



Fellow Americans,

Now more than ever, it's important that we protect and care for each other for the good of our communities and the future of our country. As you know, thousands of people are taking to the streets in protest across the nation, which only increases the danger of the spread of COVID-19.

As a medical doctor, I am naturally concerned about your health. When it comes to COVID-19, although many businesses are open, if you have a chronic condition such as heart disease or diabetes you must limit trips outside your home and continue to take preventive measures. The good news is that many providers, including WellMed, now offer several ways to manage your health while staying protected.

I know what you're thinking. The sun is shining and summer is here. It's time to get out and have some fun. I get it. But first, consider this. On May 28, the death toll from COVID-19 surpassed 100,000 in the U.S. according to the Centers for Disease Control (CDC). There is no cure. There is no vaccine. Your only protection is to protect yourself through safety measures. Here's the CDC's guidance.

- **Wash your hands.**
- **Avoid close contact with people who are sick.**
- **Cover your mouth and nose with a cloth cover or mask in public.**
- **Cover coughs and sneezes.**
- **Clean and disinfect surfaces, daily.**
- **Monitor your health.**

That aside, what are your options to manage your health during a pandemic? Talk to your primary care provider (PCP). Your PCP knows you and what options are available and right for you. For instance, at WellMed we now offer:

- **Online Visits:** Patients can meet with a PCP using a smartphone, tablet or computer. It's a convenient way to get care while limiting your exposure.
- **Curbside Care:** If you don't want to come into the clinic, no problem. We'll care for you from the comfort of your car.

- **GrandPads®:** Let's face it, some are more tech savvy than others. The GrandPad makes at-home care easier for those who struggle with technology.
- **In-office Visit:** Right now, we are accepting in-office visits by appointment only. This helps us limit the number of people in the clinic. Every clinic is sanitized throughout the day and all staff wear masks and gloves.

While COVID-19 and other events strain our daily lives, it is important that we continue to take care of ourselves. Avoiding health care during a pandemic and incredibly challenging time for our country is a recipe for disaster. To care for others, and help our neighbors and our communities, we must stay strong and healthy.

If you need some stress relief, consider joining one of the half-hour Mindful Meditation online sessions the WellMed Charitable Foundation is offering at no cost, led by Dr. Sharon Theroux. These sessions can help you stay calm, grounded and connected.

Join every week in June (Central Standard Time) at zoom.us/j/4670837946

- 8:00 a.m. or 3:30 p.m. – Monday through Friday
- 10:30 a.m. – Wednesdays
- Noon – Monday, Thursday or Friday

As always, please tell the people that are important to you how much they mean to you and don't take this day or any day for granted. We are in this together.



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STAY SAFE, SOCIAL DISTANCE

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