

FOR MEMBERS OF INTER VALLEY HEALTH PLAN

InterView

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FOR LOVE OF
THE GAME





MARY HILL

For

LOVE

Dwight D. Eisenhower once said, “I’m saving the rocker for the day when I’m as old as I really am.” Needless to say, it’s a safe bet there isn’t room for a rocking chair anywhere in Mary Hill’s immediate future. **At age 88, Hill is still serving up a mean game of tennis with absolutely no intention of calling it quits any time soon.** In fact, she continues to compete in senior tournaments around the country—and currently ranks 9th nationally in the “women’s 85 and over singles division” of the United States Tennis Association (USTA).

Hill’s lifelong affinity for the sport began at age 10, when her dad set up the garage so she could hit balls against the door. “I guess I’ve been playing tennis ever since,” she says.

Born in Long Beach and raised in Signal Hill, where she recalls having a dozen beehives in their backyard, a love of sports seemed to come naturally to Hill. She played both softball and tennis throughout high school. And, when Hill went on to attend the University of Redlands, she joined the tennis team there as well.

Married, With Children

Mary met her late husband, George Hill, also a California native, at a Baptist Youth Convention in San Diego. “He was the University of Southern California (USC) all western states debate champion at

OF THE GAME



Mrs. Hill Goes to Washington

In June of this year, Hill was invited to attend the groundbreaking ceremony for the permanent headquarters building and Public Information Center of the United States Institute of Peace in Washington, D.C. "George was a strong advocate for peace and chaired the National Peace Academy Campaign, which resulted in the founding of the United States Institute of Peace," says Hill. "The new Institute of

continued on next page

the time," she says, noting he had also already been accepted to Yale and was planning on becoming an attorney. But not long afterward, a board member at a Baptist Youth Camp convinced him his speaking talents would be best put to work as a minister.

So instead of marrying a lawyer, Hill became a minister's wife—a position that suited her just fine. And over the following years, the Reverend Dr. Hill held a number of pastorates including the Atwater Park Baptist in Los Angeles and First Baptist in Pasadena, as well as Lake Avenue Baptist in Rochester, New York, and Calvary Baptist in Washington, D.C.

The Hills retired to Claremont's, Pilgrim Place in the late 1980s. Almost immediately, however, Reverend Hill was called to serve

as interim senior pastor at the renowned Riverside Church in New York City to lead the church during their search for a new minister. Not surprisingly, Mary opted for an apartment just a block from the tennis courts in Central Park. They returned to California—and Pilgrim Place—in 1991. Reverend Hill passed away in 2003.

"Wherever life has taken me, I've always kept my game up," relates Hill, noting that marriage and three children never kept her off the courts. In fact, all of the Hill's offspring learned to play tennis, and continue to be involved in various sports. She adds, "One of our daughters is a swimmer, the other has won several tennis cups at Lake Arrowhead and our son is a PGA golf pro."



"Tennis keeps me physically healthy and mentally alert. And it's apparently good for your bones, too. I recently had a bone density scan and was told I have the bones of a 50-year-old."



Peace building is on the National Mall, near the Lincoln and Vietnam Veterans memorials. It's quite spectacular, especially the dove wings on the roof that will be illuminated at night. George would have been proud."

Only As Old As You Think You Are

No doubt he would also have been proud of Hill's continued success as a USTA player. Last year, she competed internationally in Portsach, Austria and Barcelona, Spain, where she was paired up with partners from Sweden and Germany. On the national scene, Hill was a doubles finalist among 85-year-olds at the National Senior Women's Championship in Houston, with a third-place finish. Plus Hill finished fourth in Kansas City, where she competed in both singles and doubles tournaments.

When she's not on the road, you'll find her on the court at the Claremont Club several mornings a week. Hill also plays with fellow Inter Valley Health Plan members every Tuesday and Thursday morning, from 6:30 to 8 am, at Pomona College, Claremont.

"It's said that you're only as old as you think you are, and I definitely don't feel old," says Hill.



She attributes her energy and positive outlook to a lifetime of running back and forth across tennis courts (and "a lot of milk"). "Tennis keeps me physically healthy and mentally alert. And it's apparently good for your bones, too. I recently had a bone density scan and was told I have the bones of a 50-year-old."

What's Hill's advice to older adults? **"If there's something you enjoy doing, you don't have to stop just because you're getting older. If there's something you used to enjoy, look for an opportunity to rekindle that sense of enjoyment.** And anyone who's interested in tennis is welcome to join us at Pomona College, whether you just want to watch—or play along!"

QUICK FACTS ABOUT OSTEOPOROSIS & EXERCISE

While osteoporosis is responsible for more than 1.5 million fractures annually, the good news is that exercise can increase bone density at any age. In fact, research shows that even simply taking a walk can increase bone density in the hip and spine. That's because the impact of walking causes muscles to pull on the bones, which actually stimulates bone growth.

Osteoporosis and low bone mass affects 44 million men and women ages 50 and older in the

United States, or 55 percent of the people 50 years of age and older, according to the National Osteoporosis Foundation.

Studies show that women well past the age of menopause may still be able to increase their bone density through weight- or load-bearing exercise.

An American Society for Bone and Mineral Research (ASMBR) study measured the bone density of athletes and showed that bone density in athletes' legs, hips, spines and arms is an average of 13 percent higher than non-athletes.

Thirty minutes daily of weight- or load-bearing exercises—such as racquet sports, hiking, climbing stairs and dancing—can help build denser, stronger bones (and also improve heart health, muscle strength, coordination and balance). And you don't have to do the 30 minutes all at once...10 minutes at a time is just as good.

Remember to always check with your primary care physician before beginning any type of exercise program.



INTER VALLEY'S HEALTH CARE TEAM IS HERE TO HELP

In addition to the Service To Seniors Plan, Inter Valley also offers two Special Needs Plans (SNP) especially tailored for people with certain conditions. Members of Service To Seniors can request to transfer to either of these two SNP programs—and non-members may join, too—at any time.

Reynaldo Whitt, RN, is Inter Valley Health Plan's Special Needs Program Manager and has been providing patient care for more than 20 years. In addition to nursing in the acute hospital setting, Whitt served as director of a home health agency and also possesses extensive experience in managed health care. Dedicated to patient advocacy, one of Whitt's main responsibilities is to coordinate and oversee Inter Valley's Special Needs Plans (SNPs), while helping to ensure that qualifying members have access to the enhanced benefits available.

What Does a Special Needs Plan Do?

Special Needs Plans can:

- Save you money on medications and supplies.
- Make it easier for you to access the care you need.
- Provide you with enhanced benefits, you wouldn't otherwise have access to.

The FOCUS SNP is for people with a confirmed diagnosis of diabetes

and who reside in selected zip codes* in San Bernardino and Los Angeles counties. The Focus SNP benefits include the following:

- Insulin and oral blood glucose regulator medications at lower copays (including brand-name drugs).



"It's very rewarding for me to introduce our members to these Special Needs Plan," says Whitt. "I'm here to make sure our members understand it costs them nothing to enroll in these programs and that they still have Inter Valley Health Plan coverage—plus much more."

- Diabetes supplies with no copay.
- A home visit which includes a one-time initial assessment with a comprehensive medical history and physical exam.
- Non-emergency transportation to approved locations with no copay.

The VALUE SNP is for people who qualify for both Medicare and Medi-Cal and who reside in selected zip codes* in Los Angeles, Riverside and San Bernardino counties. Value SNP benefits include the following:

- A home visit which includes a one-time initial assessment with a comprehensive medical history and physical exam.
- \$0 copay for many of your medical services.
- Non-emergency transportation to approved locations with no copay.

- Oral nutritional supplements (with qualifying diagnosis)
- Respite Care

How Can Rey Help You?

Rey Whitt is available by phone at 800-251-8191 x 485 to:

- Explain the benefits of Inter Valley Health Plan's Special Needs Plans.
- Help you understand the additional benefits available to you.
- Work with Inter Valley's nurses to provide care management services that will ensure you're getting the care you need, when you need it.
- Supply you with information and tools to better manage your condition.
- Provide advocacy and outreach to people who are best served by Inter Valley's SNP programs.

* To find if you reside in a qualifying zip code please contact Rey Whitt at the number listed above.

CHOOSING A HEALTH PLAN: SEVEN POINTS TO CONSIDER

Would you buy car insurance without comparing benefits and coverage before making your decision? Of course not.

And neither should you select a supplemental health care plan without putting a lot of thought into it. In fact, if you're Medicare eligible, it's one of the most important decisions you can make.

During the open enrollment period, you may hear from many companies touting the benefits they offer. But how do you choose which plan is just right for you? Here are seven important areas to consider, along with some questions to ask.

1 PRESCRIPTION COVERAGE

Does the plan cover the medicines I need?
Will I have to get prior authorization? How much will I have to pay if I fall into the coverage gap?
Does my plan cover any drugs in the gap?

2 CHOICES IN BENEFITS

What are the key benefits, and do they suit my particular needs?

3 OUT-OF-POCKET EXPENSES

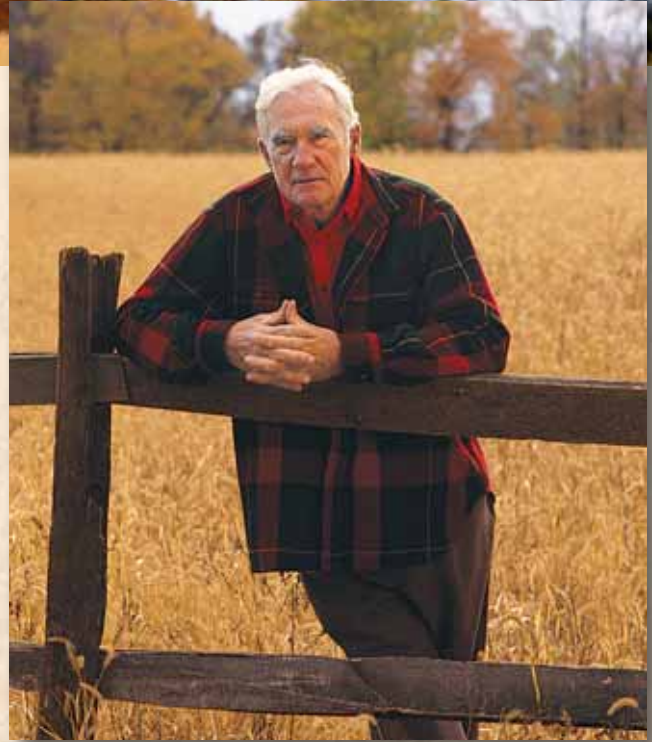
How much are the copays?
When do they apply?

4 DOCTORS AND HOSPITALS

Is my primary care physician on this plan?
What other doctors and hospitals are in the network?

5 CUSTOMER SERVICE

Will I talk to a real person when I call, or get stuck in a loop on an automated phone system?



6 HEALTH AND WELLNESS

Do they offer educational programs and community events to help me stay well and healthy?

7 COMPANY REPUTATION

How long has this company been doing business? Are they local and involved in my community?

At Inter Valley Health Plan, our goal is to combine the most comprehensive and affordable health care plan with the best customer service. We're confident that anyone who takes the time to compare will choose Inter Valley.

But the most important thing is that you choose carefully. Your future well-being may depend on the choice you make.

FALL VACCINATIONS CAN HELP KEEP YOU HEALTHY

Influenza vaccination is the primary method for preventing the flu and its severe complications. The primary target groups recommended for a yearly vaccination are:

- Children ages 6-23 months, pregnant women.
- People who are 50-64 years of age. This group has an elevated prevalence of certain chronic medical conditions.
- Groups who are at an increased risk for flu-related complications. For example, people over 65 years of age and people with certain chronic medical conditions.
- People who live with or care for people at high risk (examples: Health care workers and household members who have frequent contact with people at high risk and can transmit the flu to people at high risk).

The best time to receive an influenza vaccination is during October and November. Vaccination efforts for all groups will continue into December and later, for as long as vaccine serum is available.

Pneumococcal vaccine

Pneumococcal disease is a serious infection which can cause pneumonia and other significant illnesses. Anyone can get Pneumococcal disease, however some people are at greater risk from the disease.

Target groups for a Pneumococcal vaccine are:

- All adults who are 65 years of age or older.
- Anyone over the age of 2 who has a long term health problem or a condition that reduces the body's resistance to infection.

Usually one dose is all that is needed. A second dose is recommended for those people age 65 and older who got their first dose when they were under age 65, if 5 or more years have passed since that dose. Physicians may also recommend additional doses for certain high-risk patients. **The immunizations are covered by the Plan, as long as they are administered through a contracted provider (your PCP). Please contact your PCP to schedule your immunization. In most cases, you will only have to pay your regular PCP copayment when visiting the physician.**



FALL FLU CLINICS

INTER VALLEY HEALTH PLAN WELLNESS ON WHEELS

STAYING WELL & STAYING ACTIVE

Claremont Presbyterian Church ■ 1111 N. Mountain Ave, Claremont

Wednesday, October 29, 9 am – 12 pm

909-623-6333, ext 626 Free flu shots for Inter Valley

Health Plan Members. Flu shots are \$5 for non-members while supplies last.

SENIOR CENTERS AND OTHER LOCATIONS

The dates listed were accurate at the time of printing. These clinics are not Inter Valley Health Plan sponsored events. There may be a fee for the flu shot which Inter Valley Health Plan will not be reimbursing. Please call the senior center sites to confirm dates and details.

APPLE VALLEY SENIOR CENTER

13188 Central Rd, Apple Valley
Call for date and time
760-247-3155

BEAUMONT SENIOR CENTER

550 E. 6th St, Beaumont
September 19, 9 am – 12 pm
951-769-8539

CHINO COMMUNITY BLDG

5443 B St, Chino
October 23, 9 am – 11:30 am
909-591-9836

CORONA SENIOR CENTER

921 S. Belle St, Corona
November 7, 10 am – 1 pm
951-736-2363

COUNTRY VILLAGE APARTMENTS

10250 Country Club Dr, Mira Loma
November 6, 9 am – 2 pm
951-685-7466

DIAMOND BAR COMM. CENTER

1600 Grand Ave, Diamond Bar
October 22, 9 am – 11 am
909-839-7070

GIBSON SENIOR CENTER

250 N. 3rd St, Upland
October 13, 9 am – 12 pm
909-981-4501

HIGHLAND SENIOR CENTER

3102 E. Highland Ave, Highland
October 17, 9 am – 12 pm
909-862-8104

HUTTON SENIOR CENTER

660 Colton Ave, Colton
November 14, 9 am – 1 pm
909-370-6168

JAMES SIMPSON MEMORIAL CENTER

305 E. Devonshire Ave, Hemet
October 30, 9 am – 12 pm
November 10, 9 am – 12 pm
951-765-2391

JANET GOESKE CENTER

5257 Sierra St, Riverside
October 22, 8 am – 3 pm
951-351-8801

JOSLYN SENIOR CENTER

815 N. Barranca, Covina
October 29, 9 am – 11 am
626-966-6378

KAY CENICEROS SENIOR CENTER

29995 Evans Rd, Sun City
November 20, 9 am – 11 am
951-672-9673

LA FETRA CENTER

333 E. Foothill Blvd, Glendora
October 27, 9 am – 11:15 am
626-914-0560

LA VERNE SENIOR CENTER

3680 D St, La Verne
November 6, 8:30 am – 11 am
909-596-8776

MARY PHILLIPS SENIOR CENTER

41845 6th St, Temecula
October 11, 9 am – 12 pm
951-694-6464

MONROVIA SENIOR CENTER

119 Palm Ave, Monrovia
November 6, 9 am – 11 am
626-256-8246

MONTCLAIR SENIOR CENTER

5111 Benito, Montclair
October 21, 9 am – 12 pm
909-625-9462

MORENO VALLEY SENIOR CENTER

25075 Fir Ave, Moreno Valley
November 3, 9 am – 11 am
951-413-3430

PALOMARES SENIOR CENTER

499 E. Arrow Hwy, Pomona
Call for date and time
909-620-2309

IMPORTANT TOPICS FOR WOMEN



The fall months focus attention on two topics especially important to women (and the men who love them):

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

Breast cancer is the most common cancer diagnosed in American women and the risk is especially high for women age 60+. The good news is that when breast cancer is detected early—through clinical/self-exams and mammography—both treatment options and survival rates are significantly improved. More information can be found at www.nbcam.com or www.cancer.gov.

WOMEN'S HEALTH & CANCER RIGHTS ACT

Did you know that your Plan, as required by the Women's Health and Cancer rights Act of 1998, provides benefits for mastectomy-related services including reconstruction and surgery to achieve symmetry between the breasts, prosthesis, and complications resulting from a mastectomy (including lymphedema)? Contact the Plan's Member Services Department for more information.

NATIONAL MEMORY SCREENING DAY AND DEMENTIA CONFERENCE

TUESDAY, NOVEMBER 18 ■ 8:30 – 11:30 AM

The Ontario Senior Center, 225 E. "B" Street, Ontario

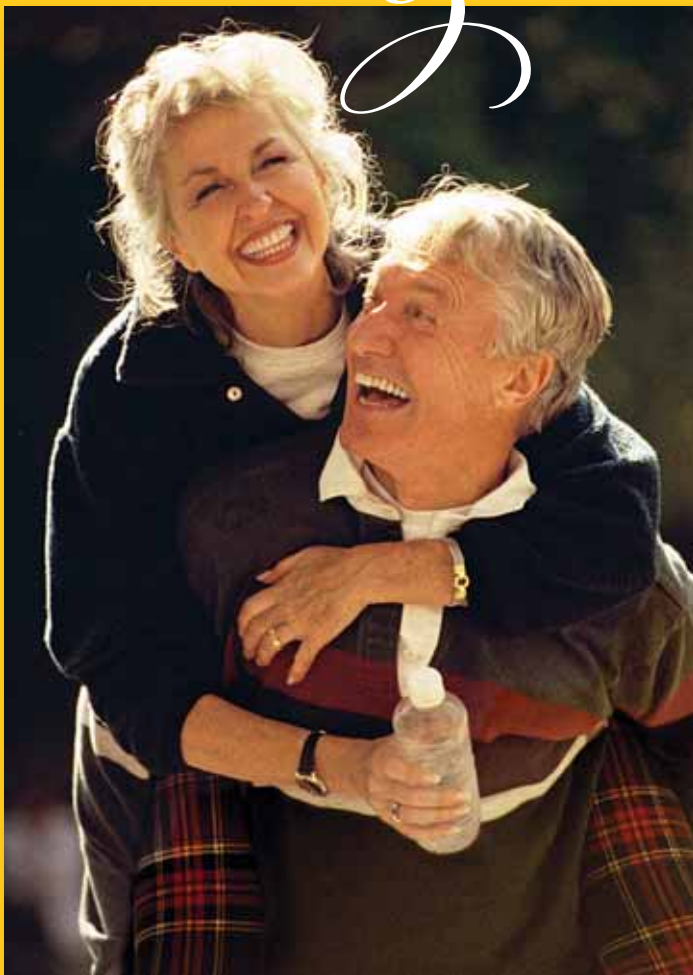
Each November in recognition of National Alzheimer's Disease Awareness Month, the Alzheimer's Foundation of America proudly joins hands with local organizations from coast to coast to provide free, confidential memory screenings to people who are concerned about memory problems.

Inter Valley Health Plan in conjunction with the Ontario Senior Center is sponsoring a National Memory Screening Day and Dementia Conference. This free event will also provide the following workshops: **KNOWING WHEN TO PLACE YOUR LOVED ONE, CARING FOR THE CAREGIVER** and **HOW TO CHOOSE IN-HOME CARE**. Many local organizations and companies who provide dementia related services and programs will be present. For more information please call 909-633-6333 x626.

Please note: The screening is not a diagnosis, but it is an important first step toward detection and treatment.



STAYING WELL & STAYING ACTIVE



A WELLNESS ON WHEELS EVENT

WEDNESDAY, OCTOBER 29 ■ 9 AM – 12 PM

Claremont Presbyterian Church

1111 Mountain Avenue in Claremont

Because your health and all around well being are important to us, Inter Valley Health Plan is bringing you FREE flu shot immunizations and a variety of free active lifestyle presentations as well as free health screenings

The free screenings will include: Bone Density, Blood Pressure, Glucose and Body Mass Index. Presentations on Travel Opportunities, Volunteer Opportunities and Exercise Programs will be ongoing throughout the event.

Inter Valley Health Plan strongly encourages you to be immunized against influenza and we are providing you an exciting opportunity to do just that.

**Wellness
On Wheels**

If you have any questions, please contact us at
909-623-6333 ext.626

INVESTING IN THE VITALITY OF OUR

Center Valley Health Plan is committed to providing the best possible health care coverage for our members as well as investing in the vitality of your community. We invigorate your body by sponsoring biking clubs and balance classes, educate your mind with health lectures, and entertain you with events like the Talent Showcase.

TUESDAY, SEPTEMBER 16 ■ 10 am

Osteoporosis & Free Bone Density Screening

Rialto Senior Center, 1411 Riverside Ave, Rialto

WEDNESDAY, SEPTEMBER 17 ■ 9:30 am

Osteoporosis Workshop & Free Bone Density Screening

S. Pasadena Senior Center, 1010 Oxley, South Pasadena

MONDAY, SEPTEMBER 22 ■ 10 am

Five Wishes

Chino Hills Community Center

2001 Grand Ave, Chino Hills

TUESDAY, SEPTEMBER 23 ■ 10:30 am

Five Wishes

Moreno Valley Senior Center

25075 Fir Ave, Moreno Valley

TUESDAY, SEPTEMBER 23 ■ 1 pm

Diabetes Workshop & Free Glucose Screening

La Fetra Center, 116 E. Foothill Blvd Glendora

THURSDAY, SEPTEMBER 25 ■ 9:30 am

Diabetes & Free Blood Glucose Screening

Yucaipa Senior Center, 12202 First St, Yucaipa

FRIDAY, SEPTEMBER 26 ■ 2 – 5 pm

Health Fair & Free Bone Density Screening

Fifth Street Senior Center, 600 West 5th St,

San Bernardino

SATURDAY, OCTOBER 11 ■ 9 am – 12 pm

Health Fair & Free Bone Density Screening

Mary Phillips Senior Center, 41845 6th St, Temecula

SATURDAY, OCTOBER 11 ■ 10 am – 2 pm

Health Fair & Free Bone Density Screening

Apple Valley Fire Dept, 19305 Jess Ranch Parkway,

Apple Valley

TUESDAY, OCTOBER 14 ■ 10 am

Nutrition, Label Reading & Free Body Mass Analysis

Chino Senior Center, 13170 Central Ave, Chino

WEDNESDAY, OCTOBER 15 ■ 12 pm

Remain Independent & Live at Home

Hutton Senior Center, 660 Colton Ave, Colton

FRIDAY, OCTOBER 17 ■ 9 – 12 pm

Health Fair & Free Bone Density Screening

Highland Senior Center, 3102 E. Highland Ave, Highland



MEMBERS

SATURDAY, OCTOBER 18 ■ 9 am – 3 pm

Today's Woman/Free Bone Density Screening

San Bernardino Fairgrounds, 14800 7th St, Victorville

MONDAY, OCTOBER 20 ■ 9 am

Osteoporosis Workshop & Free Bone Density Screening

Alhambra Joslyn Center, 210 N. Chapel Ave, Alhambra

TUESDAY, OCTOBER 21 ■ 9 am

Maintain a Healthy Brain

Percy Bakker Senior Center, 9333 "E" St, Hesperia

WEDNESDAY, OCTOBER 22 ■ 9 am – 3 pm

Health Fair & Free Bone Density Screening

Janet Goeske Center, 5257 Sierra St, Riverside

MONDAY, OCTOBER 27 ■ 10 am

How to Effectively Communicate with your Physician

Chino Hills Community Center

2001 Grand Ave, Chino Hills

WEDNESDAY, OCTOBER 29 ■ 8:30 am

Wellness on Wheels, Flu Shots & Resource Fair

Claremont Presbyterian Church

1111 N. Mountain Ave, Claremont

WEDNESDAY, OCTOBER 29 ■ 10 am

Diabetes & Free Blood Glucose Screening

Eddie Dee Smith Senior Center

5888 Mission Blvd, Riverside

FRIDAY, NOVEMBER 7 ■ 10 am – 1 pm

Health Fair & Free Bone Density Screening

Corona Senior Center, 921 S. Belle St, Corona

FRIDAY, NOVEMBER 7 ■ 9 am

New Benefits for 2009

Pasadena Senior Center, 85 Holly St, Pasadena

THURSDAY, NOVEMBER 13 ■ 10 am

Healthy Holiday Eating

Janet Goeske Center, 5257 Sierra St, Riverside

MONDAY, NOVEMBER 17 ■ 10:45 am

Healthy Holiday Eating

Mary Phillips Senior Center, 41845 6th St, Temecula

TUESDAY, NOVEMBER 18 ■ 10:30 am

Healthy Holiday Eating

Moreno Valley Senior Center, 25075 Fir Ave, Moreno Valley



TUESDAY, NOVEMBER 18 ■ 9 am

National Memory Screening Day & Resource Fair

Ontario Senior Center, 225 E. "B" St, Ontario

WEDNESDAY, NOVEMBER 19 ■ 10 am

Beating the Holiday Blues

Eddie Dee Smith Senior Center

5888 Mission Blvd, Riverside

THURSDAY, DECEMBER 2 ■ 10 am

How to Effectively Communicate with your Physician

Alhambra Joslyn Center, 210 Chapel, Alhambra

WEDNESDAY, DECEMBER 3 ■ 10 am

Diabetes Workshop & Free Glucose Screening

Monrovia Senior Center, 119 Palm, Monrovia

THURSDAY, DECEMBER 4 ■ 12 pm

Healthy Holiday Eating

Corona Senior Center, 921 S. Belle St, Corona

TUESDAY, DECEMBER 9 ■ 10:30 am

Beating the Holiday Blues

Moreno Valley Senior Center, 25075 Fir Ave, Moreno Valley

MONDAY, DECEMBER 15 ■ 10:45 am

Beating the Holiday Blues

Mary Phillips Senior Center, 41845 6th St Temecula

THURSDAY, DECEMBER 18 ■ 10 am

Beating the Holiday Blues

Janet Goeske Center, 5257 Sierra St, Riverside

NEW PHYSICIANS



AT INTER VALLEY

ALLIANCE PHYSICIANS

Sheila Cherian, MDINTERNAL MEDICINE

GREATER COVINA MEDICAL GROUP

Khaled A. Mawaheb, MDFAMILY PRACTICE

HEALTHCARE PARTNERS MEDICAL GROUP

Umakant M. Khetan, MDUROLOGY

Stuart H. Levine, MDPSYCHIATRY

HEMET COMMUNITY MEDICAL GROUP

Truong Duong, MDCARDIOVASCULAR DISEASES

Han Kim, MDRADIATION ONCOLOGY

HEMET COMMUNITY MEDICAL GROUP – PRIME PARTNERS

Mary Gentile, DO.....GENERAL PRACTICE

HEMET COMMUNITY MEDICAL GROUP – SUN CITY

Han Kim, MD.....RADIATION ONCOLOGY

HEMET COMMUNITY MEDICAL GROUP – TEMECULA

Robert Ing, MDALLERGY/IMMUNOLOGY

Bach Nguyen, MDFAMILY PRACTICE

Stephen Nguyen, MDINTERNAL MEDICINE

HERITAGE VICTOR VALLEY MEDICAL GROUP

Francisco A. Jimenez, MDGENERAL PRACTICE

INLAND HEALTHCARE GROUP

Anthony F. Altenbach, LCSW.....PSYCHOLOGY

Joan Amador, MFCC.....PSYCHOLOGY

Azizi R. Bailey, PAPHYSICIAN ASSISTANT

Greg S. Chance, PAPHYSICIAN ASSISTANT

Albert J. Chang, MDGASTROENTEROLOGY

Anthony D. Duk, MDPSYCHIATRY

Truong D. Duong, MDCARDIOVASCULAR DISEASES

Blaze R. Gannon, PAPHYSICIAN ASSISTANT

Esmond Gee, MDCOLON & RECTAL SURGERY

Ahmed A. Khalil, MDCARDIOVASCULAR DISEASES

Jason R. Mayberry, PAPHYSICIAN ASSISTANT

Patrick M. Poor, MFCC.....PSYCHOLOGY

Grace Reid, MDPSYCHIATRY

John W. Skubic, MDORTHOPAEDIC SURGERY

Brett A. Sojda, PAPHYSICIAN ASSISTANT

Stephen Zorn, LCSWPSYCHOLOGY

POMONA VALLEY MEDICAL GROUP

James E. Alvis, DC.....CHIROPRACTIC

Moses S. Nasser, DOFAMILY PRACTICE

REDLANDS-YUCAIPA MEDICAL GROUP

Pamela Broska, MDDERMATOLOGY

Eric Gerstenfeld, MD.....DERMATOLOGY

Aram H. Kechichian, DO.....DERMATOLOGY

Tan K. Nguyen, MDDERMATOLOGY

Katrina E. Woodhall, MD.....DERMATOLOGY

REGAL MEDICAL GROUP – RIVERSIDE

Muhammad Akhtar, MDINTERNAL MEDICINE

REGAL MEDICAL GROUP – SAN BERNARDINO

Yvette Barraza – Reyes, PsyD.....PSYCHOLOGY

Dale W. Beaman, Ph.D.....PSYCHOLOGY

Cyrus Damirchi, MD.....FAMILY MEDICINE

Renetta L. Hatcher, MDGENERAL SURGERY

Ildiko J. Hodde, MDPSYCHIATRY

Robert J. Kolesnik, MDORTHOPAEDIC SURGERY

Moses S. Nasser, DOFAMILY PRACTICE

REGAL MEDICAL GROUP – SAN GABRIEL VALLEY

Malvin D. Anders, MDOPHTHALMOLOGY

Jerome P. Lisk, MDNEUROLOGY

RIVERSIDE MEDICAL CLINIC

William B. Cherry, MDALLERGY/IMMUNOLOGY

Vaishali V. Saste, MDHEMATOLOGY

Vaishali V. Saste, MDMEDICAL ONCOLOGY

SAN BERNARDINO MEDICAL GROUP

Theodore K. Gregorius, MD ...ORTHOPAEDIC SURGERY

Jason R. Mayberry, PAPHYSICIANS ASSISTANT

UPLAND MEDICAL GROUP

David A. Connett, DOFAMILY PRACTICE

Bhupat H. Desai, MDNEUROLOGY

Moses S. Nasser, DOFAMILY PRACTICE

Lamioko S. Pappoe, MDNEPHROLOGY

Geeta Patel, MDOB/GYN

Baburaj Thankappan, MDNEUROLOGY

NEW MEDICATIONS ADDED TO THE INTER VALLEY HEALTH PLAN FORMULARY EFFECTIVE MAY 1, 2008

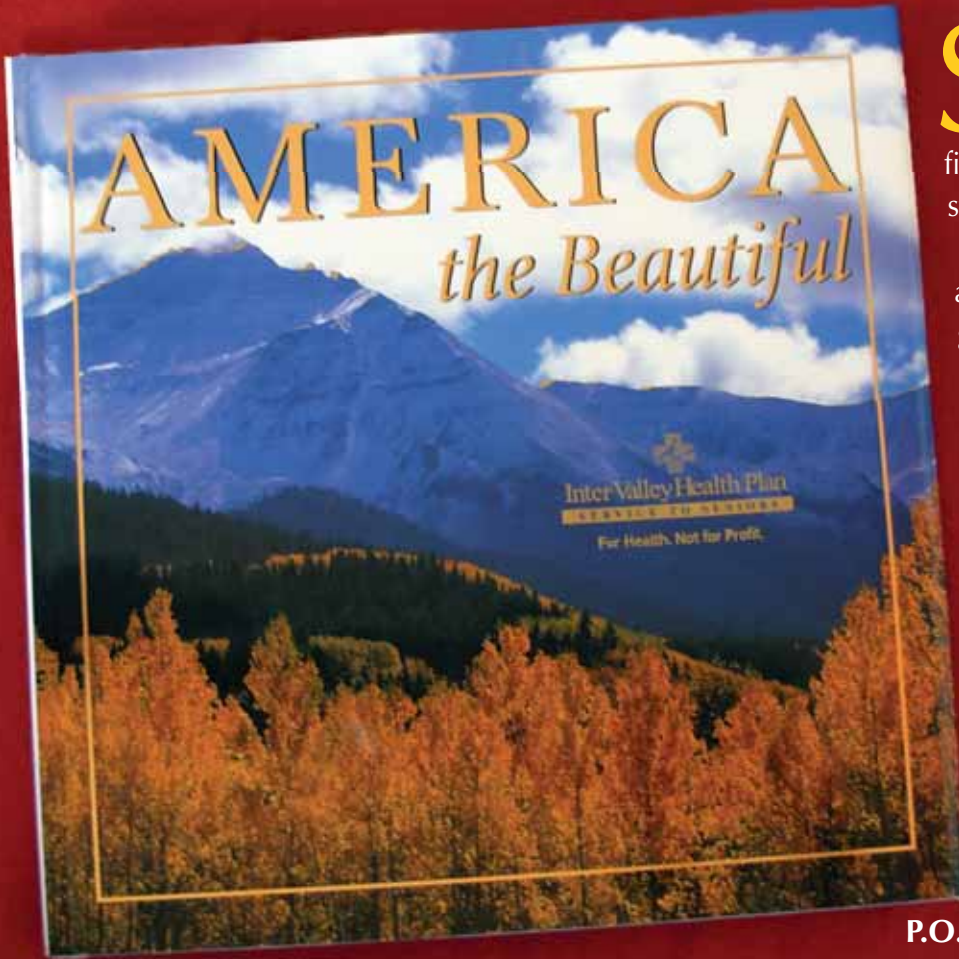
These drugs listed by Tier copay, covered drugs and alternate names, have recently been approved to be added to the Inter Valley Drug Formulary.

TIER COPAY	BRAND NAME	ALTERNATE NAME
Tier 4 QL	Actonel	Risendronate



(QL) = Quantity Limit (PA) = Prior Authorization Required

TOUR "AMERICA THE BEAUTIFUL" ON US



Settle back in your arm chair and tour "America the Beautiful," as you turn the pages of this special gift book filled with the breathtaking landscapes and stunning views that America is known for.

The brilliant, full color photos are accompanied with inspiring quotes from great Americans such as Thomas Jefferson, Georgia O'Keefe, Walt Whitman, Eleanor Roosevelt, and more.

If you are a member of one of Inter Valley's healthcare programs, and answer the questions below correctly you're eligible to win. If there is more than one member per household, a photocopied entry is acceptable. Entries must be postmarked by October 3. Mail your entry to :

**Win America the Beautiful Book
Inter Valley Health Plan
Attention: Member Services**

P.O. Box 6002, Pomona, CA 91769-6002

1. Influenza _____ is the primary method for preventing the _____ and its severe complications.
2. The best time to receive an influenza shot is during _____ and _____.
3. Immunizations (for Inter Valley members) are covered by The Plan, as long as they are _____ through a _____ provider (your PCP).
4. Pneumococcal Disease is a serious _____ which can cause _____ and other significant diseases.

Name _____ Daytime Phone (_____) _____

Address _____

City State Zip _____

HAPPY BIRTHDAY CENTENARIAN!

Join us as we wish one of our members a Happy 100th Birthday! For many of us, it's hard to imagine that this centenarian was born before the automobile, not to mention television, computers, skyscrapers, shopping malls and supermarkets. Our centenarian has lived through some amazing decades.

Thank you for the contributions your generation has made to our world! As a sentiment of our gratitude this fall, Inter Valley Health Plan sent our centenarian a beautiful afghan.



INTER VALLEY HEALTH PLAN'S COMPANY OBSERVED HOLIDAYS

Our offices will be closed
on the following days:
Thursday, November 27
Friday, November 28
Wednesday, December 24
Thursday, December 25
Wednesday, December 31
Thursday, January 1

*Our hours of operation are
7:30 am to 8 pm seven days
a week.*

To become a member of any of our Inter Valley Health Plan programs and receive all our benefits, as well as this magazine call 800-500-7018 or for hearing impaired, TTY/TDD 800-505-7150.

Have you Moved? Please contact Member Services if you have recently moved. It is important that we have your correct address on file. Thank you for your cooperation!



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