

healthfull

information to help you live a healthier, fuller life



We're here to help you in the fight against the flu.

The 2011/2012 seasonal flu vaccine is now available at all Cigna Medical Group (CMG) and Cigna Medical Group CareToday locations. As our patient you may ask for your seasonal flu shot at your next appointment, or you can come to one of our Saturday walk-in clinics. Please ask at the front desk for a complete listing of our Saturday walk-in clinics.

We support the recommendation of the Centers for Disease Control and Prevention (CDC) that everyone six months or older, especially those with a chronic condition, receive a flu shot. The flu vaccine is designed to protect against the three main flu strains that research indicates will cause the most illness during this year's flu season. Flu activity typically peaks in January and February. However, people do show symptoms as early as October and the virus can continue to occur as late as May. Getting the flu vaccine as soon as it becomes available each year is always a good idea, and the protection you get from one vaccination will last throughout the entire flu season.

What can you do to protect yourself from the flu?

The first thing you can do to protect yourself and your family from the flu is to get a seasonal flu vaccine. It is especially important to get a flu vaccine if you have members in your household that are unable to get the vaccine (for example if they are under the age of six months or have severe allergies to eggs). In addition, you can take everyday preventive steps like staying away from sick people and washing your hands often to reduce the

spread of germs. If you are sick with the flu, stay home to prevent spreading the flu to others.

What other vaccines should I be on the lookout for this year?

You can use this time of year, as a gentle reminder to get caught up on other preventive vaccines.

This year, we are recommending the pneumococcal vaccine for anyone over the age of 65, anyone with a chronic condition and anyone who smokes. Pneumonia is a serious complication of the flu and other respiratory diseases can be avoided with the pneumococcal vaccine.

Please ask your doctor any other questions you may have. You can also learn more at CignaMedicalGroup.com/flu

Check with your doctor to see if you need a pneumococcal vaccine.



Cigna Medical Group Urgent Care Centers Do More

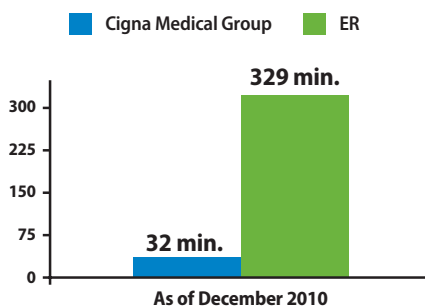
Not every health need is a medical emergency. In a true emergency, it is important that you call 911 immediately. However, in some cases an Emergency Room (and overnight hospital stay) can be avoided by visiting a Cigna Medical Group Urgent Care Center. Our centers have at least one doctor and one registered nurse on staff at all times. We have observation beds equipped to monitor heart rhythm and oxygen levels. We also have on-site pharmacies that are open and able to fill your prescriptions while you wait. Need medical imaging, such as an x-ray? We have on-site digital imaging equipment with fast and accurate results.

Our Urgent Care Centers are one more way our entire care team at Cigna Medical Group is taking care of you. As our patient, your Electronic Health Record (EHR) has your medical and prescription history. Our Urgent Care doctors are part of your health care team and ensure that you receive the best care for your individual needs, even in an urgent situation. Your CMG doctor will also be able to follow up with you after your Urgent Care visit.

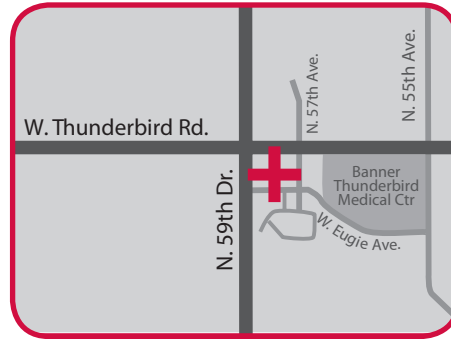
Save Money. Save Time.

Not only will you save money, but on average you can save at least half the wait time and half the copay by visiting our Urgent Care Centers instead of an Emergency Room. An Emergency Room visit should be used for just that – an emergency. However, for many ailments including cough, cold and flu symptoms, injuries, burns and even broken bones you can visit a Cigna Medical Group Urgent Care Center and save the Emergency Room visit for more severe situations.

Cigna Medical Group Urgent Care vs. Phoenix Area ER Wait Times



Source data: Average wait at CMG urgent care compiled from Cigna data, 12/10. Phoenix area wait times were reported in the Emergency Room Pulse Report 2010, Press Ganey.



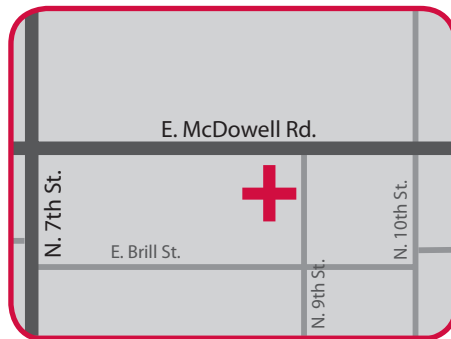
West Valley

Paseo Urgent Care Center
5891 W. Eugie Ave.
Glendale, AZ 85304

(59th Ave. and Eugie Ave.)

602.588.6725

M–F: 7am to midnight
Weekends and holidays:
9am to midnight



Central Valley

Clyde Wright Urgent Care Center
755 E. McDowell Rd.
Phoenix, AZ 85006

*(On McDowell between
7th & 9th Sts.)*

602.271.3961

M–F: 9am to 9pm
Weekends and holidays:
9am to 7pm



East Valley

Stapley Urgent Care Center
1840 S. Stapley Dr., Ste. 101
Mesa, AZ 85204

*(Turn west on E. Inverness,
located on north facing side)*

480.464.6969

M–F: 7am to midnight
Weekends and holidays:
9am to midnight

You can call our After-hours Nurse Line if you aren't sure where to go:

Medicare After-hours Nurse Line

602.787.3299

Pediatric Nurse Line

602.787.3263

All Other Patients

1.800.356.0665





Pumpkin Pie

Nutritional Information

Analysis does not include piecrust – Per 2" piece

Calories	80
Fat	1g(14%)
Calcium	27mg
Cholesterol	0mg
Sodium	16mg
Total Carbohydrate	15g(70%)
Dietary Fiber	1g
Sugars	13g
Protein	3g (16%)
Calcium	27mg

Preparation Time: 20 minutes
Complexity: Easy

Ingredients

- 1 prepared, unbaked pie shell
- 1 pkg tofu, silken, firm (12 oz., 349 g)
- 1 can (14 oz) pumpkin
- 1/3 cup honey
- 1 tsp. vanilla extract
- 1 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp allspice

Directions

1. Preheat oven to 350° F.
2. Place all ingredients in a blender. Blend until very smooth.
3. Pour mixture into an unbaked pie shell.
4. Bake 1 hour or until filling appears set.
5. Chill pie. Slice pie into 8 pieces

Chef's Tip:

- Nice served with creamy whipping topping

Recipe from *the Optimal Diet, The Official CHIP Cookbook*

Ready, Set, Go!

Get Moving Without the Hassle

Physical activity – at least 30 minutes a day – is one of the keys to maintaining health and longevity. Getting the exercise you need can be achieved anywhere – even without a gym membership or expensive equipment. There are plenty of ways to fit in some form of exercise, no matter what your condition.

Aerobics is undertaking a repetitive exercise hard enough to increase your heart rate.

Walking

Walking is a great aerobic exercise, and it's free! As the weather starts to cool down, you can walk in your neighborhood, a local park or the mall. Indoor malls are more enticing during higher temperatures. Most malls open their doors for 'mall walkers' between 6 a.m. and 8 a.m.

Chair Exercises

Chair exercises can help you exercise without putting too much pressure or strain on your body. Do chair exercises on a sturdy straight-backed chair with both feet sitting flat on the ground. Exercises include: boxing or punching (without fully extending elbow); arm circles, toe taps and foot bounces (alternate by bending the toes up and lifting heels); and leg kicks (extend your leg and gently kick out).

Sunshine Arm Circles

For this exercise use a ball and hold it above your head. Always keep your elbows slightly bent and then circle

the ball left, down, right, and back up in a big circle. Now reverse the direction. Repeat 8 to 10 times. If you're unable to get the ball above your head then hold it straight out in front of you and move your arms around in a circle. You can also do this exercise without a ball.

Wrist Curls

For this exercise you will need two cans of soup – one for each side. Hold your arms bent at a 90 degree angle at each side with elbows down and palms up. Then, using only your wrists, curl the cans up toward you and then slowly lower them back down. Then hold the cans palm down and curl them up away from your body, then down. Repeat 8 to 15 times.

Glute Squeeze

Squeeze the buttock muscles together while sitting on a chair. Hold the squeeze for a couple of seconds and release. Repeat 8 to 10 times.

Alternatives to Weights

You don't need weight machines or expensive free weights to get a good workout. There are a variety of things you can use as dumbbells, such as full soup cans. These are great for lighter weights. Some larger cans weigh more than a pound, which could be ideal for upper body exercises. Tennis balls or cans filled with sand or pocket change can also make great handheld weights.



Cigna Medical Group Doctor Spotlight

Dr. John Ferguson, DPM – Podiatry

What is the name of your hometown?

I grew up in Glendora, CA, which is outside of Los Angeles. I attended the College of Podiatric Medicine and Surgery at the University of Osteopathic Medicine and Health Sciences in Iowa.

How did you end up in Arizona?

I came to Arizona during my residency, which I completed at the Veterans Administration Hospital in Phoenix.

How did you choose your area of specialty?

I had an interest in surgery and sports medicine. While in college I needed to fulfill a premed course in order to get into the medical program. Different specialists would come in to lecture to the students. This was great, as it gave the whole picture of what to expect during medical school. I found a connection with the podiatrist that came in to lecture to us. Ever since, I've had a great interest in the podiatric medicine and surgery.

Do you have any unique interests within your specialty?

My interests lie in diabetic wounds and wound care. Most of my patients are diabetic patients and I like the idea of helping to improve their lifestyle by addressing their foot wounds. I also get a great sense of accomplishment doing surgery.

What made you decide to work for CMG?

After my residency, I was looking for a place where I could have a career. I was looking for a practice that would allow me to focus on my patients, and a place where I would have colleagues that were focused on working together as a care team. A lot of my classmates and friends jumped right into private practice and then moved from one



private practice to another private practice – I didn't want to do that. My focus lies on my patients and I didn't want to have to worry about running a business at the same time.

Any special tips for our patients?

A good supportive shoe should be chosen for all day every day wear. Look for a good supportive athletic/walking style shoe. Many manufacturers now make great shoes that offer good support. Having the right shoe can alleviate some of the heel pain, so many of my patients experience from time to time.

Dr. Ferguson is located at the CMG Clyde Wright Multi-Specialty Center in downtown Phoenix.

Cigna Medical Group Pharmacy Coupon

\$5 OFF
any over-the-counter purchase

Pharmacy Location Code _____

Redeemable at any Cigna Medical Group Pharmacy for over-the-counter taxable items.

Offer good through 03/31/12. Valid on purchases over \$5. Offer valid for one time use only.



Cigna Medical Group is a NCQA recognized Patient-Centered Medical Home

★★★★★ **Cigna Medical Group** is the group medical practice for Cigna HealthCare of Arizona's Medicare Advantage Plan, a 2012 4 ½ star rated plan¹ by www.medicare.gov.

¹Plan performance summary star ratings are assessed each year and may change from one year to the next.

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