



Food for health

Eating healthy can be easy and delicious

Plant-based lentil and mixed vegetable soup

This simple soup is easy to make and can include any veggies you have in the fridge or garden.

[Click here](#) to read the entire article or scan the QR code



Kaiser Permanente Antelope Valley News

On the morning of Wednesday, March 27th, community and civic leaders from all over the Antelope Valley joined with Kaiser Permanente Leadership to celebrate the arrival of the KP Antelope Valley Surgery Center, located next to Antelope Valley Medical Center. Set to opening soon. Antelope Valley KP Medical Office Building will greatly enhance the quality of care for our members.

The new Kaiser Permanente Antelope Valley Surgery Center is located at **44301 Lorimer Avenue Lancaster, CA 93534**



Welcome to Health Views with Deb Friesen, MD

A new podcast about health, wellness and their intersection within the health care industry. With over 20 years of health care experience, Dr. Deb has learned the most powerful tool for healing is the importance of listening and the value of asking the right questions. Come join Dr. Deb as together you'll explore timely topics that impact people, businesses, and communities.

Scan the QR code to listen to the Podcast or visit k-p.li/debfriesen

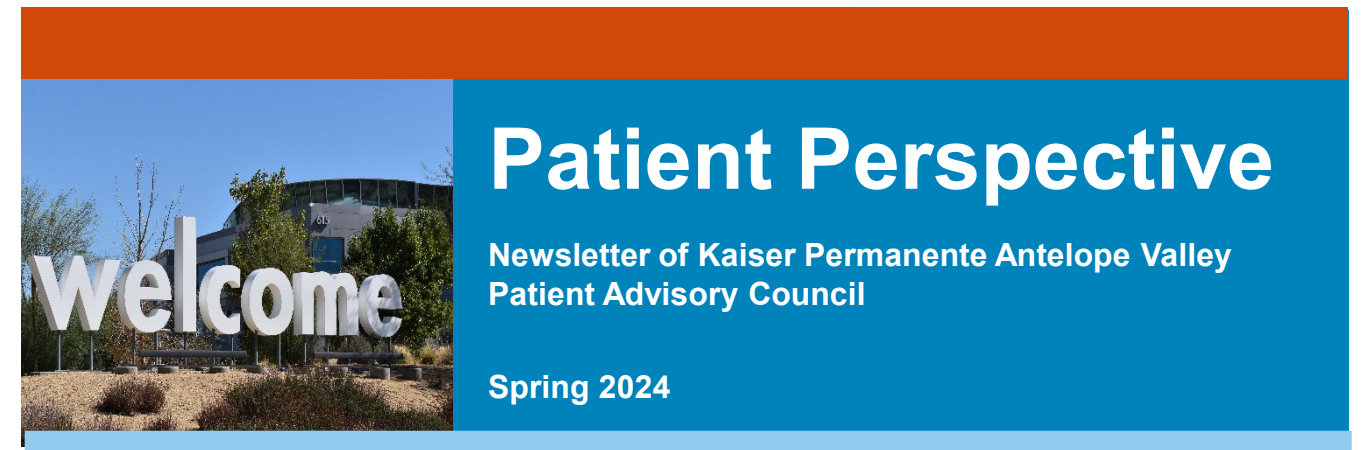


Member Services Info:

Local AV Member Services

Normal Hours: 8:30 am - 5:00pm

(800) 464-4000



Antelope Valley Medical Offices

615 W Avenue L Lancaster, CA 93534
Mon-Fri, 8 a.m. to 5:30 p.m.

Sat-Sun, Closed

Appointments: **1-833-KP4CARE**
Refills by phone : **1-844-824-6474**

Lancaster Medical Offices

43112 15th St West Lancaster, CA 93534
Mon-Fri, 8 a.m. to 7 p.m.

Sat-Sun, 9 a.m. to 5 p.m.

Appointments: **1-833-KP4CARE**
Refills by phone: **1-844-824-6474**

Lancaster Urgent Care

43112 15th St West Lancaster, South Building CA 93534

Mon-Sun, 9 a.m. to 9 p.m.

Information: **1-833-574-2273**

Palmdale Medical Offices

4502 E. Avenue S Palmdale, CA 93552
Mon-Fri, 8 a.m. to 7 p.m.

Sat-Sun, Closed

Appointments: **1-833-KP4CARE**
Refills by phone: **1-844-824-6474**

Behavioral Health

44444 20th St West Lancaster, CA 93534
Mon-Fri, 8:30 a.m. to 5 p.m.

Appointments: **1-833-KP4CARE**
Behavioral Health Care Member Help Line:
1-800-900-3277

Women's Health Office

Obstetrics-Gynecology
44105 15th St W 4th Floor Ste 405
Lancaster, CA 93534

Mon-Fri, 9 a.m. to 9 p.m.

Sat-Sun, Closed

Appointments: **1-833-KP4CARE**

Message from The Patient Advisory Council

The AV Patient Advisory Council (PAC) promotes positive ties between Kaiser Permanente and its members by advising the AV PAC Steering Committee on care improvement.

Comprised of Kaiser Permanente patients and employees, the Council volunteers and contributes insights on our service delivery. Their invaluable feedback guides enhancements for members, patients, and visitors.

Our commitment is to provide compassionate care, acting diligently to address perceived care deficiencies.

2024 PAC Topics

Here is an inside look on topics discussed in 2024

- COVID/Flu/Vaccine Update
- Medicare 5 Star Update
- Patient Perspective Newsletter
- New Member Experience

To become a Patient Advisory Council member please contact:

Maria Torres
(661) 951-3563 | Maria.c.torres@kp.org

The Patient Story

Care Experience Story by Mike Lemos

My experience with Macular Degeneration and my treatment from Kaiser Permanente.

I am a 68-year-old sponsored endurance cyclist riding for Team Hyland's Naturals and the Eliel Factory Team. I've ridden and raced 100-mile bicycle events in California, Nevada, Utah, Kansas, New Mexico, and Texas.

I noticed my vision was getting blurry while out riding and I had wavy lines in my field of vision. I thought I needed to update my glasses prescription and made an appointment with Optometry. After a thorough eye inspection, I was referred to the Ophthalmology department.

Dr. Amirahmadi and his staff explained the diagnosis of age-related macular degeneration (AMD) which is a disease that affects a person's central vision. AMD can result in severe loss of central vision and the treatment can only slow the progression of the disease.

One of the nursing staff had mentioned the American Macular Degeneration Foundation as a resource for further information for my wife and me. An unexpected consequence of my diagnosis was that I was getting depressed. Any life altering situation can affect one's mental and physical state as you try to come to terms with your new state of being. Having this resource through KP helped me out of this depression and helped me to develop coping strategies. I am now looking forward to this next phase of my life.



Register for KP.org: Get started with our new and improved features at kp.org/register or download the Kaiser Permanente mobile app. Be sure to have your medical record number handy.

- ✓ Lab results
- ✓ Email your doctor
- ✓ Prescriptions
- ✓ Appointments
- ✓ Payments

All online, easier than ever

Stay connected anytime, anywhere

Managing your health online has never been more convenient. Whether you're at home or on the go, kp.org and the Kaiser Permanente app give you a simple, secure way to keep up with your care.

- View most lab results
- Refill most prescriptions
- Email your Kaiser Permanente care team with nonurgent questions
- Schedule most appointments
- Pay bills and estimate costs

Topic of the Month COLORECTAL CANCER AWARENESS



A FIT Kit or Colonoscopy Can Help Save Your Life

Colorectal cancer screening helps detect colorectal cancer at earlier stages, when it can be most easily and successfully treated.

45 or older? Talk with your doctor about screening options. To schedule a colonoscopy, please call 1-844-606-4433.



Faster Pharmacy Check-Out

Picking up your prescription order at the pharmacy? Save time when you order ahead at kp.org/pharmacy or on the KP mobile app.

Three easy steps:

- 1 Order online and set your payment ahead of time
- 2 Sign up for Pharmacy Order Updates to know when your order is ready
- 3 Present your secure QR code at pick up for a contactless experience



Order online at
kp.org/pharmacy



Order using the
KP mobile app