

ADVERTORIAL

COVID-19 | STAY SAFE

My Fellow Americans,

We have many challenges to our physical and mental health facing us today, and it's not just about COVID-19.

The Centers for Disease Control and Prevention (CDC) estimates COVID-19 has claimed more than 134,800 lives in the U.S. alone as of July 13. More Americans have died from the virus in 2020 than in the Korean and Vietnam wars combined.^{1,2}

But, some experts believe the real death toll is far worse. According to research recently published by the Journal of the American Medical Association (JAMA), there has been a 20% increase in the predicted mortality rate in the United States this year.³

Most of these deaths are from COVID-19. But the research also suggests that a significant number of deaths are from people not getting the care they need because they are afraid of getting COVID-19.⁴

I cannot state this strongly enough: it is critically important to continue to see your doctor for chronic conditions like diabetes, heart disease or respiratory illnesses. You must also get your recommended health screenings that can detect serious illness early, such as cancer. Delaying treatment could make you sicker, or cause preventable premature death.

Many health care providers, including WellMed, now offer ways to care for you while putting your safety first. If you haven't seen your primary care doctor for a regular checkup or screening, I urge you to talk to your provider about your options.

At WellMed, we now offer:

- **Online Video Visits:** Patients can meet with a physician or advanced practice clinician 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.

Dr. George Rapier is
the founder of WellMed



- **Tablet deliveries:** Let's face it, not everyone is tech savvy or has internet access. WellMed can deliver a sanitized, easy-to-use tablet with built-in internet to patients so they can have a live video visit with a doctor from home.
- **In-office Visit:** Right now, all in-office visits are by appointment. This helps limit the number of people in the clinic. Every clinic is sanitized throughout the day. Also, all staff wear masks and gloves, and are subject to temperature checks. If they have a fever, they are sent home.

It's also very important for you to take an active role in maintaining your health.

- **Stay active.** There are many exercises you can do at home. The WellMed Charitable Foundation's Facebook page regularly posts Zumba and other exercise videos led by trainers at our senior centers. Visit Facebook.com/ActiveSeniorsWCF.
- **Continue taking your medicines** and maintain a 30-day supply.
- **Develop a health care plan** that summarizes your condition, medicines, health care providers, emergency contacts, and any advance directives you may have.
- **Stay connected** with friends and family using apps like FaceTime or Zoom.

Don't delay care. Staying healthy is not just about avoiding COVID-19. Getting treated for existing conditions and preventive health care is also critical to your health.

Be smart. Be safe. Be responsible for your health and stay home as much as possible. If you have to go out, **be a hero and wear a mask** to help keep yourself, loved ones and our community safe.

Stay safe and stay well. WellMed is committed to being there for you and caring for you during this difficult time, and hopefully well into the future.

¹www.cdc.gov/covid-data-tracker/index.html#cases

²www.va.gov/opa/publications/factsheets/fs_america_wars.pdf

³jamanetwork.com/journals/jama/fullarticle/2768085

⁴jamanetwork.com/journals/jama/fullarticle/2768086



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