healthy living
FROM YOUR FRIENDS AT PIH HEALTH
FALL 2015

Three Babies: One Magical Day

The Time is Now: Open Enrollment Options

Prompt and Compassionate Breast Healthcare
Selecting Healthcare Coverage for the Year

Each year between October and December, many Americans face a very important decision. It’s the open enrollment period when you can select or change your elective healthcare benefits. And there are good reasons for choosing carefully, since a new provider can make a difference in the quality of care you will receive for the following year.

Health plans vary, but you can choose between two types of plans: A Health Maintenance Organization (HMO) and a Preferred Provider Organization (PPO).

1. **HMO** – HMOs typically offer lower monthly payments, but your choice of doctors and hospitals are limited to your plan’s network and your care will be coordinated through a primary care physician (PCP).

2. **PPO** – PPOs give you access to a larger provider network and the option to go out of network with higher copays, but you will be responsible for coordinating and managing your care.

Remember, not all healthcare plans and providers are alike. Doctors and hospitals all have varying degrees of experience and expertise, and certain health plans may not offer the benefits you need, so it’s important to take the time to do your homework and choose the right health plan for you and your family.

Getting Prepared for Open Enrollment

Three Steps to Success

1. **Do your homework.** During the open enrollment period, review your health plan options carefully and ask yourself: Is my current coverage still the best fit for my family and me? Whether you have Medicare or private insurance, your company or current healthcare provider should provide you with information that clearly
explains your benefits. If you don’t understand your insurance options, ask for help. Remember, once you’ve made a decision, you may not be able to change your plan again until the next year.

2. Confirm your network providers. Remember when you choose a doctor and medical group, you are also choosing the hospital where you will potentially be admitted. Is your current primary care provider with PIH Health? If not, we encourage you to give us a call to learn more about our programs and doctors. The open enrollment period gives you the opportunity to make a choice about your healthcare.

3. Make changes, as necessary. Before you sign an application to join a new health plan, confirm that your preferred doctor and hospital are part of the health plan network you are choosing. To make changes during the open enrollment period:

- Select a primary care physician or medical group from the list you are provided. Make sure you choose PIH Health Physicians. Note: We have had some name changes over the last few years. You may notice that PIH Health Physicians may still be listed as Bright Health Physicians, PIH Health may still be listed as Presbyterian Intercommunity Hospital or Downey Regional Medical Center (the former name of PIH Health Hospital - Downey.)

- Contact your employee benefits or health plan member services representative to let them know about your choice. They can walk you through the enrollment process.
If you’re 65 and eligible for Medicare, you’ve probably been inundated with information about plans and coverage from advertisements, family and friends. While all of the information is useful, some may be just plain confusing.

At PIH Health, we’ve been working with Medicare-eligible people like you for many years. Not only do we understand your concerns, we have the answers you need. PIH Health can work with you to sort through the information and help find the best plan for you.

Most importantly, PIH Health can provide the peace of mind you want, so you can maintain the highest possible quality of life.

Are You Over 65? Let Us Help

PIH Health Makes Medicare Enrollment Easy

If you’re 65 and eligible for Medicare, you’ve probably been inundated with information about plans and coverage from advertisements, family and friends. While all of the information is useful, some may be just plain confusing.

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Most importantly, PIH Health can provide the peace of mind you want, so you can maintain the highest possible quality of life.

As you review your plan choices, we encourage you to consider a Medicare Advantage plan that gives you access to the exceptional care available at PIH Health. PIH Health contracts with five Medicare Advantage Health Plans:

1. Blue Shield 65+
2. CareMore Health Plan (includes Cal MediConnect)
3. Health Net Medicare Advantage Plans (note not all products offer elective access to PIH Health Hospital - Whittier)
4. Humana (effective January 1, 2016)
5. UnitedHealthcare

Here’s What You Need to Know

- Your Medicare Initial Enrollment Period (IEP) generally begins three months before the month you turn 65 and includes your birth month as well as the three months following.
- If you miss the IEP or would like to change your existing plan, you can do so during the Medicare Annual Election Period (AEP). Annual Election Period is October 15 - December 7.
Learn About Updated Benefits for 2016

PIH Health would like to help you select the Medicare plan that best fits your needs.

Our free Medicare Forums will feature a presentation addressing Medicare plan changes in 2016 as well as an opportunity to speak with representatives from Medicare health plans accepted by PIH Health.

Saturday, October 24, 2015
9 am to 12 noon
Embassy Suites
8425 Firestone Blvd., Downey, CA 90241
Space is limited and reservations are required.
RSVP by Friday, October 23, 2015.

Saturday, November 7, 2015
Morning Forum: 9 to 11 am
Afternoon Forum: 1 to 3 pm
PIH Health Hospital - Whittier
Flo and Frank L. Scott Conference Center
12401 Washington Blvd., Whittier, CA 90602
Space is limited and reservations are required.
RSVP by Wednesday, November 4, 2015.

For more information or to register, please call 888.365.4450 or visit PIHHealth.org/Seniors.

Among the many benefits of choosing a PIH Health physician with your Medicare enrollment are:

- Comprehensive range of medical services
- Access to board-certified primary care and specialty physicians
- Convenient outpatient medical office locations throughout the community
- Leading hospitals in Downey and Whittier

In addition, PIH Health also offers free and low-cost health and wellness community education classes that are designed specifically for seniors. Our Healthy Aging classes include topics such as:

- Exercise programs
- AARP smart driver
- Caregiver instruction
- Alzheimer’s legal and financial planning
- Alzheimer’s education
- Managing chronic conditions, such as hypertension and diabetes
- And more...

Turning 65 should be a time of celebration and achievement, not one of confusion. For answers to all your Medicare enrollment questions or for instructions on how to enroll, please call PIH Health at 888.365.4450.
One Patient’s Story of Support During a Critical Time

The period between diagnosis and treatment can be challenging for breast cancer patients. Fear and uncertainty can create stress and anxiety. That’s the time when they need the most reassurance. At the PIH Health Patricia L. Scheifly Breast Health Center, breast cancer patient Suzanne Molina discovered firsthand the difference that experience and compassion make.

“I went into the Breast Health Center for my regular mammogram,” said Suzanne. “I was lucky enough to have it done on their 3-D mammography equipment because my tumor was located in a place that was hard to see.”

Shortly after the tumor was discovered, the Breast Health Center staff gave Suzanne her options, one of which was to have a biopsy. “After the staff did some checking, they told me I could have the biopsy the same day. And they called me the next day with the diagnosis and soon after that, we discussed my treatment plan,” she added.

The immediate attention to Suzanne’s breast tumor meant that she and her husband did not have to spend days and nights wondering about what would happen next.

“We know that a diagnosis like Suzanne’s instantly triggers many important questions and concerns,” said Lisa Wang MD, medical oncologist. “So for us, getting each patient as much information as we can, as quickly as we can, is a key part of our treatment protocols.”

The entire team contributed to Suzanne’s experience. “The compassion of the clinical staff was just what I needed and each person I came in contact with helped walk me through my treatment,” she said. “I told them I was about to go on
vacation and wanted to get all this behind me. They got me in quickly for my surgery and even helped me get all the insurance approvals. I was treated with respect and compassion and the staff gave me all the support I needed.”

“Today, I am cancer-free and life is great.”

The PIH Health Breast Health Center has been granted a three-year/full accreditation designation by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons. Plus, it is one of only 10 percent of breast imaging facilities in the United States to receive the prestigious designation as a Breast Imaging Center of Excellence (BICOE) by the American College of Radiology.

For more information about PIH Health’s outstanding breast care, please visit PIHHealth.org/BreastHealth.

To make an appointment for a mammogram, please call:

- Downey: 562.904.5555
- Hacienda Heights: 626.225.4905
- Whittier: 562.907.0667

Q. I am 30 years old and I drink alcohol daily. I think I can function well but my girlfriend and family are giving me a hard time. What do you think?

A. Studies have shown the benefits of daily consumption of a moderate amount of alcohol. But the key is moderation; two glasses a day for men and one glass a day for women and people over the age of 65.

If you are drinking to the point where it is affecting job performance or relationships, it may be time to reassess your level of alcohol consumption and talk to your doctor.
Martin Vallejos’ recent Type 2 diabetes diagnosis left him feeling confused and overwhelmed. What did it mean? What should he do? How would this change the rest of his life? He began seeking answers online, but other than that he wasn’t sure exactly where to turn.

Fortunately, Martin’s PIH Health primary care physician, Sonya Thomas MD, referred him to the PIH Health Diabetes Education Center where he began to better understand his condition. The 55-year-old Martin enrolled in a free, three-week course designed for anyone considered pre-diabetic or who has been recently diagnosed with diabetes. Each week, instructors provided general education on the disease, addressing topics like causes, medication, and the effects of diet and exercise.

At the time, exercise was out of the equation for Martin, who was recovering from two knee surgeries. Not wanting to waste time, Martin decided to do what he could strictly through diet changes.

“In order to take control of diabetes, you really have to change your eating habits, as well as your portion sizes,” he said. “During one of the classes, I learned how to figure out my food intake. I also learned how to read nutrition labels differently—as someone with diabetes—to determine whether or not that food was something I should consume. It was extremely helpful.”

Martin also learned about healthy alternatives, like low-carb tortillas and the surprisingly high nutritional value of avocados. “At first I thought I would have to give up foods I love, but I quickly learned about food substitutions that would help me enjoy healthier versions of my favorite meals,” he added. “That was very positive for me.”

Since then, Martin’s results have been astounding. Within just three months of his diagnosis, his HbA1c (blood sugar) numbers had dropped from nearly 12% to a pre-diabetic level of 6.4%. He and his doctor were thrilled.

“Thanks to the class, I realized that living with diabetes is not impossible,” Martin said. “It takes effort, but it can be done. I’m thankful this resource exists and is available to the community.”

If you would like to learn more about our Diabetes Education Center, please call 562.698.0811 Ext. 11320 or visit PIHHealth.org/DiabetesEducation.
Our Community Health Education Classes Can Help

Whether you are managing diabetes or simply focusing on a healthier lifestyle, PIH Health offers a variety of free health and wellness programs for you and your family. Here are two programs that are sure to be educational and fun:

- **Live Your Best Life – Diabetes Prevention Program:** In this four-class program, participants 18+ will explore ways to reduce the risk of developing diabetes and gain tools for overall healthy living, including heart disease and cancer prevention. Classes include food demonstrations and hands-on activities, including a grocery store tour to explore ways to boost some of the food items you enjoy with healthier options and recommended portion sizes.

- **Families in it Together (FIT) for Health:** In this three-class program, families with children (age six to 15) will explore ways to increase physical activity and make healthier food choices together. Each class includes hands-on activities and food demonstrations for the entire family.

To register or for more information, call 562.698.0811 Ext. 81085 or visit PIHHealth.org/Calendar. For a complete listing of health education classes offered, see the list starting on page 22.

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**Diabetes**

**Type 1**
- Cannot be prevented
- Happens when your pancreas stops making insulin
- Symptoms usually begin in childhood or young adulthood
- Treated by insulin injections

**Type 2**
- Can develop at any age
- The pancreas can’t make enough insulin or the body can’t use insulin the right way
- Can be prevented or delayed with a healthy lifestyle
- Treated by diet and exercise and medications as prescribed
If there is a couple that can be particularly good judges of quality healthcare, Lindsay Santos and her husband Wesley, who are both nurses, are strong candidates. In December of 2014, Lindsay delivered triplets by scheduled C-section at PIH Health Hospital - Whittier.

Lindsay gave birth to two girls and a boy, “The PIH Health staff were amazing,” said Lindsay. “I feel so blessed to have been able to deliver my babies here.”

Because Lindsay was delivering triplets, she had unique concerns because her pregnancy was considered high-risk. Meeting with Judy Bremer RN, assistant clinical director of the Neonatal Intensive Care Unit (NICU), getting a tour of the facility and having all her questions answered put Lindsay at ease. Sheela Raja MD, one of the hospitalists at the Whittier campus, is also a mother of triplets so she was able to provide guidance and advice from personal experience.

“The expertise and compassion of the PIH Health team was beyond expectations,” added Lindsay. “Every member of the staff helped to make the experience special. Whether it was the respiratory therapist taking our first family photo or the anesthesiologist wiping off my foggy glasses so I could see my babies clearly, all the staff took the extra steps that helped make the experience memorable and emotional, not just clinical. I was glad I was in their care.”

There were no complications with the delivery and all three babies only spent a few days in the Neonatal Intensive Care Unit (NICU).

“Lindsay’s day was what we try to achieve with all our new families,” said John Sanchez MD, the obstetrician who took care of Lindsay throughout her pregnancy and delivered the triplets. “We know that this is one of the most important days in the lives of the parents, so we do everything we can to make it special.”
Now the Santos babies are happy and healthy and are receiving regular pediatric care from Juliet P. Lener MD at PIH Health La Mirada Pediatrics.

PIH Health delivers consistent, high-quality care to expectant mothers and babies by offering programs such as:

- Kangaroo Care, which allows parents to provide warmth, love and comfort with skin to skin care and promotes uninterrupted bonding time between mother and baby
- Highly-skilled and experienced medical team
- Advanced technology
- Onsite lactation specialists
- Complete 24-hour services, including anesthesiologist and onsite neonatologist
- Private rooms for delivery and recovery
- “Golden Hour,” time for mom and dad to bond with their new baby without distractions within the first hour of birth

To schedule a tour of our Labor and Delivery Departments or to learn more about our maternity care services, please call PIH Health today.

For more information, please visit PIHHealth.org/OB

Ask the Expert

Ashwin Ashok MD
Gastroenterology
12291 Washington Blvd., Suite 201
Whittier, CA 90606

562.698.0306

Q. What is an endoscopic ultrasound?

A. An endoscopic ultrasound (EUS) is a way for a physician to examine your digestive tract, and the surrounding tissues and organs. The procedure involves inserting a thin, flexible, lighted scope with a camera attached into either the upper or lower digestive tract. The scope contains a tiny ultrasound device that emits sound waves to make images of the digestive tract and internal organs.

An EUS may be performed for several reasons, including: evaluating stages of cancer, studying abnormalities in the gallbladder and liver, looking at nodules in the intestinal wall, and observing disorders of the pancreas.

Using an EUS allows the doctor to get high-quality images of the organs and structures within the body. These images are more accurate and detailed than the ones seen using traditional ultrasound and can help the doctor better identify problems.
Get Connected to Our Circle of Excellence

Enjoy Exclusive Gatherings, Tours, Updates and More

If you enjoy supporting PIH Health and making a real difference in the health of your community, you’ll love one of our newest offerings—PIH Health Foundation Circle of Excellence. This honorary group recognizes the generous donors in our community who consistently support PIH Health through a minimum annual gift of $1,000. Higher levels of membership are recognized at $2,500, $5,000, $10,000, $25,000 and above.

Of course, supporting the mission of PIH Health is the most important reward of membership but many other benefits await those who make an annual commitment.

For example, several times each year, Circle of Excellence members are invited to exclusive gatherings that offer a blend of fun social and learning opportunities. Members can mingle with new friends, experience behind-the-scenes tours led by hospital leadership, and hear custom briefings by PIH Health physicians discussing the latest treatments and technologies at our facilities. It’s a great way to stay connected to the PIH Health family, while staying informed about the latest in healthcare.

In June, Circle of Excellence members heard two PIH Health cardiothoracic surgeons discuss “Current and Future Trends in Cardiothoracic Surgery,” while enjoying a selection of fine wines and delicious food.

“As experts in our field, we are constantly looking at opportunities for advancement and ways to embrace emerging trends,” said Eduardo Tovar MD, PIH Health cardiothoracic surgeon. “Support from individuals such as Circle of Excellence members makes those opportunities more attainable.”

For more information on how you can support PIH Health, please visit PIHHealth.org/Support

From left to right: PIH Health Foundation Trustee Michael Nevell, Brent Gray MD and Bruce Pasqua.

From left to right: Circle of Excellence members Yong Park MD, Eduardo Tovar MD and PIH Health Board of Director Leon M.N. Garcia.
Give and Receive Through a Charitable Gift Annuity

Did you know that a charitable gift annuity provides a way to make a gift to PIH Health, while you receive a fixed income for life?

By funding a charitable gift annuity with a donation of $10,000 or more, you can receive secure, lifetime payments from PIH Health at a rate based on your age, all while supporting the mission of PIH Health. The chart below contains sample rates for how much a PIH Health charitable gift annuity can pay you.

<table>
<thead>
<tr>
<th>ONE RECIPIENT</th>
<th>TWO RECIPIENTS</th>
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<tbody>
<tr>
<td>Age</td>
<td>Rate</td>
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<tr>
<td>65</td>
<td>4.7%</td>
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<tr>
<td>75</td>
<td>5.8%</td>
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<td>85</td>
<td>7.8%</td>
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<td>90</td>
<td>9%</td>
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*The figures above are sample rates and are for illustration purposes only.

Interested in learning more? Let us create a personalized gift annuity illustration for you. Please contact the PIH Health Foundation at 562.698.0811 Ext. 81598 or visit PIHHealthGiving.org.

The event was hosted by Michael and Susan Nevell, PIH Health Foundation Trustees, and their business partners Bruce and Phyllis Pasqua, at their company facility, The Nevell Group, in Brea. The next gathering is scheduled for October 21, 2015 at PIH Health Hospital - Downey.

In addition, Circle of Excellence members are recognized through the PIH Health Foundation in publications and receive a commemorative gift.

Each year, PIH Health Foundation selects a fundraising area to support. For 2015, gifts will support PIH Health James P. Fitzgerald MD Spiritual Care Services. Members also can allow PIH Health to use their support to fund the areas of greatest need at PIH Health Hospital - Whittier or PIH Health Hospital - Downey.

If you would like to become a Circle of Excellence member, we’d love to welcome you. Please contact the PIH Health Foundation at 562.698.0811 Ext. 81520 or email CircleofExcellence@PIHHealth.org.
Local Support from Local Partners

Coming Together to Strengthen PIH Health

It’s always satisfying when you can support causes and organizations that are affecting positive change in our world, impacting your family, friends and neighbors.

And many friends of PIH Health are doing just that. Through the years, PIH Health has benefited from local groups coming together to create their own fundraising activity to benefit PIH Health.

Here are a few recent examples:

- East Whittier Middle School Instrumental Music Program hosted its annual spring benefit concert at the Rose Hills SkyRose Chapel. Through ticket sales to friends and family, students raised $2,000; and for the third year in a row, directed the proceeds to PIH Health Pediatrics.

- Los Altos High School Renaissance has been raising funds for PIH Health for several years. During Breast Cancer Awareness Month, they raised $1,000 by selling pink ribbons and t-shirts, as well as collecting general donations from the Los Altos community. Funds support the PIH Health Patricia L. Scheifly Breast Health Center.

- Whittier Christian High School recently organized a coin drive, raising over $4,300. These funds went a long way toward providing childhood vaccines in the community through PIH Health mobile health services.

Are you interested in organizing an activity and supporting PIH Health? There are many ways to do so. You could celebrate a milestone birthday or anniversary by giving back to PIH Health (in lieu of gifts) with the help of your friends and family. Your neighborhood could host a bake sale or organize a fun run/walk competition with a purpose. The fundraising possibilities are as unique as the people who host them. You can specify where you would like your proceeds to go by naming a particular PIH Health program, department or campaign as the recipient.
Community support for PIH Health comes in all shapes and sizes. Recently, the Downey Kiwanis Foundation committed a generous gift to PIH Health Hospital - Downey, enabling the organization to purchase a new Giraffe Incubator for its Neonatal Intensive Care Unit (NICU).

This state-of-the-art equipment will provide exceptional thermal and developmental care to the tiniest patients born at the Downey campus when they need it most. The design also allows parents to sit comfortably nearby, which helps reduce stress and enhances access to their newborn.

PIH Health is grateful to the Downey Kiwanis Foundation for their support and their long-standing commitment to PIH Health Hospital - Downey.

The Downey Kiwanis Foundation is a community organization that philanthropically supports scholarships and projects to improve the lives of children who live, learn and play in the city of Downey.

If your organization is looking to make an impact on the healthcare services provided to our community, contact the PIH Health Foundation today at:

562.698.0811 Ext. 81520 or

PIHHealth.Foundation@PIHHealth.org for more information.

Los Altos High School Renaissance presents Ivonne Munoz, director PIH Health Breast Center and James Kuo MD with a check in support of the Breast Center.

To assist your group’s efforts in raising funds visit, PIHHealth.org/Champion, where you can create a customized profile and accept donations that are sent directly to PIH Health.

If you’d like to explore the possibilities of hosting a fundraiser to benefit PIH Health, please call 562.698.0811 Ext. 81520 or email PIHHealth.Foundation@PIHHealth.org for more information.
Vaccinations Help Prevent Serious Illness

Vaccinations are not only a good idea; they are required for attendance in many school districts. According to a report by the Centers for Disease Control and Prevention (CDC), flu vaccinations prevented an estimated 13.6 million flu cases, 5.8 million medical visits and nearly 113,000 flu-related hospitalizations in the United States between 2005 to 2011.

Now, there is another important reason to get vaccinated. Research shows that preventing measles through vaccinations lowers the risk of childhood deaths as well as serious illnesses such as pneumonia, bronchitis, bronchiolitis and diarrheal diseases.

### 2015 Recommended Immunizations for Children from 7 through 18 Years Old

<table>
<thead>
<tr>
<th>Age</th>
<th>Vaccines</th>
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<tbody>
<tr>
<td>7-10 Years</td>
<td>Tetanus, Diphtheria, Pertussis (Tdap) Vaccine</td>
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<tr>
<td></td>
<td>Meningococcal Conjugate Vaccine (MCV4)</td>
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<tr>
<td>11-12 Years</td>
<td>Tdap Vaccine</td>
</tr>
<tr>
<td></td>
<td>Human Papillomavirus (HPV) Vaccine (3 Doses)</td>
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<td></td>
<td>MCV4 Dose 1</td>
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<tr>
<td></td>
<td>Influenza (Yearly)</td>
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<tr>
<td></td>
<td>Pneumococcal Vaccine</td>
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<tr>
<td></td>
<td>Hepatitis A (Help A) Vaccine Series</td>
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<tr>
<td></td>
<td>Hepatitis B (Help B) Vaccine Series</td>
</tr>
<tr>
<td></td>
<td>Inactivated Polio Vaccine (IPV) Series</td>
</tr>
<tr>
<td></td>
<td>Measles, Mumps, Rubella (MMR) Vaccine Series</td>
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<tr>
<td></td>
<td>Varicella Vaccine Series</td>
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<tr>
<td>13-18 Years</td>
<td>Tdap Vaccine</td>
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<td></td>
<td>HPV Vaccine</td>
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<tr>
<td></td>
<td>MCV4 Dose 1</td>
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<td>Booster at age 16 years</td>
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</tbody>
</table>

- These shaded boxes indicate when the vaccine is recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine.
- These shaded boxes indicate the vaccine should be given if a child is catching-up on missed vaccines.
- These shaded boxes indicate the vaccine is recommended for children with certain health conditions that put them at high risk for serious diseases. Note that healthy children can get the HepA series6. See vaccine-specific recommendations at www.cdc.gov/vaccines/pubs/ACIP-list.htm.
“Vaccinations are a safe and responsible way to protect children from many serious diseases,” said Ernesto Ong MD, a board-certified pediatrician at PIH Health Pediatrics - Hacienda Heights. “Without vaccinations, children face a much greater risk of developing grave diseases, including polio, pertussis and tetanus.”

Flu vaccinations prevented an estimated 13.6 million flu cases, 5.8 million medical visits and nearly 113,000 flu-related hospitalizations in the United States between 2005 to 2011.

For more information on vaccines or to schedule an appointment, call a PIH Health Pediatrics office today.

**Eye Care**

20% off a complete pair of glasses
Expires 12.31.15

- La Habra: 562.694.2500
- La Mirada: 562.967.2870
- Whittier: 562.967.2885

**Dermatology**

20% off laser hair removal services
Expires 12.31.15

- La Mirada: 562.967.2851
- Whittier: 562.789.5429
If disaster should strike our community, is your family prepared? In some cases, you may not have access to food, water and electricity for some time. Therefore, it’s prudent to prepare in advance by placing emergency kits in your home, office, school and car. To help your family stay safer and healthier during and after a disaster, here are five easy things you can do today:

1) Buy or assemble an emergency kit or two. Essential items should include an emergency radio, first aid kit, water, food bars (enough for a few days), blankets, breathing masks, tape, hand sanitizer and flashlights with extra batteries. Keep them somewhere that would be easily accessible after an emergency.

2) Don’t forget your car. Create another kit that will remain in your car, in case you’re away from home during an emergency. Include the same items as your home kit, but also add an emergency blanket, flares, a simple tool kit, fire extinguisher, extra clothing (e.g., jacket and gloves), walking shoes, a small denomination of cash and any essential prescription medications.

3) Have an evacuation plan for your home. The type of disaster will dictate your exit strategy. For example, if a fire breaks out by your front door, have another exit already defined. If you live in a two-story home, consider investing in a collapsible ladder.

4) Create a communication plan. If you have young children, make sure they know how and when to call 911. And for your cell phones, be sure to have an “In Case of Emergency (ICE)” contact within your phone list. Since cell phone lines will be jammed after an emergency, use text messaging as your first form of communication.

5) Prepare outside the home. It’s important to ensure that your child’s school or daycare is prepared for an emergency, too. Ask how they have prepared for an emergency and how they will communicate with you during a crisis. The same applies to your workplace. If your employer doesn’t supply an emergency preparedness kit, consider purchasing one for your work station.

For more information on how to prepare for an emergency, please visit our PIH Health website at PIHHealth.org/DisasterPreparedness.
By day, Carole Snyder RN is PIH Health’s program manager for Emergency Preparedness, but her commitment to the topic doesn’t end after the work day.

“I’ve been involved in disaster preparedness most of my life—from being a Girl Scout, to a lifeguard, to a member of the United States Army and even growing up in Ohio with snow that left our family stranded in the house for days,” she said. “It’s no surprise that I take emergency preparedness very seriously, for myself, my family, PIH Health and the community.”

Several years ago, when Carole’s three nieces reached driving age, she bought emergency car kits for everyone in her family as Christmas gifts. At a small cost, she provided kits for nine people.

That early planning paid off. Recently, one niece was driving to the mountains with friends when their car broke down. They had to wait three-and-a-half hours for a tow truck to arrive. Fortunately, that emergency car kit provided much-needed water, a blanket for warmth, food bars, flares and lights that helped emergency responders locate the group.

Preparing for an emergency is not difficult. For under $50, you can buy pre-made emergency kits, or you can create your own. What should you include? When planning your supplies, Carole says to remember the “Rule of Threes.” People can usually live three minutes without air, three hours without shelter, three days without water and three weeks without food. Therefore, include an aluminum foil blanket to ward off hypothermia, a simple umbrella that could provide shade, plus water, food and some extras like hand-crank lights, Ziploc baggies with toilet paper and baby wipes, etc. It is also best to have extra life-saving prescription drugs inside your emergency kit.

Outfitting your home for an emergency is equally important. Carole urges everyone to create and discuss a family plan, especially if they have children or a dependent adult at home.

“Communicate about pick-up plans for children, ensure all members of you family know where emergency supplies are located, arrange for an out-of-state phone contact and make plans so you can rely on a dependable neighbor and/or local family members in the vicinity,” she said. “For supplies, make sure you have enough food and water for at least four days, in case supplies are not moving within the community. That includes one gallon of drinking water per person, per day. It’s all about being prepared—no matter where you are.”

For more information on emergency planning, check out these helpful websites:

- Los Angeles County (bereadyla.org)
- American Red Cross (redcross.org/prepare)
Medical Imaging Excellence

PIH Health’s Commitment to Radiology

Medical imaging procedures such as computed tomography (CT) scans, magnetic resonance imaging (MRI) and positron emission tomography (PET) scans are important radiologic tools that can help healthcare professionals see structures inside your body. Using this information, physicians can diagnose the cause of symptoms, screen for illnesses (such as breast cancer, colon cancer, lung cancer and heart disease) and monitor how well your body is responding to a specific treatment.

As a patient, you want to make sure the radiology procedures prescribed for you or your loved ones are performed in the highest-quality facilities and by the most experienced radiologists. Fortunately, PIH Health’s comprehensive medical imaging program delivers all the way around.

It starts with dedicated and compassionate staff.

“We recognize the importance of each and every scan we perform,” said Daniel Saket MD, a PIH Health board-certified radiologist. “We know that while some patients are undergoing routine tests, others are anxiously awaiting what could be life-changing results.”

Scan quality is ensured by the advanced equipment at each facility. Our imaging files are transferred digitally (not on film), so your PIH Health radiologist will always have crisp, clean images to facilitate an accurate interpretation. And if you’re a bit claustrophobic, just thinking about being inserted into an MRI tube, relax. Our “open bore” MRI equipment provides the space you need to feel at ease.
Q. How can I tell whether I have the stomach flu (influenza) or food poisoning?

A. If you’ve had recent vomiting, weakness, nausea or diarrhea, it may be hard to tell whether you’ve picked up a bug or simply ate bad food. That’s because many symptoms of food poisoning and the flu are the same. Either way, it’s good to know which sickness you have, so you know whether or not you are contagious.

If you have symptoms such as a fever, congestion or cough, you likely have the flu (influenza), which occurs gradually, unlike food poisoning. Oftentimes, the flu also causes chills, dizziness, flushed face and a high fever (often between 102 and 106 degrees)—symptoms uncommon for food poisoning.

The onset of food poisoning is abrupt, with symptoms appearing usually within hours of ingesting contaminated food.

Both food poisoning and the flu can be very serious, so if you think you are ill, especially if you have a fever, it’s time to see your healthcare provider.
Health and wellness programs for you and your family.

Unless otherwise indicated, all community education programs and support groups are free of charge.

Two easy ways to register:
• PIHHealth.org/calendar
• Phone number listed or 562.698.0811 and extension noted

Health Education

DIABETES PREVENTION

What is Diabetes?
Know the Basics and Risks
Join us to explore the risk factors and how to prevent the onset of diabetes.
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 11/4 10 – 11 am
Wed 1/13 6 – 7 pm

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Tue 12/1 6 – 7 pm

PREP Program (at Pioneer High School)
10800 E. Benavon St., Whittier
Mon 10/26* 6 – 7 pm

Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs
Thu 10/22 6 – 7 pm

La Habra Family Resource Center
301 Las Lomas Dr., La Habra
Tue 10/27* 6 – 7 pm

Norwalk Social Services Center
11929 Aonnda Blvd., Norwalk
Fri 10/16* 10 – 11 am

Eating Healthy Never Tasted So Good
Small changes in what you eat can help prevent diabetes. Join us for an interactive discussion and food preparation demonstration as we explore ways to increase healthier eating at home and on the go.
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 10/14 10 – 11 am
Wed 11/18 10 – 11 am
Wed 1/20 6 – 7 pm

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Tue 10/13* 6 – 7 pm
Tue 12/8 6 – 7 pm

La Mirada Activity Center
13810 La Mirada Blvd, La Mirada
Thu 10/15 10 – 11 am

SPIRITT Family Services
9401 Painter Ave., Whittier
Wed 10/14* 5 – 6 pm

PREP Program (at Pioneer High School)
10800 Benavon St., Whittier
Mon 11/2* 6 – 7 pm

Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs
Thu 10/29 6 – 7 pm

La Habra Family Resource Center
301 Las Lomas Dr., La Habra
Tue 11/3* 6 – 7 pm

Mind Over Matter: One Step at a Time
Join us to explore ways to increase movement, reduce stress, and find how long-term game planning can help you live your best life.
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 10/21 10 – 11 am
Wed 12/2 10 – 11 am
Wed 1/27 6 – 7 pm

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Tue 10/20* 6 – 7 pm
Tue 12/15 6 – 7 pm

Boys & Girls Club - Whittier
7905 Greenleaf Ave., Whittier
Thu 10/15* 6:30 – 7:30

La Mirada Activity Center
13810 La Mirada Blvd, La Mirada
Thu 10/22 10 – 11 am

SPIRITT Family Services
9401 Painter Ave., Whittier
Wed 10/21* 5 – 6 pm

PREP Program (at Pioneer High School)
10800 Benavon St., Whittier
Mon 10/19 6 – 7 pm
Mon 11/9* 6 – 7 pm

Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs
Thu 11/5 6 – 7 pm

La Habra Family Resource Center
301 Las Lomas Dr., La Habra
Tue 11/10* 6 – 7 pm

Eating Healthy Begins at the Grocery Store
Join us for a grocery store tour to explore ways to enhance some of the food items you love with healthier options and portions. No purchase necessary.
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 10/28 10 – 11 am
Thu 11/12 6 – 7 pm
Thu 11/19* 6 – 7 pm
Wed 12/9 10 – 11 am
Wed 2/3 6 – 7 pm

DIABETES MANAGEMENT

Diabetes Self-Management Class
Participants diagnosed with diabetes will explore the skills needed for the self-management of their condition.
To register: Call Ext. 11320

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier

Pre-Diabetes Class
Class will focus on lifestyle changes for those with pre-diabetes to reduce the risk of advancing to diabetes.
To register: Call Ext. 11320

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Tue 1/26 9:30 am – 12 noon

*Class in Spanish
All About Cholesterol
Explains the basics of heart healthy eating, focusing on diet changes that promote improved cholesterol levels and reduce risk of cardiovascular disease.
To register: Call Ext. 12722 or visit PIHHealth.org/Calendar
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Wed 10/14 11 am – 12 noon

Weigh to Go
Learn how to incorporate healthy eating and physical activity into your everyday life.
Four-week series (meets once a week)
Fee: $25
To register: Call Ext. 12918 or visit PIHHealth.org/Calendar
PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Every Tuesday and every Thursday, 6:30 – 7:30 pm
Tue 1/26 6:30 – 8:30 pm (special two-hour session)

Why Weight?
A weight management class conducted in an interactive, group setting designed for anyone who needs to make and maintain healthy lifestyle changes.
Twelve-week class
Fee: $25
To register: Call Ext. 12918 or visit PIHHealth.org/Calendar
PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Every Tuesday and every Thursday, 6:30 – 8:30 pm

HEART HEALTH

Heartsaver First Aid, CPR, and AED
Do you want to help save lives? Become certified in Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED), or First Aid-CPR-AED. This class is also for those in non-healthcare fields looking to fulfill job requirements.
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
CPR and AED
Fee: $40
Wed 11/4 6 – 9 pm
First Aid, CPR, and AED
Fee: $70
Sat 12/5 9 am – 4 pm

Heart Health First Aid, CPR, and AED Skills Session
Are you short on time? This course may be for you. After doing Part 1 of the Heartsaver FA-CPR-AED online at Heart.org complete Part II & III with us to earn your certification. Call to schedule an appointment.
To make an appointment:
Call Ext. 81085 or email Community.Health@PIHHealth.org
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
CPR and AED
Fee: $30
First Aid, CPR, and AED
Fee: $55

Cardiac Rehab Lecture Series
This continuing series of six free community education classes includes presentations on heart-related topics such as structure and function of the heart, reading & understanding food labels, benefits of regular exercise, medications, managing stress and the emotional aspects of heart disease.
To register: Call Ext. 12733
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Wednesdays, 3 – 4 pm

WELLNESS AND PREVENTION

Better Choices, Better Health Program (Chronic Disease Self-Management Program)
Live your best life! Join us as we explore practical skills to manage chronic health conditions (e.g., diabetes, heart disease, high blood pressure, etc.) and ways to create your own self-management action plan to improve quality of life. Family members, friends, and caregivers of people with chronic conditions are encouraged to participate.
Six-class series (meets once a week)
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org
PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Tue 10/13-11/17 5:30 – 8 pm
Tue 1/19-2/23 9:30 am – 12 noon

Power Over Stress
Stress is a normal part of life, but high amounts of stress can interfere with your health, if unmanaged. Join us as we explore ways to help reduce stress to increase quality of life.
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org
Pico Rivera Senior Center
9200 Mines Ave., Pico Rivera
Fri 11/13 10 - 11 am
Health and wellness programs for you and your family.

Unless otherwise indicated, all community education programs and support groups are free of charge.

Two easy ways to register:
• PIHHealth.org/calendar
• Phone number listed or 562.698.0811 and extension noted

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**WELLNESS AND PREVENTION continued**

**Breathe to Achieve**
Asthma doesn’t have to take control of your child’s life. Join us to explore steps you can take to help reduce your child’s asthma symptoms and increase their quality of life.  
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

Community Resource Center  
10750 Laurel Ave., Whittier  
Tue 12/1 6 – 7 pm

**Immunizations: A Dose of Protection**
Vaccinations provide a lifetime of protection against many diseases and infections. Join us to explore which vaccines can be taken at different ages, and how they can protect you and your loved ones.  
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

Gus Velasco Neighborhood Center  
9255 S. Pioneer Blvd., Santa Fe Springs  
Thu 11/12 6 – 7 pm

**Breast Cancer: Timing is Everything**
Breast Cancer is one of the most common types of cancer in women. Join us to explore the guidelines for early detection, risk factors, signs and symptoms of breast cancer, and an overview of new state-of-the-art methods for screening.  
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

Pico Rivera Senior Center  
9200 Mines Ave., Pico Rivera  
Wed 10/14 10 – 11 am

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**EXERCISE**

**Tai Chi and Qigong Exercise Classes**  
Participants will experience gentle martial, meditative, and healing arts that help clear the mind, reduce stress, increase concentration, and improve balance.  
Six-class series (meets once a week)  
Fee: $18  
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Hospital - Whittier  
12401 Washington Blvd., Whittier  
Tuesdays, 8:30 – 10 am

**Belly Dance**
A great way to exercise abs and thighs for women of all ages, shapes and sizes.  
Five classes  
Fee: $35  
To register: Call 562.904.5551 or email Wellness.Center@PIHHealth.org

Community Health Center  
11420 Brookshire Ave., Downey, CA 90241.

**Yoga**
Practice various sets of yoga poses including bending, twisting and stretching. Kundalini yoga is known to improve emotional balance and mental clarity and provide stress relief.  
Five classes  
Fee: $25  
To register: Call 562.904.5551 or email Wellness.Center@PIHHealth.org

Community Health Center  
11420 Brookshire Ave., Downey, CA 90241.

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**Movin’ Better**
This chair exercise class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance.  
To register: Call 562.904.5551 or email Wellness.Center@PIHHealth.org

Community Health Center  
11420 Brookshire Ave., Downey, CA 90241.

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**HEALTHY AGING**

**AARP Smart Driver Courses**
In partnership with AARP, participants will learn safe driving techniques. Program graduates may qualify for automobile insurance discounts.  
Age: 50+  
Fee: $15 for AARP members/$20 for non-members  
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Hospital - Whittier  
12401 Washington Blvd., Whittier

**Eight-Hour Course**
(Must attend both days)  
Mon 11/16 9 am – 1 pm  
Wed 11/18 9 am – 1 pm

**Conversations About Dementia**
In partnership with the Alzheimer’s Association, participants will explore tips on how to have honest and caring conversations about: going to the doctor, deciding when to stop driving, and making legal and financial plans.  
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Hospital - Whittier  
12401 Washington Blvd., Whittier

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PIH Health Hospital - Whittier  
12401 Washington Blvd., Whittier

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**MENTAL HEALTH**

**Depression Screenings**
Do you think you may be suffering from depression? We encourage you to take the first step and obtain a confidential assessment with a Licensed Clinical Social Worker.  
To register: Call Ext. 82513 or email ssambulatory@PIHHealth.org

PIH Health Hospital - Whittier  
12401 Washington Blvd., Whittier

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*Class in Spanish*
Legal and Financial Planning
In partnership with the Alzheimer’s Association, participants will explore the legal and financial issues to consider when a loved one has been diagnosed with Alzheimer’s disease, and how to put financial plans in place.

Two-class series (meets once a week)
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

SeniorNet Computer Classes for Adults 50+
Keep your mind sharp by learning new computer skills. Beginning and intermediate level classes, one and two-day workshops, and seminars are taught in a state of the art computer lab at the La Mirada Activity Center. Classes are taught by PIH Health senior volunteer instructors assisted by volunteer coaches. For course descriptions, membership and class fees call 562.902.3177 or visit LMseniomet.com.

CANCER TOPICS

Cancer Survivorship Series
The cancer survivorship series empowers patients and their loved ones as they transition from patient to survivor. Each program will offer a different topic based on survivorship and will be presented by PIH Health physicians and staff.

To register: Call Ext. 12570
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Sat 1/30

SUPPORT GROUPS

Alzheimer’s Disease
For families. Call Ext. 12453.

Breast Cancer
Call Ext. 15621.


Journey through Cancer
Topics discussed include nutrition, coping with your feelings, family relationships, fear of recurrence and living the “new normal.” Call Ext. 12570.

Living with Loss Bereavement support program. Call Ext. 12500.

Mended Hearts
For heart surgery patients and their families. Call Ext. 12733.


Neonatal Intensive Care Unit (NICU) Parents
For parents with a child in the NICU. Call Ext. 17351.

Perinatal Bereavement
For those coping with pregnancy loss, stillbirth or infant death. Call Ext. 17882.

Scleroderma Support Group
Call Ext. 81085.

Stroke
For survivors and caregivers. Call Ext. 12453.

Visit PIHHealth.org/Calendar for the latest in community education opportunities.
We Want to Hear From You

Send us an email and tell us what health or lifestyle questions you would like to see addressed in an upcoming issue of Healthy Living. We want to be sure to cover health topics that our community members are interested in learning more about.

Additionally, if you would like to share a positive experience at any of our PIH Health locations, please send it to us via email at MarComm@PIHHealth.org. You could be featured in an upcoming issue. Until then, greetings of health and wellness from our family to yours.

PIH Health Service On-the-Go

PIH Health Blood Mobile

PIH Health’s Blood Mobile is available for community blood drives. Scheduling a blood drive is a great way to help support the community and the PIH Health Blood Donor Center. The PIH Health Blood Mobile conducts blood drives at companies, schools, churches, health fairs and other public events. To schedule a blood drive with PIH Health’s state-of-the-art Blood Mobile, call 562.789.5433 or email BloodDonor@PIHHealth.org.

@mobileblood
# List of PIH Health Services

<table>
<thead>
<tr>
<th>#</th>
<th>Address</th>
<th>Service Details</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>12401 Washington Blvd., Whittier, CA 90602</td>
<td>PIH Health Hospital - Whittier, Blood Donor Center, Optical Shop</td>
<td>562.698.0811, 562.698.0811 Ext. 12872, 562.967.2885</td>
</tr>
<tr>
<td>2</td>
<td>11500 Brookshire Ave., Downey, CA 90241</td>
<td>PIH Health Hospital - Downey</td>
<td>562.904.5000</td>
</tr>
<tr>
<td>3</td>
<td>11420 Brookshire Ave., Downey, CA 90241</td>
<td>Rehabilitation and Wellness Center</td>
<td>562.904.5414</td>
</tr>
<tr>
<td>4</td>
<td>12393 Washington Blvd., Whittier, CA 90606</td>
<td>Patricia L. Scheifly Breast Health Center, Ruby L. Golleher Oncology Center</td>
<td>562.907.0667, 562.696.5964</td>
</tr>
<tr>
<td>5</td>
<td>2205 W. Beverly Blvd., Montebello, CA 90640</td>
<td>Internal Medicine, Endocrinology</td>
<td>323.728.0321, 323.726.7601</td>
</tr>
<tr>
<td>8</td>
<td>12415 Washington Blvd., Whittier, CA 90602</td>
<td>Same Day Surgery</td>
<td>562.696.3887</td>
</tr>
<tr>
<td>9</td>
<td>12522 E. Lambert Rd., Whittier, CA 90670</td>
<td>Family Medicine</td>
<td>562.789.5420</td>
</tr>
<tr>
<td>10</td>
<td>1215 Telegraph Rd., Santa Fe Springs, CA 90670</td>
<td>Orthopedics &amp; Sports Medicine, Suite 112</td>
<td>562.789.5452</td>
</tr>
<tr>
<td>11</td>
<td>13330 Bloomfield Ave., Norwalk, CA 90650</td>
<td>Family Medicine, Suite A</td>
<td>562.789.5434</td>
</tr>
<tr>
<td>12</td>
<td>15725 E. Whittier Blvd., Whittier, CA 90603</td>
<td>Pediatrics, Suites 200 and 250, Family Medicine, Suites 300 and 350, Internal Medicine, Suite 500</td>
<td>562.947.3307</td>
</tr>
<tr>
<td>13</td>
<td>15733 E. Whittier Blvd., Whittier, CA 90603</td>
<td>Urgent Care Center</td>
<td>562.947.7754</td>
</tr>
<tr>
<td>14</td>
<td>12675 La Mirada Blvd., La Mirada, CA 90638</td>
<td>Dermatology, Suite 301, Family Medicine, Suite 201, Pediatrics, Suite 401, Women’s Health, Suite 401, Ophthalmology and Optometry, Suite 301</td>
<td>562.967.2851, 562.903.7339, 562.789.5435, 562.789.5453, 562.967.2870</td>
</tr>
<tr>
<td>15</td>
<td>15050 Imperial Hwy., La Mirada, CA 90638</td>
<td>Home Healthcare, Hospice</td>
<td>562.902.7757, 562.947.3668</td>
</tr>
<tr>
<td>16</td>
<td>15088 Imperial Hwy., La Mirada, CA 90638</td>
<td>Physical and Occupational Therapy</td>
<td>562.789.5451</td>
</tr>
<tr>
<td>17</td>
<td>1850 S. Azusa Ave., Hacienda Heights, CA 91745</td>
<td>Family Medicine, Suite 88, Pediatrics, Suite 300, Urgent Care Center, Suite 88, Mammography, Suite 88</td>
<td>626.964.3040, 626.964.6012, 626.225.4900, 626.225.4905</td>
</tr>
<tr>
<td>18</td>
<td>121 W. Whittier Blvd., La Habra, CA 90631</td>
<td>Ophthalmology and Optometry, Suite 100</td>
<td>562.694.2500</td>
</tr>
<tr>
<td>19</td>
<td>1400 S. Harbor Blvd., La Habra, CA 90631</td>
<td>Orthopedics &amp; Sports Medicine</td>
<td>714.879.3400</td>
</tr>
<tr>
<td>20</td>
<td>351 E. Foothill Blvd., Arcadia, CA 91006</td>
<td>Home Nursing and Health Services</td>
<td>626.358.3061</td>
</tr>
</tbody>
</table>
If you no longer wish to receive this publication, or if you would like to begin to receive information, please:

• Call 562.696.0811 Ext. 81120 and leave your full name as it appears on this mailing label, or
• Send your full name and mailing address to MarComm@PIHHealth.org, or
• Visit PIH Health Foundation Building or send a letter with your preference at 7612 Greenleaf Ave., Whittier, CA 90602 and provide your full name and address

Healthy Living is produced by the Marketing Communications Department.

We welcome your comments and suggestions. You may contact us at the phone number or email address above.

Information included in Healthy Living is for educational purposes only. It is not intended nor implied to be a substitute for professional medical advice. The reader should always consult his or her healthcare provider to determine the appropriateness of the information for their own situation, or if they have any questions regarding a medical condition or treatment plan.

PIH Health Physicians’ Patients’ Rights and Responsibilities document is available at PIHHealth.org. A printed copy is available upon request by calling our Patient Services Department at 562.947.8478 Ext. 82199.

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When you or a loved one is experiencing a health problem, it sometimes can be confusing about what to do and where to go. Here are a few guidelines:

urgent care

• Cold and flu symptoms
• Allergies and respiratory or sinus infections
• Mild asthma attack
• Minor cuts and scrapes
• Minor fractures and sprains

emergency care

• Chest pain
• Signs of stroke
• Severe breathing problems
• Major injuries, especially head injuries
• Broken bones
• Poisoning

PIH Health Urgent Care Centers
15733 E. Whittier Blvd.
Whittier, CA 90603
562.947.7754
1850 S. Azusa Ave., Suite 88
Hacienda Heights, CA 91745
626.225.4900
Monday – Friday, 2 – 10 pm
Weekends and Holidays
9 am – 6 pm

PIH Health Hospital - Whittier Emergency Department
12401 Washington Blvd.
Whittier, CA 90602

PIH Health Hospital - Downey Emergency Department
11500 Brookshire Ave.
Downey, CA 90241

If you believe you need emergency care, call 911 or go directly to the nearest emergency room.