

## **MEDICAL BOARD REPORT**

DATE REPORT ISSUED: July 12, 2016  
ATTENTION: Members, Medical Board of California (Board)  
SUBJECT: Public Outreach Campaign Update  
BOARD CONTACT: Ronald Lewis, M.D., Chair, Public Outreach, Education, and Wellness Committee

### Requested Action:

This report is intended to provide the Members with an update on the “Check Up On Your Doctor’s License” Campaign.

### Outreach Activity Update Summary:

The Office of Public Affairs has continued to work very hard to educate and spread the message of the importance of being an informed patient and to encourage the patients/consumers to be educated with regards to their physician.

A tutorial titled “Check Up On Your Doctor’s License” was completed in June, 2016 and is available on the main page of the Board’s website, in addition to YouTube. This tutorial walks the patient through the steps needed to check on a physician’s license. It is designed to educate while engaging the interest of the viewer.

The “Check Up On Your Doctor’s License” brochure has recently been translated into Spanish and is being laid out for printing. It should be available shortly.

The state warrants that went out in June, 2016 from the California State Controller’s Office all had a message printed on the bottom encouraging state employees, vendors, and contractors to “Check up on Their Doctor’s License.” Staff has also made arrangements to reserve another global message using state warrants issued in April of 2017, and is currently looking into possibly providing printed inserts. The cost of inserts to be distributed with state warrants is \$1,200.00.

Staff has been extremely successful partnering with a number of counties and cities in California to get its message out. Attached is a detailed listing of the work done so far. The list includes Orange County, Contra Costa County, Tulare County, Monterey County, Los Angeles County, Kern County, Stanislaus County, Fresno County, and the City of San Francisco. The list continues to grow as Board staff continue to reach out to these counties and cities.

In addition, the California State Retiree publication featured an image of the Board’s “Check Up On Your Doctor’s License” brochure soon to be followed by CalPERS who will be publishing a short blurb about the Board’s campaign in its next member quarterly newsletter “PERSpective.”

At this time based on the successful outreach the Board has placed its messaging in publications that have the capacity to reach approximately 17 million Californians.

Public Outreach Campaign Update

July 12, 2016

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Outreach to the Legislature was also very successful. As a result of the Board's Legislative Day, the Board was able to get Senator Richard Pan, M.D. to agree to display and give out the "Check Up On Your Doctor's License" brochures. The Board also had its first successful legislative tweet (or retweet) of the Board's messaging.

Board staff will continue to reach out to counties and cities. Staff is also trying to reach out to unions and other large community organizations. In addition, staff will continue to partner with Legislators at Town Halls, and are always looking to do outreach events with other agencies as well. Board staff will begin a Public Service Announcement (PSA) for broadcast distribution and hopes to have that completed by the next Board Meeting.

**Check Up on Your Doctor's License Campaign  
Priority One Outreach Activities Update**

Outreach Activity	Status Update
Develop a tutorial for the Medical Board of California's (Board's) website on how to lookup a physician's license and what the information means on the website	The tutorial was completed in June 2016 and is available on YouTube and posted on the Board's website's main page <a href="http://www.mbc.ca.gov/">http://www.mbc.ca.gov/</a> "Check Up On Your Doctor's License – Tutorial"
Develop a PSA that can be provided to entities to air	Board staff will begin work on the PSA now that the tutorial is complete. The PSA should be completed by the October 2016 Board Meeting.
Include information about the Board on utility bills throughout the state	The Public Affairs Manager will be working to launch the partnership with Tammi Watt's (nurse practitioner) and PG&E's proposed Health Center for employees before the end of the year. The Board would provide brochures, newsletters, Op-Ed's and presentations at their staff outreach events.
Include information about the Board on city, county, and state employee paystubs	<p>A message encouraging state employees, vendors and contractors to "Check Up On Their Doctor's License" appeared at the bottom of all State Warrants for June 2016, <b>reaching 439,916 individuals.</b></p> <p>The April 2016 issue (pg. 8) of the "California State Retiree" publication featured an image of the Board's "Check Up On Your Doctor" brochure, <b>reaching 34,000 state retirees.</b></p> <p>The Orange County Health Care Agency published a ½ page write-up in its June employee newsletter "What's Up" titled "Have You Done a Checkup on your Doctor's License?" <b>reaching 3,000 agency employees.</b></p> <p>On June 7, 2016, Contra Costa County started running the Board's message on its cable TV bulletin board which is available to all county residents, <b>reaching potentially up to 1.11 million individuals.</b></p> <p>On May 17, 2016, San Bernardino County posted the Board's information on the San Bernardino County website, <b>reaching potentially 2,139,570 individuals.</b></p>

**Check Up on Your Doctor's License Campaign  
Priority One Outreach Activities Update**

Outreach Activity	Status Update
<p>Include information about the Board on city, county, and state employee paystubs (cont.)</p>	<p>On May 25, 2016, the Tulare County Health Department agreed to schedule the Board's messaging on Twitter and Facebook pages throughout the year. In addition the information was added on the "Spotlight" section of its website. In addition they have created a network of digital signs that appear throughout its county buildings and Area Family Resource Centers/County Clinics that will carry the Board's messaging and a small article will appear in the County Newsletter in the future, <b>reaching potentially 466,339 individuals.</b></p> <p>On May 31, 2016, the Monterey County Health Department posted an article about the campaign on its website. They have also promised to post social media as well, <b>reaching 431,344 individuals.</b> They have asked for brochures in Spanish, which the Board has developed and ordered.</p> <p>On June 7, 2016, the Los Angeles County Department of Health Services began posting the Board's information on the Patient Resources section of its website, <b>reaching potentially 10.12 million individuals.</b></p> <p>On June 7, 2016, the Kern County Department of Public Health indicating they would immediately start to share the Board's information on all its social media sites (Twitter and Facebook), <b>reaching potentially 875,589 individuals.</b></p> <p>On June 8, 2016, Stanislaus County Health Services posted the Board's message in its various facilities, <b>reaching 525,491 individuals.</b></p> <p>On June 13, 2016 Fresno County began to run a feature on its intranet for the "Check Up On Your Doctor" campaign, targeting Fresno County readership, <b>reaching 7,000 employees.</b></p>

**Check Up on Your Doctor's License Campaign  
Priority One Outreach Activities Update**

Outreach Activity	Status Update
<p>Include information about the Board on city, county, and state employee paystubs (cont.)</p>	<p>On July 6, 2016, the San Francisco Department of Public Health published the Board's information on its website as well as through social media, <b>reaching potentially 852,469 individuals.</b></p> <p>CalPERS will be running a short article on the campaign in its next member quarterly newsletter PERSpective. The publication is mailed to member homes and is available on the internet, <b>reaching 1.7 million members.</b></p> <p>CalPERS will also be posting a bulletin on its intranet site <b>reaching 2,900 CalPERS employees.</b></p> <p>Board staff is currently working with Alameda and San Joaquin County finalizing dates, and continue to reach out to the remaining California cities and counties.</p>
<p>Work with the AARP to provide Board information at their conferences, in their publications, and on their website</p>	<p>The Board's Public Affairs Manager has reached out to Charee Gillins who handles media for AARP in Southern California and Mark Beach who handles media in Northern California. Board staff has heard from Ms. Gillins who is going to look into the issue of promoting the Board's messaging in Southern California regarding AARP. Board staff is waiting to hear back from Mr. Beach who represents Northern California.</p>

**Check Up on Your Doctor's License Campaign  
Priority One Outreach Activities Update**

Outreach Activity	Status Update
<p>Reach out to unions so they can provide their members information about the Board and a link to the Board's website on union materials</p>	<p>Board Staff wrote a short article for CalSTRS, which was sent to publications editor Krista Noonan on February 8, 2016. CalSTRS has an active teachers group, which will be publishing its next newsletter in the spring. They also have a retired teachers group, and their publication will be out in the summer. CalSTRS has confirmed that the article will be published in each publication, as long as space is available. <b>The total target readership is 900,000.</b></p> <p>The American Federation of State, County, and Municipal Employees (AFSCME) is a national union and has two District Councils, #36 serves Southern California and #57 serves Northern California. The Board's Public Affairs Manager has spoken with Erica Lichtman from District 36, and on April 4, an email was sent to Ms. Lichtman providing a copy of the Board's brochure and a short write up detailing the campaign. Board staff is still working on this. <b>Potential target readership is 120,000 California members.</b></p>
<p>Provide an interview and PSA to iHeart Radio with Board staff and/or with Board Members</p> <p>Interview/PSA on NPR and Capitol Public Radio</p>	<p>The Board's Public Affairs Manager will work to get these interviews scheduled after the Board's PSA is completed – <b>September 2016.</b></p>
<p>Encourage Legislative Members, Congressional Members, and local government to include information and a link to the Board's website in their newsletters and to Tweet the Board's link and post the Board's link on their websites</p> <p>Hold a Legislative Day (possibly two) at the Capitol where Board staff passes out brochures and Members meet with key Legislators</p>	<p>The Board's Legislative Day was held on May 11, 2016. Board Members met with legislators who are members of policy committees that impact the Board (such as the Senate Business, Professions and Economic Development Committee and the Assembly Business and Professions Committee). Additionally, 20 copies of the California State Retiree Article and the Board's outreach brochure were handed out to legislators at the State Capitol.</p>

**Check Up on Your Doctor's License Campaign  
Priority One Outreach Activities Update**

Outreach Activity	Status Update
Encourage Legislative Members, Congressional Members, and local government to include information and a link to the Board's website in their newsletters and to Tweet the Board's link and post the Board's link on their websites (cont.)	<p>On May 17, 2016 the Board tweeted "Be an informed patient – check up on your doctor's license status" accompanied by the graphic on the cover of the brochure. On May 23, 2016, Assembly Member Sebastian Ridley-Thomas re-tweeted the Board's May 17 tweet.</p> <p>Senator Richard Pan, M.D. agreed to display and give out the Board's "Check Up on your Doctor's License" brochures in his office.</p>
General Outreach activity	<p>"Check up on your Doctor's License" brochures have been translated into Spanish and should be ready for printing shortly.</p> <p>On May 11, 2016, the Board had an exhibit at the Department of Consumer Affairs (DCA) Earth, Safety and Wellness Day at DCA headquarters, passing out the "Check Up On Your Doctor's License" brochures, as well as instructing attendees on how to look up a license and what the information on the website means. <b>There were approximately 300 attendees.</b></p> <p>On June 17, 2016, the Public Affairs Manager gave a presentation on the importance of "Checking on Your Doctor's License" at a Town Hall event with Assemblyman Jim Cooper in Sacramento at the ACC Senior Services Center. <b>There were approximately 100 attendees.</b></p>



COUNTY OF MONTEREY  
HEALTH DEPARTMENT

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## HAVE YOU DONE A CHECKUP ON YOUR DOCTOR'S LICENSE?

Written by [Karen Smith](#) on May 31, 2016. Posted in [Front Page](#), [News](#)

The Medical Board of California encourages consumers to check up on their doctor's license. Such a checkup is simple and helps a consumer make an informed choice when choosing a doctor.

To determine a doctor's status, go to the Medical Board's website at [www.mbc.ca.gov](http://www.mbc.ca.gov). If you do not have a computer, call (800) 633-2322 and someone at the Medical Board will look up the doctor for you.

To use the website, click on "License Search" on the home page. Then choose the license type by clicking the checkbox for "Physician and Surgeon." Then click "Search by Name."

Enter the doctor's last name and first initial. If it is a common last name, enter the entire first name. Make sure the names are spelled correctly. Then click on "Search."

Click on his or her name. Review license details, including verifying whether any disciplinary actions are listed at the bottom of the page.

If you have any questions regarding the information on the doctor's profile, you may contact the Medical Board or discuss it with your doctor.

The Medical Board also encourages consumers to sign up for the MBC Subscribers' Alerts on the home page to be notified by email of disciplinary actions taken against a physician's license, including probationary status, suspension or revocation.


Encouraging patients to check up on their doctor's license is part of the Medical Board's ongoing mission of consumer protection. For more information or assistance, please call (800) 633-2322.

###

Tags: [doctor](#), [medical board](#)





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## Check up on your doctor's license

Published May 17, 2016 | By [Administrator](#)

The Medical Board of California has made it easier than ever for Californians to check up on their doctors.

The Medical Board encourages consumers to check up on their doctor's license. Such a checkup is simple and helps consumers make informed choices when choosing a doctor.

To determine a doctor's status, go to the Medical Board's website at [www.mbc.ca.gov](http://www.mbc.ca.gov). Please note: if you do not have a computer, call (800) 633-2322 and someone at the Medical Board will look up the doctor for you.

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Click on his or her name. Review license details, including verifying whether any disciplinary actions are listed at the bottom of the page.

If you have any questions regarding the information on the doctor's profile, you may contact the Medical Board or discuss it with your doctor.



## Have You Done a Checkup on Your Doctor’s License?

You can now perform a quick, online checkup of your doctor’s medical license thanks to a new outreach program created by the Medical Board of California.

Visit the [BreEZE Online License](#) site and search by your physician’s name to view his or her profile, license details, and details of any past disciplinary actions. You can also register at [www.mbc.ca.gov](http://www.mbc.ca.gov) to receive email alerts from the Medical Board related to any future disciplinary actions taken against your physician’s license that include probation, suspension or revocation.




Access to this information may help you make a more educated decision about your healthcare provider. Prefer the phone? Please call (800) 633-2322.



## Orange County Older Adult Dashboard Launches

The number of older adults aged 65 and over is rapidly growing and it is estimated that one in five residents of Orange County will be 65 or older in 2030. To understand the health of Orange County adults and define areas of success and disparities for indicators, the Health Care Agency and the [Orange County Aging Services Collaborative’s](#) Orange County Healthy Aging Initiative (OCHAI) worked together to launch the [Orange County Older Adult Dashboard](#).

The dashboard has more than 70 health, social, and economic indicators for Orange County’s older adults and shows how Orange County compares to state and national benchmarks. Here’s a peek at some of the indicators available on the dashboard. Click the links to see each indicators trends and disparities.

 <p>Comparison: CA State Value 49.6%</p>	Almost half of single elders in Orange County live below the <a href="#">Elder Economic Security Index</a> , which estimates the cost of living for a single elder in Orange County.
 <p>Comparison: U.S. Counties 13.1%</p>	More than one in ten Orange County Medicare beneficiaries age 65 and older were treated for <a href="#">Alzheimer’s Disease or Dementia</a> . This puts us in the bottom half compared to all U.S. counties.
 <p>Comparison: U.S. Counties 24.7%</p>	More than one in four Orange County Medicare beneficiaries over 65 years of age were treated for <a href="#">Diabetes</a> .

Stay tuned for an Older Adult report with themes and trends for key issues this summer. For more resources, data and tools, visit [www.ochealthiertogether.org/index.php](http://www.ochealthiertogether.org/index.php).



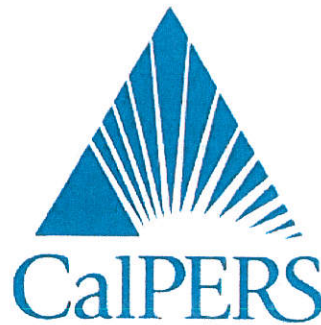
# News

## CalPERS to receive \$130 million in settlement

A case involving inflated grades of residential mortgage deals that later faltered was solved in March when Moody's and Moody's Investors' Service agreed to pay CalPERS a record \$130 million.

The lawsuit stems from losses the pension fund suffered after the collapse of the housing market and defaults on formerly AAA-rated securities that were backed by pools of residential mortgages, according to CalPERS.

CalPERS, the largest pension fund in the United States, brought the lawsuit against Moody's and other rating agencies in 2009. CalPERS previously settled with Fitch Ratings and Standard &



Poor's, the other rating agencies that were named in the lawsuit. S&P, a unit of McGraw Hill Financial Inc., settled with CalPERS in 2015 for \$125 million, bringing the total recovery

from the now-concluded lawsuit to \$255 million.

"This resolves our lawsuit against Moody's and restores money that belongs to our members and employers," said Matthew Jacobs, general counsel for CalPERS. "We are eager to put this money back to work to help ensure the long-term sustainability of the fund."

CalPERS sustained losses from investments in three structured investment vehicles that relied on the liquidity of assets that turned out be "illiquid," such as subprime RMBS, CDOs and other asset-backed securities, CalPERS said.

In the lawsuit, CalPERS alleged that Moody's made "negligent misrepresentations" by assigning the

investments their highest credit rating. This caused significant losses as the market for structured finance securities collapsed in late 2007.

In addition to obtaining a substantial recovery for investment losses, this case was path-breaking in that the settlements rank as the largest known recovery from Moody's and S&P in a private lawsuit for civil damages. The case also established through a landmark appellate court decision that rating agencies can be liable for negligent misrepresentations under California law for their ratings of privately-placed securities.

"This should serve as a cautionary reminder to all investors who rely on rating agencies to guide their investments," Jacobs added.

## Who pays? The CalPERS Pension Buck identifies the income sources of public employee pensions

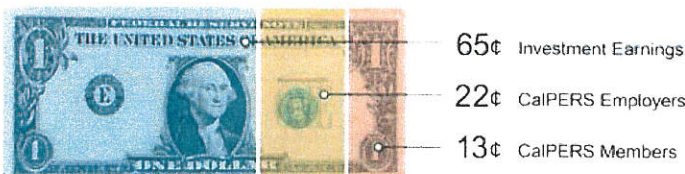
Some people believe that taxpayers fund the total cost of public pensions. This is not true.

The largest contribution comes from CalPERS investment dollars, with additional funding from employee and employer contributions.

The CalPERS Pension Buck illustrates the sources of income that fund public employee pensions. Pension fund income over the last 20 years (as

of June 2015) shows that every dollar spent on public employee pensions comes from 65 cents of investment earnings, 22 cents from employers and 13 cents from employees.

CalPERS pension payments generate nearly \$31 billion of economic activity per year in California, supporting almost 105,000 jobs and generating more than \$716 million in sales and property tax revenue every year.



Source: CalPERS income over the last 20 years as of June 2015



In the fiscal year that ended June 2015, CalPERS paid out almost \$19.4 billion in pension benefits using investment income and contributions from participating public employers and their employees (our members). Public employees who are CalPERS members contribute up to 15.75 percent of their take-home pay to help fund their own pensions.

**Pensions pay it forward.** After CalPERS pension dollars are paid, they continue to boost California's economy. According to the most recent economic data:

- Nearly 105,000 jobs were supported
- More than \$716 million was added to California's coffers from sales and property tax
- CalPERS pension payments boosted California's economy by nearly \$31 billion

\* Economic data of pension payments as of June 30, 2014



Be an informed patient.

## Check up on Your Doctor's License

(800) 633-2322 | [www.mbc.ca.gov](http://www.mbc.ca.gov)



## Have you done a checkup on your doctor's license?

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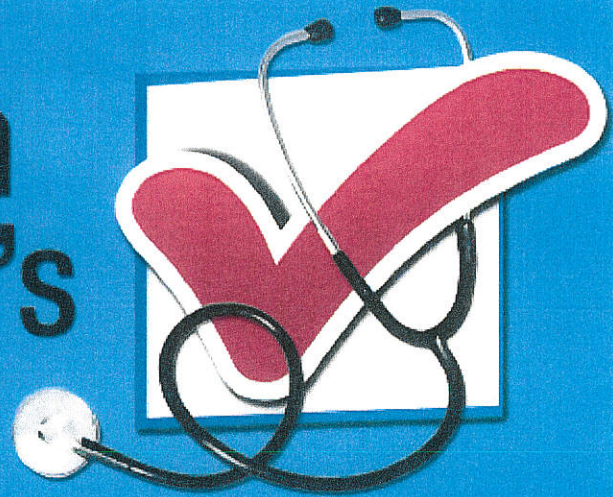
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Encouraging patients to check up on their doctor's license is part of the Medical Board's ongoing mission of consumer protection. For more information or assistance, please call (800) 633-2322.



*Be an informed patient.*

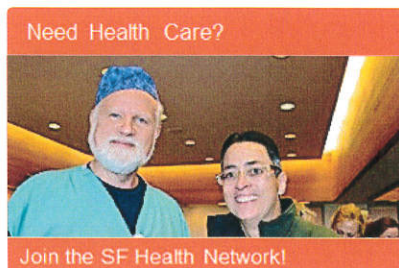
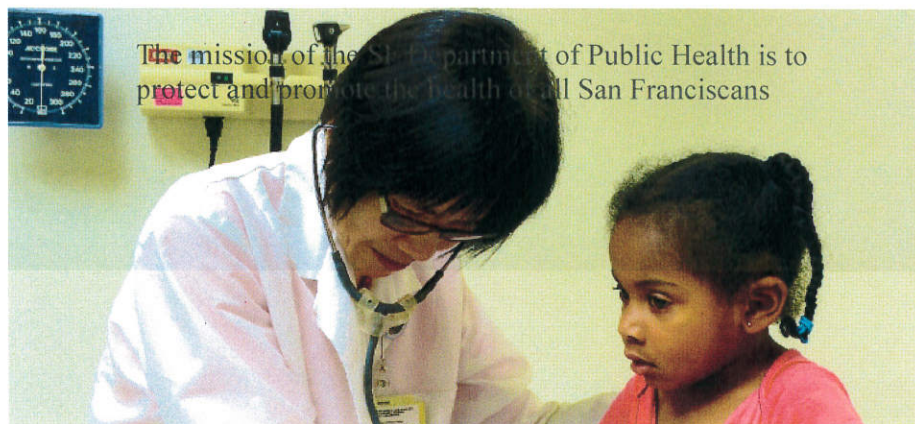
# Check up on Your Doctor's License



(800) 633-2322 | [www.mbc.ca.gov](http://www.mbc.ca.gov)

- **Have you done a checkup on you doctor?**
  - **Has disciplinary action been taken against his/her medical license?**
- 
- **The Medical Board of California encourages consumers to check up on their doctor's license to make an informed choice when choosing a doctor.**
  - To determine a doctor's status, go to the Medical Board's website at [www.mbc.ca.gov](http://www.mbc.ca.gov), and click on "License Search".
  - Choose the license type by clicking the checkbox for "Physician and Surgeon." Then click "Search by Name."
  - Enter the first and last names, and click "Search".
  - Review license details, including verifying whether any disciplinary actions are listed at the bottom of the page.
  - If you have any questions regarding the information on the doctor's profile, you may contact the Medical Board at (800) 633-2322.





## Tweets by DPH



The Medical Board of California encourages consumers to check up on their doctor's licenses  
[ow.ly/8Kw6301ZGNx](http://ow.ly/8Kw6301ZGNx)



## SF Health Department recommends vaccination against Meningococcal disease for HIV-positive people and gay men

The California Department of Public Health has announced an outbreak of Meningococcal disease in Los Angeles and Orange counties, mostly affecting gay and bisexual men.

Given that it is Pride week in San Francisco, and we expect visitors from many places and lots of celebration, the San Francisco Health Department is recommending that HIV-positive people, gay men and other men or transgender people who have sex with men get vaccinated.

It is one important way to take charge of your health. Please help by spreading the word.

[LEARN MORE](#)

New: Health Advisory: Outbreak of Meningococcal Disease involving Men who Have Sex With Men in Southern California; Recommendations for San Francisco

New: Health Update: Orlando Mass Shooting  
 Health Advisory: Benzathine Penicillin G Shortage

Request to Report Overdoses and Deaths due to Illicitly Obtained Fentanyl

Health Advisory for Zika Virus, Information for Health Care Providers

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## Quick Search

Choose an option

## How does this restaurant rate?

Environmental Health Inspectors inspect over 7,000 locations including restaurants, bars, markets, bakeries, pushcarts, stadium food facilities and any other facility that serves food to the public. Inspections reduce the number of food-related illnesses by providing information to the public.

[LEARN MORE](#)

## Stay Connected



## Pre-Exposure Prophylaxis (PrEP)

The San Francisco Department of Public Health strongly endorses the new Centers for Disease Control and Prevention (CDC) guidelines on provision of HIV pre-exposure prophylaxis (PrEP) for at-risk HIV-uninfected populations. Click on the links below for more information about PrEP:

[LEARN MORE](#)

[FACT SHEET](#)

[FOR MEDICAL PROVIDERS](#)

[SFPDPH SUPPORTED MEDICAL HOMES](#)

## Statement on Orlando Shootings

Our hearts are heavy in the wake of another tragic mass shooting in our country. We stand with the victims and their families and loved ones at this time.

We don't know, and may never know, the reason for this horrible act of hate and terror. The fact that it took place at a gay nightclub that features Latin music causes concern for LGBT and Latino populations, who have faced violence and discrimination for generations.

Now, we must pull together and care for ourselves and each other. Let us redouble our efforts to be compassionate and to keep our community safe and healthy.

[FULL TEXT HERE](#)

## Health Commission

The Health Commission holds two committee meetings in addition to its twice-a-month regular meeting. These two meetings are the Finance & Planning Committee and the Community & Public Health Committee. Others are Joint conference Committees for San Francisco General Hospital & Laguna Honda Hospital.

[LEARN MORE](#)

Video of the full Health Commission meetings can be found on SFGovTV.



## New Health Insurance Options Under the Affordable Care Act

On January 1, 2014, new health benefits made available by the passage of the Patient Protection and Affordable Care Act went into effect. This means many San Franciscans will have new health care coverage options.

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and YouMore  
DHS ▾[Home](#) > Patient Resources

## Patient Resources

Take a minute to learn about the health hazards of discarding prescription drugs down the drain and the advantages of creating an advanced health care directive to ensure your wishes are met. Check this page often for updated resources.

### How to Dispose of Prescription Drugs

If you have a medicine cabinet full of expired or unused medications, don't discard them down the sink! Disposing of expired, unused, or unwanted drugs down the sink or toilet poses serious health hazards to the Los Angeles County water supply and the environment. Click on the links below to find out about environmentally-appropriate disposal options:

[NO DRUGS DOWN THE DRAIN](#)[888 CLEAN LA](#)

### Advanced Health Care Directive

The California legislature has enacted law allowing you to give instructions about your health care by completing an advanced health care directive form. You also have the right to name someone else to make health care decisions for you. This form lets you do either or both of these things. It also lets you express your wishes regarding donation of organs and the designation of your primary physician. For more information and to download a sample form click the following link:

[http://oag.ca.gov/consumers/general/adv\\_hc\\_dir](http://oag.ca.gov/consumers/general/adv_hc_dir)

### Forms

The following forms are available online to assist patients obtain copies of their medical record, authorize release of health information to other entities, amend their health record, and obtain other services. Select and complete the appropriate form and bring it to the Department of Health Services facility where you receive care.

[Get more information.](#)

### Notice of Privacy Practices

The Notice of Privacy Practices describes how the Department of Health Services and its facilities may use and share patient health information and how patients can exercise their health privacy rights.

[Get more information.](#)

### Apply For Social Services Online

The Los Angeles County Department of Public Social Services (DPSS) announces a convenient way for residents in need of assistance to apply for services online, without having to visit a district office. Residents can now apply for Medi-Cal, CalWORKS, CalFresh and General Relief benefit programs by visiting the Your Benefits Now (YBN) website.

<https://www.dpssbenefits.lacounty.gov>

### Obtain a Copy of Your Medical Record

You can obtain a copy of your medical record by phone or fax, or file your request in person at the DHS facility where you receive care. Click the link below to access required forms and other information. Be sure to complete and sign any forms and provide required documentation. If you plan to file your request in person, print and complete the form prior to your visit. Copy requests can take up to 10 days to process.

### MyWellness - Your Online Medical Portal

Did you know you can now view your medical record online? DHS is now using an electronic medical record system, ORCHID, across its health facilities. If you're a DHS patient, you can access your medical record through the MyWellness patient portal. At your next appointment, ask the registration clerk how to sign up. Once you're registered, you can view your lab results, medications, and more securely on your computer or mobile device.

<http://dhs.lacounty.gov/wps/portal/dhs/mywellness/>

### Cancer Diagnosis? Caring Help is Available

The Southern Los Angeles Patient Navigation and Wellness Center helps those battling cancer overcome barriers with caring assistance. A patient navigation program is free of charge and helps link individuals to services. The wellness center offers a variety of nutrition, exercise and other support programs for you and your family. The project's geographic focus includes Crenshaw, Watts, Compton, Westchester, El Segundo, Hawthorne, Gardena and Inglewood.

<http://southlapnwc.com/>



## Save a Life with Phone App

If you're trained in Cardio-Pulmonary Resuscitation (CPR), the PulsePoint app for iOS and Android alerts you when a sudden cardiac arrest occurs in a public place in your immediate vicinity. You get informed at the same time as emergency responders. You're given detailed instructions where to go, including the location of automatic external defibrillators (AEDs) nearby. Effective CPR administered immediately after a cardiac arrest can potentially double or triple the victim's chance of survival, but less than half of victims receive that immediate help.

<http://www.fire.lacounty.gov/lacofd-pulse-point/>

## Wellness Center Serves Boyle Heights Community

Step into the stunning Wellness Center at the Historic General Hospital (LAC+USC Medical Center) in East L.A. and build health and wellness into your life. The Center is open to everyone, and offers a full calendar of events and resources from 15 community health nonprofits housed there. Enjoy the open space and walking trails, take a Zumba, healthy cooking or alternative spirituality class, or come in to learn more about diabetes and other medical conditions.

<http://www.thewellnesscenterla.org/>

## Medi-Cal App Now Available

The Medi-Cal app is the official app of Medi-Cal, California's Medicaid program, which is administered by the California Department of Health Care Services. Current and prospective Medi-Cal beneficiaries should use this app to find local help, like phone numbers for LA County offices, learn about enrollment, get preventive health information, set up reminders, and get important messages about benefits.

[http://www.dhcs.ca.gov/med50th/Pages/Medi-Cal\\_App.aspx](http://www.dhcs.ca.gov/med50th/Pages/Medi-Cal_App.aspx)

## Do a Checkup on Your Doctor's License

The Medical Board of California encourages consumers to check up on their doctor's license. Such a checkup is simple and helps a consumer make an informed choice when choosing a doctor. To determine a doctor's status, go to the Medical Board's website at [www.mbc.ca.gov](http://www.mbc.ca.gov) or call (800) 633-2322. You can also sign up for alerts to be notified by email of disciplinary actions taken against a physician's license, including probationary status, suspension or revocation.



## Do You Need Help?

[211 LA County](#)  
[LA County Helps](#)  
[Locate Deceased Persons](#)  
[Public Alerts](#)  
[Public Information](#)  
[Register to Vote](#)

## Departments

[Ambulatory Care Network](#)  
[College of Nursing and Allied Health](#)  
[Communications](#)  
[Contracts and Grants](#)  
[Emergency Medical Services Agency](#)  
[Managed Care Services](#)  
[Office of Nursing Affairs](#)  
[Quality Improvement and Patient Safety](#)

## Graduate Medical Education

[Harbor-UCLA Medical Center](#)  
[LAC + USC Medical Center](#)  
[Olive View – UCLA Medical Center](#)

## Careers

[LA County Job Board](#)  
[Special Recruitments](#)

## Forms and Publications

[Annual Report](#)  
[Fast Facts Newsletter](#)  
[Employee Health Services Forms](#)



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