive East, Suite 106  
Clovis, CA 93611  
Office: (559) 387-2090  
Fax: (559) 357-2099

Board Certification: Family Medicine  
Medical School: Saint Louis University Medical School, Saint Louis, MO  
Internship: Louisiana State University, New Orleans, LA  
Residency: Louisiana State University, New Orleans, LA



**Badrinath Kulkarni, M.D.**

Dr. Kulkarni believes in treating every child individually as if they were his own. When he's not at work he enjoys playing cricket and tennis and spending time with his family.

**Community Pediatric Care**  
782 Medical Center Drive East, Suite 309  
Clovis, CA 93611  
Office: (559) 603-7400  
Fax: (559) 387-2155

Board Certification: Pediatrics  
Medical School: Gulbarga University, Government Medical College Bellary, India  
Internship: Henry Ford Hospital Detroit, Michigan  
Residency: Henry Ford Hospital Detroit, Michigan



**Adriana Padilla, M.D.**

As an Assistant Clinical Professor, Dr. Padilla educates future physicians while maintaining a private practice. She mentors medical students and has earned several awards for teaching and leadership.

**Community Primary Care – Susanne Way**  
4005 N. Fresno St., Suite 104  
Fresno, CA 93726  
Office: (559) 603-7450  
Fax: (559) 603-7451

Board Certification: Family Medicine  
Medical School: UC Irvine, Irvine, CA  
Internship: University Medical Center, Fresno, CA  
Residency: University Medical Center, Fresno, CA



**William van Beever, D.O.**

As a pediatrician, Dr. van Beever believes that his patients do best when parents and physicians work together. When he's not working, he enjoys time with his wife and family who are very active in sports, dance and church.

**Community Primary Care – Halifax**  
585 N. Halifax Ave., Suite 102  
Clovis, CA 93611  
Office: (559) 603-7400  
Fax: (559) 603-7410

Board Certification: Pediatrics  
Medical School: Kirksville College of Osteopathic Medicine, Kirksville, MO  
Internship: UCSF Fresno, Fresno, CA  
Residency: UCSF Fresno, Fresno, CA

# CCH is Recognizing Men's Health



In celebration of Men's Health, our partner in wellness, WW (formerly Weight Watchers), is sharing some delicious recipes to help you find balance and enjoy healthier eating. Whether you want a main, side, snack, or sauce, these recipes bring the heat.

Visit [www.weightwatchers.com/us/blog/food/finger-food-recipes-sports-games](http://www.weightwatchers.com/us/blog/food/finger-food-recipes-sports-games) for recipes.



Get 10,500 amazing recipes in the WW app when you become a member. Join today through Community Care Health for as low as \$8.48 per month—that's 50% off the retail price!

Visit [CommunityCareHealth.WW.com](http://CommunityCareHealth.WW.com) to sign up.

Weight Watchers (29 July 2021), accessed 28 July 2022. The Sports Fan's Guide to Healthy Snacking, <https://www.weightwatchers.com/us/blog/weight-loss/healthy-sideline-snacks> Images: Adults on couch cheering, Hamburger—<https://www.weightwatchers.com/us/blog/food/finger-food-recipes-sports-games>



**COMING SOON!**

## Enrollee Satisfaction Survey

Be on the lookout for our postcard!

CCH is committed to improving your health care experience when receiving care with your provider. We do this through conducting annual member satisfaction surveys. In the next couple of months you will receive a member survey and will be asked to rate your experience with your provider. The member survey will take less than five minutes to complete and we encourage you to respond so we can improve your overall experience. **Thank you for your participation.**



## Men's Health:

# Are You Getting the Right Screenings?

Getting the right screening test at the right time is one of the most important things a man can do for his health. Screenings find diseases early when they are easier to treat. Here are the screenings men should include in their annual physicals.

**Type 2 Diabetes:** One-third of Americans with diabetes don't know they have it. Uncontrolled diabetes can lead to heart disease, stroke, kidney disease and blindness. You are at a higher risk for Type 2 diabetes if you are overweight, have a family history of diabetes or have high blood pressure or high cholesterol. Screenings for diabetes include a fasting blood sugar test and an A1C test to measure long-term blood sugar level. Healthy adults should be tested annually starting at age 45. If you are at higher risk, talk to your doctor about getting screened at an earlier age. Diabetes can be controlled with diet, exercise, weight loss and medications.

**High Blood Pressure:** The risk for high blood pressure increases with age. It's also related to weight and lifestyle. High blood pressure can lead to severe complications without any prior symptoms. When it is treated, you can reduce your risk for heart disease, stroke and kidney failure. Normal blood pressure is less than 120/80 mm Hg. High blood pressure is 130/80 mm Hg or higher. If you have high blood pressure, work with your doctor to develop a treatment plan including diet and exercise to manage it.

**Screening tests can find the disease early, sometimes before symptoms develop, when treatments are most effective.**

**High Cholesterol:** High cholesterol increases your risk of heart disease, stroke and diabetes. A fasting blood test is typically used to look at your cholesterol levels. Starting at age 20, men should be screened if they are at increased risk for heart disease. Starting at age 35, men need regular cholesterol testing.

**Prostate Cancer:** This is the second most common cancer found in men. It tends to be slow growing, but there are also aggressive, fast growing types. Screening tests can find the disease early, sometimes before symptoms develop, when treatments are most effective. Average-risk men should talk to their doctor about this screening at age 50. Men at high risk should start screening at age 40, including African Americans and if there is a family history for prostate cancer.



**Testicular Cancer:** Most cases of this cancer occur between ages 20 and 54. Men should have a testicular exam during their routine physical. Some doctors advise regular self-exams, too.

**Colorectal Cancer:** This is the second most common cause of death from cancer. Men have a slightly higher risk of developing it than women. A colonoscopy or colorectal screening are the common tests for detecting polyps and colorectal cancer. Screening should begin at age 50 in average-risk men. Consult with your doctor for the best screening plan.

**Skin Cancer:** The most dangerous form of skin cancer is melanoma. Older men are twice as likely to develop melanoma as women of the same age. Men are also 2-3 times more likely to get non-melanoma basal cell and squamous cell skin cancers. Regular skin self-exams should check for any changes in marks including shape, color and size. Treatments are more effective and less disfiguring when skin cancer is found early.

**Glaucoma:** This is an eye disease that may lead to blindness. Screening tests look for abnormally high pressure within the eye. Adults should be tested every 2-4 years if under age 40; every 1-3 years for ages 40-54; every 1-2 years for ages 55-64; every 6-12 months for ages 65 and older. Talk with your doctor about a more frequent screening if you are in a high-risk group (including African-American), have a family history of glaucoma, previous eye injury or use steroid medications.

## Weight Loss &amp; Diet:

# 6 Weight-Loss Myths for Men

We debunk the old roommates' tales, urban legends, and just plain bad information that can keep you from hitting your goal.

Know how you sometimes snatch dropped food off the floor and joke that it's still good because of the "five-second rule?" Hate to break it to you, but that's just one of the many old roommates' tales out there, according to American Dietetic Association spokesperson Melinda Johnson, MS, RDN. It really takes less than a second to contaminate food with whatever it touches on the ground — yes, even if you blow off the dirt.

In the interest of your health and shirt size, we asked nutrition experts around the country to help debunk some other myths and morsels of misinformation that are often ingested to the detriment of weight-loss efforts.

**Myth: Skipping breakfast helps you lose weight.**

**Reality check:** Missing your meal in the morning — or at the crack of noon, if that's when you arise — may be counterproductive to shedding pounds. That's true even if you believe eating early makes you hungrier. Fact is, breakfast eaters "tend to eat fewer calories the rest of the day," says Dallas-based ADA spokesperson Lona Sandon, PhD, RDN.

Digging into something hearty and healthy in the a.m. has a bonus: "Eating breakfast helps to fight off hunger so you don't overeat later," says Joann Sparks, a Utah-based corporate wellness coordinator.

So, skip the sugary pastries, but don't skip breakfast.

**Myth: Eating late at night makes you fatter.**

**Reality check:** "What you eat, not when, makes the difference," says registered dietitian Jim White, a certified American College of Sports Medicine health fitness instructor in Virginia. "Calories have the same

effect on the body no matter when they are consumed."

The exception? Yep, in the morning. "Evidence does suggest eating regular meals, especially breakfast, helps promote weight loss by reducing fat intake and minimizing impulsive snacking," says White, who's also an ADA spokesperson.

The danger of nighttime noshing is that people often engage in "the mindless type of eating" in front of the TV, says Johnson. "That is a problem."

**Myth: Drinking water flushes the pounds away.**

**Reality check:** Not to discredit the role water can play in improving health, but it just isn't the liquid magic bullet some claim it to be for weight loss.

**"There is no science at all that backs up that drinking more water makes you lose weight," Sandon says.**

Drinking a glass of water before eating a meal can be a useful mind trick, Sandon admits. Pay attention to drinking more, and you'll likely watch what you eat, too. Eating foods that are loaded with water, such as fruits, vegetables, and broths, is most beneficial. They help you feel fuller longer and are calorie-friendly. Substituting water for sugar-packed sodas and alcoholic drinks will definitely help.

**Myth: Eating (fill-in-the-blank food) will vaporize fat.**

**Reality check:** Sorry, grapefruit fanatics. Your favorite food isn't quite what it's cracked up to be by some misguided souls (or fad diet salesmen). Ditto for lovers of celery or cabbage soup. Good foods? You betcha. Weight-loss wonders? Not so fast.



Unless, of course, that's all you eat — something dietitians vehemently don't recommend.

"There's still the myth out there that if you eat a particular food, it will help you lose weight," Sandon says. "Celery has no magic power. There's nothing magical about grapefruit that burns fat from the body."

But replacing chips or chocolate with those nutrient-packed-but-miracle-lacking foods will definitely reduce calorie intake.

**Myth: Frozen or canned fruits and veggies aren't as healthy. Neither is iceberg lettuce.**

**Reality check:** Au contraire. ADA-backed research shows that frozen and canned Vs can pack as much nutrition as fresh produce. Canned tomatoes "are sometimes better nutrition choices" because the body absorbs lycopene more easily after the plump red fruit has been processed, White says.

White also tells people to "give iceberg lettuce a break." Darker-colored greens are more nutrient-dense, sure. But iceberg isn't exactly a nutrition weakling: It's low-cal, fat-free, and has potassium, folate, beta carotene, calcium, and vitamins C and K.

**Myth: Carbohydrates will plump you up.**

**Reality check:** The blame for expanding love handles, Johnson insists, belongs to calories, not carbs. "One of the biggest myths people have is that you gain weight because of too many carbs," she says.

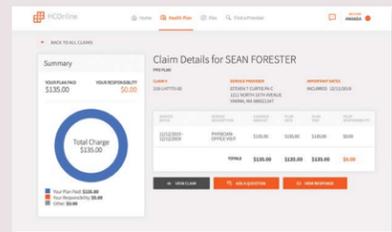
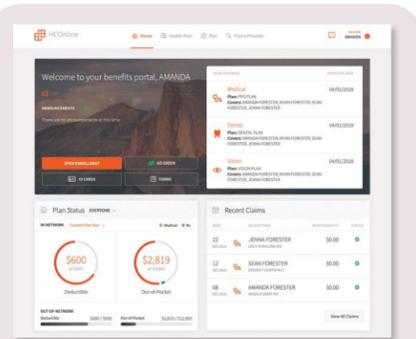
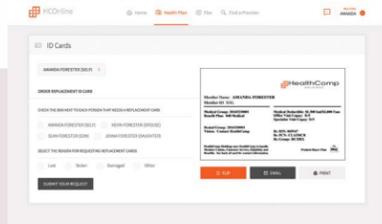
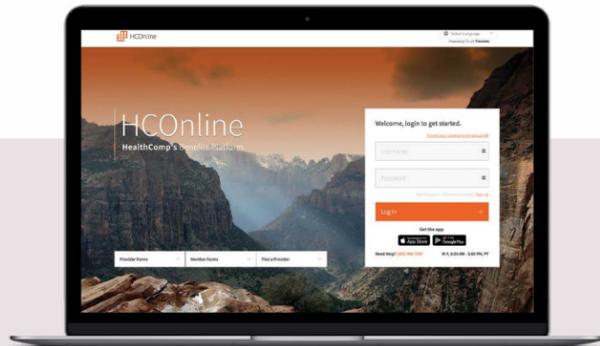
Our bodies need oft-maligned carbs — remember, they include whole grains, fruits and vegetables — to function properly. "Carbohydrates are our body's main source of energy and they provide fuel for the brain," Sparks says. "If you want to be smart, feed your brain what it needs."



# CCH Member Portal Has a Fresh New Look!

CCH is excited to provide you with access to this new platform, a digital experience that streamlines how you manage your health benefits.

CCH's Member Portal is available 24/7 and allows you to access your benefits from your computer, smartphone, or tablet.

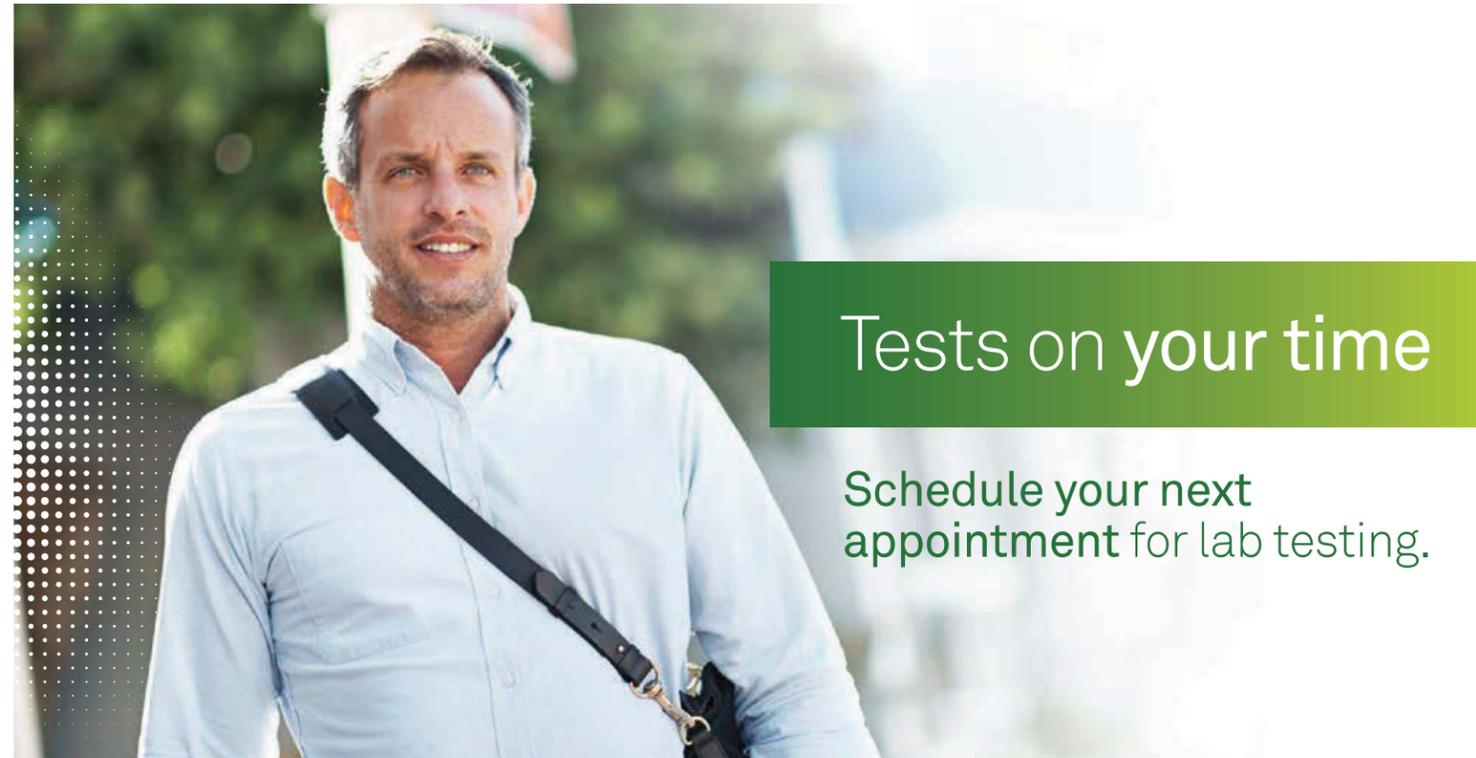


**With CCH's new member portal you can:**

- View simple visuals illustrating your deductible and out-of-pocket statuses
- Access a full history of claims
- View Explanation of Benefits (EOB) with easy-to-understand summary charts and tables
- Access a digital ID card and request replacement cards
- View coverage information
- Submit forms online and track the status of submitted forms
- Receive email notifications when a new EOB has been posted to your account
- Manage your flexible spending account (if applicable)

**If you require further assistance, please contact our Customer Service team at 1 (855) 343-2247.**

Preferred in-network lab for Community Care Health members



Let Quest Diagnostics give you some of your time back.

Make an appointment for your next lab test. Choose a location. Pick a time. Then get in and out faster, so you can get back to your busy life.

[QuestDiagnostics.com/Appointment](https://questdiagnostics.com/Appointment)

**Do more with our free app**

MyQuest™, our free health app, puts convenience at your fingertips. Get your lab results, make appointments, access billing and more. Visit [QuestDiagnostics.com/MyQuest](https://questdiagnostics.com/MyQuest) to sign up.



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# Your Member Rights

## You have the right to receive communications from CCH in a confidential manner

California law requires that we communicate with you in a confidential manner if you request it. This means that we will direct any communications about your health care to the address, phone number, or email you provide to us, and not the address, phone number, or email we have on file for your household.

This includes statements regarding services you received, letters approving a service that requires prior authorization, or phone calls from our case

management nurses — and more. You do not need to tell us why you are requesting confidential communications, and we will never ask.

If you would like to receive communications from us at a different address, phone number, or email than the one we have on file for your household, or if you have any questions, please call Customer Service during normal business hours at 1 (855) 343-2247.

## Information regarding the status of your deductible or out-of-pocket maximum

Your benefit plan may be subject to a deductible. A deductible is the amount you must pay out-of-pocket for covered services before your plan begins to pay. Your benefit plan may also have one or more out-of-pocket maximums. An out-of-pocket maximum is the limit on the total amount you are required to pay for some or all covered services during the year.

Each month that you receive services, we will send you an explanation of benefits statement that will tell you how close you are to meeting your deductible or out-of-pocket maximum. You can also get this information online 24/7 through the member portal or by calling Customer Service at 1 (855) 343-2247 during normal business hours.

You have the right to receive information about your deductible and out-of-pocket maximum status by mail or electronically. Your explanation of benefits statement will be mailed to you unless you opted out of mailed notices and chose to receive them electronically. If you change your mind later about how you want to receive these statements, just call Customer Service at 1 (855) 343-2247 to make that happen.



## PARTNER FOCUS

### MedImpact (Pharmacy)

MedImpact is Community Care Health's (CCH) pharmacy benefit manager that works with CCH members that provides essential information to members about their medicine, including how to take it correctly, potential side effects, lower-cost options, and more.

To access the CCH formulary please visit [www.communitymedical.org](http://www.communitymedical.org). Information on the formulary can be found on both the "For Members" and "For Providers" pages under Pharmacy Coverage.



#### Important Pharmacy Resources

**Mail-Order Program:** CCH members are able to obtain a 90-day supply of ongoing medications through the mail-order program with MedImpact Direct. To submit a prescription, simply complete the MedImpact Direct Medication Order Form and submit electronically via ePrescribing or fax to (888) 783-1773.

**Formulary Guide:** Updated monthly, the Formulary Guide provides a list of covered generic and brand name drugs selected by physicians and pharmacists subject matter experts.

**Preferred Drug List:** MedImpact has created a list of commonly prescribed medications within select classes to promote clinically appropriate utilization of medications in a cost-effective manner.

**Formulary Exception Request Process:** MedImpact has established a process for providers to obtain non-preferred drugs (Formulary Exception) for members. Visit [www.communitycarehealth.org/for-providers/](http://www.communitycarehealth.org/for-providers/) to learn more.

# What's Happening

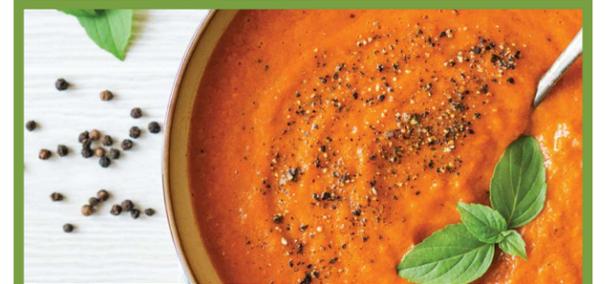
... around town and at Community Medical Centers



<https://oldtownclovis.org/farmers-market>

## Saturday Morning Farmers Market

Join us at our Year-Round Saturday Morning Farmers Market from 9:00 AM - 11:30 AM, located on Pollasky between 5th St. and Bullard Ave.



## Bariatric-Friendly Recipes

From mental health to diet and exercise, our program provides resources to keep you on track as you continue down your bariatric journey after you leave the hospital. Our team of registered dietitians have sourced and developed various bariatric-friendly recipes that you can download, print and prepare for your next meal.

Please note that every patient's health is different — the recipes provided on this page may not be suitable or appropriate for your specific dietary needs. Please consult with your doctor or medical team to ensure you follow nutritional guidelines appropriate to your specific health journey.

Visit link to view all recipes: [www.communitymedical.org/services/bariatric/fresno-bariatric/patient-resources/bariatric-friendly-recipes](http://www.communitymedical.org/services/bariatric/fresno-bariatric/patient-resources/bariatric-friendly-recipes)

## FRESNO BARIATRIC ONLINE SUPPORT GROUPS JANUARY - DECEMBER 2022

### EXERCISE & NUTRITION

6 p.m. to 7 p.m.

**1ST WEDNESDAY OF EACH MONTH**

A fitness consultant and a registered dietitian will review exercise techniques and answer questions about nutrition.

### WELL-BEING

6 p.m. to 7 p.m.

**3RD WEDNESDAY OF EACH MONTH**

This discussion group helps you navigate challenges before and after surgery.

### CHAIR YOGA

6 p.m. to 7 p.m.

**4TH WEDNESDAY OF EACH MONTH**

Open to patients and families to help strengthen physical and mental well-being.

For more information, please call (559) 433-6010 or visit <https://www.communitymedical.org/services/bariatric/fresno-bariatric/patient-resources/contact-us>



Community Care Health  
P.O. Box 45026  
Fresno, CA 93718  
1 (855) 343-2247  
[communitycarehealth.org](http://communitycarehealth.org)

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Committed to Providing  
Quality Healthcare Services  
for the Central Valley

# Sun Safety



Spending time outside is a great way to be physically active, reduce stress, and get vitamin D. You can work and play outside without raising your skin cancer risk by protecting your skin from the sun.

Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells.

Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. In the continental United States, UV rays tend to be strongest from 10 a.m. to 4 p.m. daylight saving time (9 a.m. to 3 p.m. standard time).

Learn more at <https://www.cdc.gov/cancer/skin/index.htm>

Centers for Disease Control and Prevention, [www.cdc.gov](http://www.cdc.gov) (22 April, 2022), accessed 28 July, 2022. Sun Safety [https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)

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