

CHOICE MEDICAL GROUP PRESENTS

CHOICECONNECT

Your Guide to Better Health and Community Wellness

OCTOBER * NOVEMBER * DECEMBER 2026

CHOICE EDUCATIONAL MEETINGS

General Medicare information,
Choice Medical Group updates
& community resources.

OCTOBER 15 – DECEMBER 7

MEETING DATES
& LOCATIONS
INSIDE

INSIDE THIS ISSUE

BREAST HEALTH

Early Detection
Starts With You.

YOUR HEALTH MATTERS

Annual Exams.
Preventive Care.
Stay Healthy..

HEALTHY HOLIDAYS

Stay Active.
Eat Well.
Enjoy the Season.



STAY INFORMED FOR 2027

Medicare is changing.
Join us to learn what's new
and get your questions
answered.

For adults 64+

The Right Choice... to Better Your Health!

ChoiceMG.com

2027 MEDICARE EDUCATIONAL MEETINGS

October 15 – December 7, 2026

LEARN WHAT'S CHANGING FOR MEDICARE IN 2027

Medicare changes from year to year, and staying informed can help you prepare for the year ahead.

Choice Medical Group is hosting Medicare Educational Meetings throughout the High Desert to share general Medicare information and important Medicare updates for 2027.



GET INFORMED. GET YOUR QUESTIONS ANSWERED.

WHAT WE'LL TALK ABOUT

2027 Medicare Updates

Learn about important Medicare changes for the coming year, including general updates that may affect Medicare beneficiaries.

Choice Medical Group Updates

Learn about Choice Medical Group services, programs and resources available to our patients and community.

Get Your Questions Answered

Our educational meetings are an opportunity to learn, ask questions and better understand what to expect in 2027.

COME LEARN WHAT'S NEW FOR 2027!

MEDICARE CHANGES EACH YEAR.

Topics may include:

- ✓ Medicare costs and deductibles
- ✓ Prescription drug coverage
- ✓ Medicare benefits and coverage
- ✓ Important Medicare updates for 2027

LEARN ABOUT IMPORTANT MEDICARE CHANGES FOR 2027 AT ONE OF OUR MEDICARE EDUCATIONAL MEETINGS.

MEDICARE PLAN COMPARISON MEETINGS

Meet with licensed Medicare agents to learn about specific Medicare health plan options, benefits & changes.

**CONTACT THE SENIOR RESOURCE
CENTER FOR PLAN COMPARISON
MEETING DATES & TIMES.
(760) 338-0914**

2027 MEDICARE EDUCATIONAL MEETINGS

Choice Medical Group will be sharing important Medicare updates for 2027.

CHOOSE A LOCATION & MEETING DATE

Medicare changes from year to year, and staying informed can help you prepare for the year ahead.

Choice Medical Group is hosting Medicare Educational Meetings throughout the High Desert to share general Medicare information and important Medicare updates for 2027.



APPLE VALLEY – TOWN CENTER

19111 Town Center Drive

OCT 19 • MON • 10 AM

OCT 20 • TUE • 10 AM

OCT 22 • THU • 10 AM

OCT 27 • TUE • 10 AM

NOV 3 • TUE • 10 AM

NOV 10 • TUE • 10 AM

NOV 17 • TUE • 10 AM

NOV 19 • THU • 2 PM

DEC 1 • TUE • 10 AM

DEC 3 • THU • 2 PM

RESERVATIONS REQUIRED

760-338-0914

HDMEDICARE.COM

APPLE VALLEY – SENIOR LOUNGE

18564 HWY 18, Suite 107

OCT 17 • SAT • 10 AM

OCT 22 • THU • 2:00 PM

OCT 22 • THU • 5:30 PM

BARSTOW – SENIOR CENTER

555 Melissa Road

OCT 21 • WED • 10 AM

NOV 5 • THU • 9 AM

DEC 3 • THU • 9 AM

VICTORVILLE – THE FIT LAB

13010 Hesperia Road, Suite 500

NOV 4 • WED • 2 PM

NOV 18 • WED • 2 PM

DEC 2 • WED • 2 PM



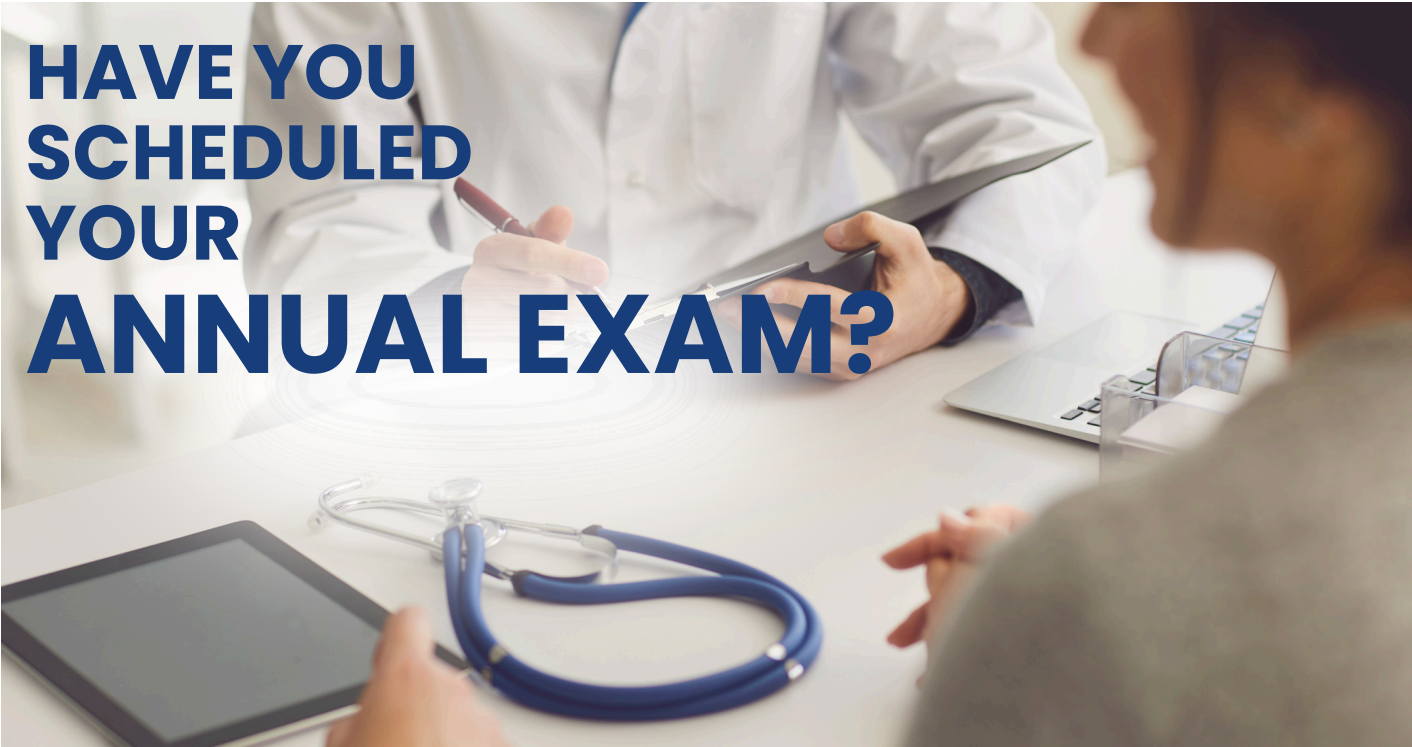
A special thank you from Choice Medical Group.

**ATTEND A MEETING &
RECEIVE A FREE CORKY'S
CREAM OR PUMPKIN PIE VOUCHER!**

Corky's
Kitchen & Bakery

FREE CORKY'S PIE VOUCHER AVAILABLE TO ATTENDEES WHO ATTEND THE EDUCATIONAL MEETING. ONE VOUCHER PER ATTENDEE. VOUCHER VALID FOR ONE WHOLE CREAM OR PUMPKIN PIE ONLY. SELECTION SUBJECT TO AVAILABILITY. NO SUBSTITUTIONS. NO OBLIGATION. WHILE SUPPLIES LAST.

YOUR HEALTH MATTERS



**HAVE YOU
SCHEDULED
YOUR
ANNUAL EXAM?**

WHY AN ANNUAL EXAM IS IMPORTANT

Annual exams are an important part of staying healthy at every age. They give you and your primary care provider an opportunity to review your overall health, discuss concerns, and identify potential health issues early. Even if you're feeling well, preventive care can help keep you on track with recommended screenings, vaccinations, and medications.

ANNUAL EXAMS CAN HELP:

- ✓ Detect health issues early
- ✓ Manage chronic conditions
- ✓ Stay current on vaccinations
- ✓ Review medications
- ✓ Support your overall health

YOUR EXAM MAY INCLUDE:

- ✓ Blood pressure check
- ✓ Cholesterol screening
- ✓ Diabetes screening
- ✓ Recommended cancer screenings
- ✓ Vaccinations
- ✓ Medication review & updates
- ✓ Bone density screening



OCTOBER IS
Breast Cancer
Awareness Month

ADVANCED AI-ASSISTED BREAST SCREENING

Advanced AI-assisted mammography with **Lunit INSIGHT** — helping enhance breast cancer detection at no additional cost to patients.

PINK IS THE
REMINDER.
SCREENING
IS THE ACTION.

SPECIAL OCTOBER OFFER

**NO INSURANCE?
MAMMOGRAM SCREENING**

\$99

For the
month
of October

**A SPECIAL GIFT
FOR YOU!**

Complete your
mammogram at
SOL Radiology this
October and receive
a special gift.



**Sol
Radiology**

12490 Business Center Dr., Suite 200
Victorville, CA 92395

760.728.1900

SOLRadiology.com

Return to the Life You Love

And the moments you don't want to miss.



NEW!
JIFFY KNEE™

A DIFFERENT APPROACH TO KNEE REPLACEMENT

Introducing the Jiffy Knee™ approach at Premier Ortho

Knee pain can make walking, exercising and everyday activities increasingly difficult. When knee replacement becomes the next step, the surgical approach can make a difference.

The Jiffy Knee™ approach is designed to minimize disruption to the soft tissues surrounding the knee while maintaining surgical precision — with a focus on mobility, function and recovery.

THE JIFFY KNEE™ DIFFERENCE

MINIMIZES SOFT-TISSUE DISRUPTION

Designed to reduce unnecessary disruption around the knee.

FOCUSED ON MOBILITY

Designed to support movement and joint function.

RECOVERY IN MIND

An advanced approach focused on supporting recovery.

GET BACK TO LIFE

Helping patients return to the activities they enjoy.

Is knee pain keeping you from the life you love?

Talk with your physician about whether knee replacement may be appropriate for you.



Samir Nayyar, MD
Orthopaedic Surgeon
Jiffy Knee™ Surgeon

PREMIER

Orthopaedic & Trauma Specialists



SCHEDULE YOUR KNEE CONSULTATION TODAY

909.596.4346 | PremierKnee.com

12490 Business Center Dr., Suite 100

Victorville, CA 92395

Watch local knee replacement patient stories at PremierKnee.com

4 WAYS TO MAKE YOUR URGENT CARE VISIT EASIER

1 USE THE PATIENT PORTAL



Save time at check-in! Use our Patient Portal before your visit to complete your information and avoid waiting at the check-in desk.

2 WHAT TO BRING



Bring your photo ID, insurance card, current medication list, and any relevant medical information related to your visit.

3 KNOW YOUR MEDICATIONS



Have an updated list of your prescriptions, over-the-counter medications, vitamins, supplements, and medication allergies.

4 CONVENIENT LOCAL CARE



8:00 AM - 7:30 PM

- ✓ No appointment needed
- ✓ Walk-ins welcome
- ✓ Call with questions during business hours

MORE THAN A TYPICAL URGENT CARE.

Advanced diagnostics. Experienced care. Close to home.

ADVANCED DIAGNOSTICS

Advanced diagnostic capabilities help us evaluate and treat a wide range of conditions.

- On-site X-ray & ultrasound
- Same-day access to CT & MRI
- Laboratory testing
- D-dimer & troponin testing

EXPERIENCED CARE

ER-trained physician on staff

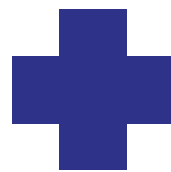
Experienced care with access to ER-level imaging, labs and diagnostic capabilities.

Many conditions can be evaluated and treated without an unnecessary ER visit.



UNDERSTANDING THE DIFFERENCE

Urgent Care vs. Emergency Room



Knowing where to go for care can save you time, reduce stress, and help you get the right treatment when you need it.



GO TO URGENT CARE

for common conditions that need treatment soon, not life-threatening, but can't wait for an appointment.



- Allergic reaction
- Animal or insect bite
- Back pain
- Bad cold or flu
- Cuts requiring stitches
- Earaches
- Eye infection or irritation
- Minor fever or burns
- Nausea, vomiting and diarrhea
- Skin conditions
- Sore throat
- Sprains or strains
- Suspected broken bone, not shifted out of place
- Urinary tract infection



GO TO THE EMERGENCY ROOM

for symptoms that are severe, life-threatening or come on suddenly.



- Broken bone, shifted out of place
- Coughing or vomiting blood
- Chest pain
- Difficulty speaking
- Head or eye injury
- Poisoning or overdose
- Severe burns
- Signs of stroke (numbness or weakness of limbs)
- Shortness of breath
- Sudden loss of consciousness
- Uncontrolled bleeding



When in doubt, it's always better to be safe.

If you think it's an emergency, call 911 or go to the nearest ER.

13010 Hesperia Road, Suite 600
760.946.5888 | cmgUrgentCare.com

CHOICE CHOICE MEDICAL GROUP PHYSICIANS NETWORK

YOUR HEALTH. OUR PRIORITY. WE'RE HERE 24/7



Personalized support, guidance,
and care coordination for
Choice Medical Group patients.



(760) 684-7777

Your 24/7 Nurse Care Team
& Complex Case Management



Questions about symptoms?



Recently discharged from
the hospital?



Not sure where to go for care?

Call us first!

HOW WE HELP

- ER or Urgent Care Guidance
- Care Coordination
- Hospital Follow-Up
- Symptom Support
- Medication Questions
- Community Resources
- After-Hours Assistance

ONE CALL CAN:

- Connect you to the right care
- Help avoid unnecessary ER visits
- Save you time and money
- Coordinate services between providers
- Provide peace of mind
- Support your healthcare journey

IS THIS FOR YOU?

- Diabetes
- Asthma/COPD
- Congestive Heart Failure
- Hypertension
- Coronary Artery Disease
- Behavioral Health Conditions
- Frequent Hospitalizations



Complex Case Management 24/7 Nurse Help Line

(760) 684-7777

ChoiceMG.com/ccm

19111 Town Center Drive, Apple Valley, CA 92307
CaseManager-Department@choicemg.com



STAYING HEALTHY AT CHOICE

MORE THAN HEALTHCARE — OPPORTUNITIES TO STAY ACTIVE, CONNECTED AND INFORMED.

Staying healthy is about more than doctor visits. At Choice Medical Group, we believe good health includes staying active, connected and informed about your health.

That's why Choice offers programs, classes, educational opportunities and additional support to help you live a healthier, more fulfilling life.

Whether you want to meet new people, try a fitness class, learn more about your health or get extra support when you need it, there are many ways to get involved at Choice.

STAY CONNECTED

Staying socially connected is an important part of healthy living. Join us for painting and crafts, Game Day, social activities and special events. It's a great way to meet new people, try something new and enjoy time with friends.



Painting & Craft Classes

SOCIAL CLASSES

Painting, crafts and other group activities offer a fun way to stay creative, socialize and connect with others. Check the Senior Kicks Club calendar for upcoming activities and events.

KEEP MOVING

Movement is an important part of staying healthy at every age. Fit Lab Fitness Center offers classes and activities designed for different interests and fitness levels.

From yoga and balance to strength and group exercise, there are many ways to keep moving, build confidence and make physical activity part of your routine.

LEARN ABOUT YOUR HEALTH

Knowing more about your health can help you take a more active role in your care. Choice offers Health Academy, Wellness Way classes, Doc Talks and educational seminars throughout the year.

Topics include vascular health, diabetes, hormones and other health and wellness concerns, with opportunities to learn from healthcare professionals and ask questions.

EXTRA SUPPORT WHEN YOU NEED IT

Sometimes staying healthy takes additional support. RX Fitness provides exercise and fitness support, while RX Nutrition offers nutrition education and guidance for eligible patients.

For those with more complex healthcare needs, Complex Case Management provides added support and helps patients better navigate their care.



Monthly Bingo for Prizes

MORE WAYS TO LIVE WELL, STAY CONNECTED & TAKE CHARGE OF YOUR HEALTH

There's always something happening at Choice. Try a class, attend a seminar, join a social activity or discover a program designed to support your health and well-being.

Get involved. Stay connected. Make your health a priority.

DID YOU KNOW?

Choice offers programs and resources designed to support your health beyond the doctor's office.

Stay active. Stay informed. Stay connected.

PREVENTING FALLS

AND STAYING INDEPENDENT



INTRODUCING BODY BALANCE

Falls are one of the leading causes of injury among older adults, but many falls can be prevented through regular movement, improved balance, and healthy lifestyle habits.

Staying active and maintaining strength can help seniors remain independent, confident, and safe in their daily activities.

Simple steps such as removing tripping hazards, wearing supportive shoes, staying hydrated, improving lighting in the home, and participating in regular exercise can greatly reduce the risk of falls. Balance and flexibility exercises are especially important for maintaining mobility and preventing injuries as we age.

At Choice Medical Group, we encourage patients to stay active through wellness and fitness programs designed to support healthy aging.

Choice Medical Group now offers the RX Fitness Body Balance class **for all ages**, designed to help improve:

- Balance and coordination
- Strength and flexibility
- Mobility and stability
- Confidence with movement
- Overall wellness

Body Balance may also help **support recovery from surgery** or assist all patients looking to safely **return to fitness** in a supportive environment.

Stay Active, Independent & Supported.

**ASK YOUR CHOICE PCP ABOUT A REFERRAL
TO THE FIT LAB FITNESS CENTER**



HEALTHY LIFESTYLE



NUTRITION & WELLNESS PROGRAM FOR HIGH-RISK CHOICE MEDICAL GROUP PATIENTS

Good nutrition and healthy lifestyle habits play an important role in managing chronic conditions and improving overall wellness. Proper nutrition may help support heart health, blood sugar control, weight management, energy levels and long-term health outcomes.

Choice Medical Group offers RX Nutrition, a wellness-focused program designed to support high-risk patients through personalized nutrition guidance, education, accountability and ongoing support.

This program is designed specifically for high-risk Choice Medical Group patients who may benefit from additional nutrition and wellness support.

PROGRAM HIGHLIGHTS

- Personalized nutrition guidance
- Chronic condition wellness guidance
- Healthy lifestyle education
- Accountability and encouragement
- Meal planning assistance
- Long-term wellness support
- Online support resources

RX Nutrition provides high-risk patients with education, support and practical guidance to help build healthier habits.

Ask your Choice PCP if RX Nutrition is right for you.



Support for better health outcomes and quality of life.



May help manage chronic conditions and reduce risk.



Practical guidance for healthier living and daily choices.



Ongoing support to help you stay motivated.

SKC HEALTH ACADEMY

REGAIN YOUR HEALTH. RECLAIM YOUR LIFE

Voted
Best Weight Loss Center in
the High Desert!



1

HEALTHY WEIGHT CLUB



Sourav Das, MD provides a personal health goal. Weekly Meetings in six week intervals.



Set goals, Stay on track.
Achieve lasting results.
Registration Required
760.338.0914

2

FIT LAB FITNESS CENTER



Fun, effective fitness classes to build strength, improve balance and boost energy.



Classes for all levels of fitness, See schedule online
Join the Fit Lab anytime!
Come On In!

3

WELLNESS WAY CLASSES



Nutrition education classes to help you make healthier choices. Free to the Senior Community!



Katrina Lotts covers many topics. View dates online.
Registration Required
760.338.0914

HEALTHY WEIGHT CLUB

6-WEEK PROGRAM

For Adults 62+-

Every Wednesday for 6 weeks

INCLUDES:

- Healthy Weight Club
- Personalized Health Goal
- Fit Lab Fitness Classes
- Wellness Way Classes
- Nutrition Education
- Accountability & Support

After the 6-week program, continued participation is available through Choice Medical Group Membership

OR

Fit Lab Membership \$20/month or FREE for Choice Medical Group Members

WELLNESS WAY VIP CLUB

Continue Your Wellness Journey With:

- Monthly Wellness Challenges
- Online Wellness Resources
- VIP Wellness Binder
- Accountability & Support

ASK HOW TO JOIN!

Continue Your Wellness Journey



760.205.3834

FitLabFitnessCenter.com

13010 Hesperia Road, Suite 500
Victorville

BRAIN TRAIN ACADEMY



FREE WEEKLY WORKSHOP FOR HIGH DESERT SENIORS

EVERY FRIDAY • 11:00 AM

Brain Train Academy features fun, engaging exercises that challenge memory, problem-solving, reaction time and more—all in a social group setting. These activities help support mental sharpness, brain health and overall cognitive wellness.

Sessions are free and open to all older adults.



SeniorKicksClub.com

CHOICE CONFERENCE CENTER

19111 Town Center Drive

Apple Valley

760.338.0914



ChoiceMG.com

JOIN US FREE TO SENIORS



Come be a part of our vibrant community of High Desert seniors! **Enjoy activities like painting, exercise, crafts, Health Academy, Weight Management Club and bingo—all designed for fun, fitness, and socializing.**

Our classes focus on improving your health, while providing plenty of opportunities for laughter and connection.

We love our seniors, and it shows!

Don't miss out... Join us today!



Call Us

760.338.0914

SeniorKicksClub.com



SKC VIP

Senior Kicks Club

SKC VIP is a special program created through Choice Medical Group and Senior Kicks Club to help seniors stay active, connected, informed and enjoy life to the fullest.

Enjoy all the benefits offered to the High Desert senior community...



More Than Healthcare -
A Community That Cares.

plus so much more!

SKC VIP is more than a club... It's an Experience!



SOCIAL EVENTS

Theme Dances,
Special Events &
Social Mixers & More



SKC HEALTH ACADEMY

Healthy Weight Club,
Fit Lab Exercise Classes &
Wellness Way VIP



VIP EXPERIENCES

Exclusive Events,
Special Activities &
Member Experiences

SKC VIP INCLUDES:

- Exclusive VIP Events & Invitations
- Healthy Weight Club
- Free Exercise Classes at the Fit Lab
- Wellness Way VIP Club
- Educational Workshops & Wellness Programs
- Social Outings & Group Activities
- Build Friendships & Stay Connected
- Community Events & Special Experiences

SUPPORT SERVICES

Case Management Support

Support and care coordination for patients managing chronic health conditions.

Prescriptive Fitness Program

Designed to support recovery, improve strength, mobility and flexibility, and help you stay active.

Prescriptive Nutrition Program

Nutrition education, wellness coaching and support to help build healthier habits for long-term wellness.



CALL OR JOIN ONLINE!!

760.338.0914

SENIORKICKSCLUB.COM

Interested in Choice Medical Group? Call us to learn more.
Already a Choice member? Join Senior Kicks Club today!



Stay Active. Stay Connected. Live Well!

HEALTHY HOLIDAYS

ENJOY THE SEASON WITHOUT PUTTING YOUR HEALTH ON HOLD

The holidays are a time for family, friends and favorite traditions. They can also bring busy schedules, extra treats and changes to our normal routines.

The good news? You can enjoy the season while still taking care of your health. A few simple choices can help you feel your best without missing the foods, festivities and moments that make the holidays special.

BALANCE, NOT PERFECTION

Holiday meals are meant to be enjoyed. Choose the foods you love, watch portions and take time to enjoy your meal. Balance holiday favorites with vegetables, lean proteins and other nutritious choices.



SMALL CHOICES ADD UP

You don't have to skip your favorite traditions to stay on track. Small choices throughout the season can make a difference.

MORE WAYS TO STAY HEALTHY THIS HOLIDAY SEASON



The holidays can make routines harder to maintain. Look for simple ways to keep moving — play outside with the grandkids, take a walk after dinner or make time for your favorite fitness class.

Even a little activity can support your energy, mobility and overall well-being.



ENJOY YOUR FAVORITES

Holiday favorites are part of the celebration. Enjoy the foods you love, but be mindful of portions and balance richer choices with healthier options.

Eat slowly, enjoy each bite and stop when you're comfortably satisfied.



DON'T FORGET YOUR HEALTH

Holiday schedules can get busy, but your health still matters. Keep scheduled appointments, take medications as directed and refill prescriptions before holiday travel.

If you have questions or aren't feeling well, don't put off getting the care you need.

Choice Medical Group is here for you throughout the holiday season.

A PERFECT
SMILE
STARTS
WITH...

**GREAT
DENTAL
CARE!**



Experience Compassionate, Comprehensive Care
Modern dental care for the whole family -
from first teeth to grandparents.



Caring Family Dentistry for Every Smile

- Preventive Care
- Restorative Dentistry
- Cosmetic Dentistry
- Pediatric Dentistry
- Gum & Support Care
- Orthodontics & Oral Surgery

NOW ACCEPTING DELTA DENTAL HMO

Plus most other dental insurance plans.
Call today to schedule your appointment!

NAYYAR DENTAL - Family Dentistry
18564 Hwy 18, Suite 110, Apple Valley, CA 92307

(760) 949-1507

Nayyar-Dental.com

Shikha Nayyar, D.M.D.





HOW TO NAVIGATE OUR WEBSITE

Everything You Need — All in One Place

ChoiceMG.com makes it easy to find the information, resources and services you need. Here's a quick guide to help you get where you need to go.



FIND A PROVIDER

Search our provider directory by specialty and location. Find doctors and specialists near you.



PATIENT RESOURCES

Access patient forms, payments FollowMyHealth, telehealth and other helpful resources.



NEW TO CHOICE

Find helpful information and resources to get started with your care.



MEMBER SERVICES

Find information and support when you have questions about your care, benefits or services.



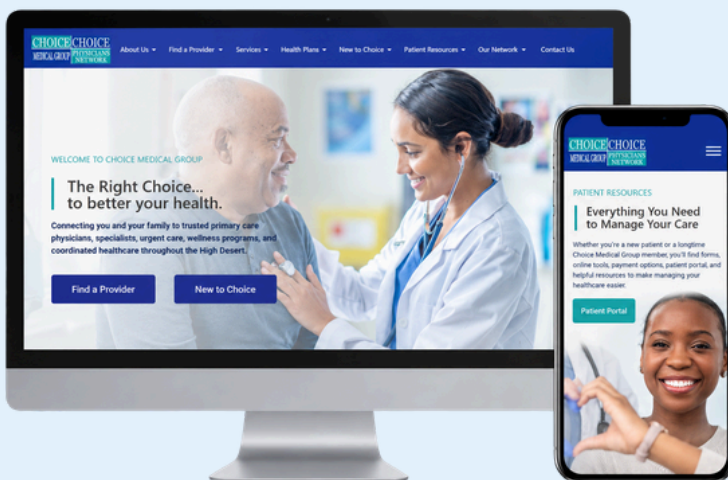
SENIOR RESOURCES

Explore Senior Kicks Club, educational programs, wellness activities and resources.

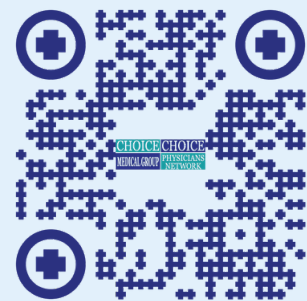


HEALTH & WELLNESS

Discover our programs and classes designed to help you stay active, healthy and connected.



VISIT US ONLINE
ChoiceMG.com



Scan to explore our website and find the resources you need.



The Right Choice... to Better Your Health!

ChoiceMG.com

MORE THAN HEALTHCARE

Connecting You to Programs,
Resources & Support



Fit Lab Fitness Center - Yoga

At Choice Medical Group, caring for you goes beyond the doctor's office. We're here to help you stay healthy, active, informed and connected.

From wellness and senior programs to health education, community resources and support services, we're here to help you get involved and stay active in your health.

Connect With Us!



The Right Choice... to Better Your Health!

ChoiceMG.com