



5504 E. Whittier Boulevard
Los Angeles, CA 90022
323-725-0167
Monday thru Friday
9:00 am to 5:00 pm, excluding holidays

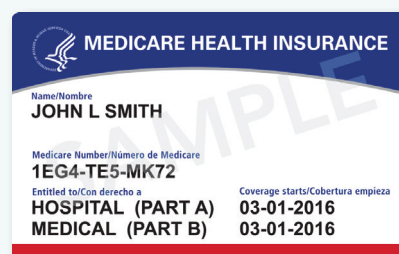
Health Plan Partners:



5504 E. Whittier Boulevard, Los Angeles, CA 90022

Annual Enrollment Period (AEP) for all Medicare and Covered California Recipients.

AEP is soon coming up for Medicare and Covered California recipients. We hope that during this open enrollment you gain new membership as well as retain your existing patients. Your assigned Sales Rep works hard in guiding your existing patients in making the right choice for their medical needs and services. Many of the concerns this year will revolve around premium costs, Cal-Medi Connect and value-added services. We are proud to contract with the following health plans listed who work diligently hard to offer your patients affordable health care and increased Supplemental benefits.



South Atlantic Medical Group IPA
Caring for your health since 1984

NEWSLETTER

Third Quarter, 2018

In Memory of our Founder...

Last August, our community suffered a great loss with the passing of the esteemed Dr. Nissan Kahen - our Founder, President and CEO. Those of us privileged to work with him lost a true role model and friend!

Dr. Kahen established his first medical clinic in East Los Angeles in 1984, under the name *South Atlantic Medical Group*. The clinic was open 24/7 and made a big impact in the community. Subsequent to 1984, Dr. Kahen started four additional clinics also serving underprivileged communities. In 1993 we established *US Comp Care* and acquired our first Limited Knox-Keen License in 1996. In 1997-2001 we founded *South Atlantic Medical Group IPA (SAMG-IPA)*, and in 2003-2005 we founded *Citizens Choice Health Plan*.

Dr. Kahen was an extraordinary human being. His philosophy was to treat patients like he would treat family. He promoted this approach to staff and inspired everyone to act accordingly. His fees were among the lowest, and he never refused service to patients who could not afford to pay - in many instances he provided many free-of-charge services, including medications at local pharmacies.

Patients, staff and peers found it a special pleasure to be associated with Dr. Kahen. His love of healing, medical skill and care for his fellow were a combination that endeared him to all. He lived a remarkable life and will be deeply missed.

Dr. Nissan Kahen's son, Dr. Dan Kahen, is Board Certified in Family Practice and has taken over the responsibilities of Medical Director and CEO following the passing of Dr. Nissan Kahen Z"L, of blessed memory.

Paul Kahen, Administrator



New Generic Drugs on the Way

By Sarah Kahen, PharmD

One of the FDA's many roles is to ensure that brand name and generic medications are equivalent in terms of active drug ingredient, strength, purity and efficacy. Once a generic drug receives FDA approval, you can rest assured that it meets the rigid guidelines of the FDA in terms of bioequivalence and safety. Generic drugs make healthcare costs more affordable, for both health plans and patients alike. Having said that, the patents for the following brand name drugs have either already expired or are soon to be expired. Look out for generic formulations of the following medications in the near future. Please visit the FDA website for the most updated information on new generic drug approvals.

Drug (generic)	Available now	Expected availability in 2018	Expected availability in 2019
Aczone® (Dapsone)	X		
Namenda XR® (Memantine Extended Release)	X		
Acanya® (clindamycin/benzoyl peroxide)		X	
Gilenya® (Fingolimod)			X
Viagra® (Sildenafil)	X		
Welchol® (Colesevelam)	X		
Cialis® (Tadalafil)		X	
Finacea® (Azelaic acid)		X	
Vesicare® (Solifenacin)		X	
Uloric® (Febuxostat)			X
Lyrica® (Pregabalin)		X	
Ranexa® (Ranolazine)			X
Eliquis® (Apixaban)			X

References:

National Pharmaceutical Services. Drugs coming off patent by 2022. https://www.pti-nps.com/nps/wp-content/uploads/2017/04/NPS_Drugs-Coming-Off-Patent-by-2022-Web.pdf. Accessed July 17, 2018.
 Food and Drug Administration. First generic drug approvals. <https://www.fda.gov/Drugs/DevelopmentApprovalProcess/HowDrugsareDevelopedandApproved/DrugandBiologicApprovalReports/ANDAGenericDrugApprovals/default.htm>. Accessed July 17, 2018.

Benefit of Statin Therapy in Type 2 Diabetic Patients

By Sarah Kahen, PharmD

According to the American Diabetics Association, 1.5 million new cases of diabetes are diagnosed in the U.S. every single year¹. A Type 2 diabetes diagnosis usually comes as a package deal, with conditions such as hypertension, hyperlipidemia, sedentary lifestyle and obesity as well. As healthcare professionals, we are responsible to provide optimal care to our patients so that they can live healthier and happier lives. The American Heart Association states that diabetics are at a two to four times greater risk of developing cardiovascular diseases in their lifetime relative to non-diabetics². Since atherosclerosis is one of the biggest culprits of heart disease, it is imperative to make sure that diabetic patients have controlled LDL cholesterol levels (under 100mg/dl.) While statins are well-known agents used to control LDL cholesterol levels, research has shown that it has the potential to do even more. The CARDS trial found that even *despite baseline LDL levels*, Type 2 diabetics who were on atorvastatin 10mg daily benefited from reduced rates of cardiovascular disease³. (Inclusion criteria for the study required having at least one risk factor, but no past history of cardiovascular disease. Qualifying risk factors included hypertension, smoking, retinopathy and/or albuminuria.) With that said, make sure to assess your type 2 diabetic patients today and determine if they may benefit from statin therapy. Statins are inexpensive, fairly well tolerated and can avoid further health complications in diabetic patients. Just make sure not to prescribe a statin to a pregnant or nursing patient, as it is contraindicated in those cases.

References:

¹American Diabetes Association. Statistics about Diabetes. <http://www.diabetes.org/diabetes-basics/statistics/?loc=db-slabnav>. Accessed July 17, 2018.
²American Heart Association. Cardiovascular Disease & Diabetes. http://www.heart.org/HEARTORG/Conditions/More/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes_UCM_313865_Article.jsp#.W0Vnd9VKiM8. Accessed July 17, 2018.
³Calhoun HM, Betteridge DJ, Durrington PN, et al. Primary prevention of cardiovascular disease with atorvastatin in type 2 diabetes in the Collaborative Atorvastatin Diabetes Study. *Lancet*. 2004;364:685-696.

Sun Safety

With schools out for the Summer and many adults redeeming their vacation days, many of our patients are spending a significant amount of time rejuvenating outdoors... as they should. Short periods of sun exposure is all it takes to decrease melatonin levels which will combat sleepiness and low energy, as well as increase serotonin levels which will fight the blues.

Considering Southern California's consistent record of heat waves throughout the Summer and even Fall seasons, it's time for us as physicians to increase patient education regarding sun protection and hydration to prevent skin damage and heat-related illnesses.

Prolonged time in hot weather especially during peak hours between 10am and 2pm can lead to conditions ranging from heat cramps to heat strokes. These conditions are largely due to dehydration, so please encourage patients to increase their water intake and remind them that fluids such as coffee, soda, energy drinks and alcohol actually lead to further dehydration. Protecting skin from sun damage is equally as important. Encourage patients to use sunblock liberally and wear protective clothing/hats to minimize sunburn, photo-aging (wrinkles, freckles and moles) and skin cancer.

I hope you're all having a great summer, and thank you for partnering with South Atlantic Medical Group to satisfy the medical needs of our patients.

Dan M. Kahen, DO



Proposition 56 Physicians

This program provides supplemental reimbursement for eligible physician services provided to Medi-Cal beneficiaries. The supplemental benefits were to be provided above the base rates for qualified physician services rendered between July 1, 2017 and June 30, 2018.

The Department of Health Care Services implemented supplemental payments for physician services in both Medi-Cal fee-for-service (FFS) and Medi-Cal managed care delivery systems. Providers who are eligible to provide and bill for the following Current Procedural Terminology (CPT) codes will receive the associated supplemental payment identified, in addition to whatever other payment they received from the State in FFS or from the health plan as a network provider in managed care:

CPT Code	Supplement Amount
90863	\$5.00
99201, 99211	\$10.00
99202, 99212, 99213	\$15.00
99203, 99204, 99214, 99215	\$25.00
90791, 90792	\$35.00
99205	\$50.00

The reimbursements are computed based on accepted Encounter Data received. "Accepted" data received is defined as encounter data submitted timely, formatted properly, and coded accurately in compliance with national standard. **Yet another reason the providers must provide encounters accurately and in a timely manner.**

For additional information pertaining to Proposition 56, please visit <http://www.dhcs.ca.gov/provgovpart/Pages/Prop56.aspx>

For Our Providers

South Atlantic Medical Group IPA has a web portal for our physicians to verify eligibility, request and check status of authorizations, submit and check status of claims, and more. Additionally, please check our Provider Resources on our homepage for more educational materials you need for your practice. If you currently do not have an account for our provider portal, you may request for one through your Provider Services Representative, Monday thru Friday by calling (323) 725-0167 from 8:00 am-5:00 pm or email us through our "CONTACT US" page at www.southatlanticmedicalgroupipa.com.