

ADVERTORIAL

COVID-19 | STAY SAFE

Dr. George Rapier is
the founder of WellMed



My Fellow Americans,

The medical community is holding its breath this Labor Day as children head back to school and people resume limited activities. The need to live a normal life is drawing us back in, but is it too soon?

My professional opinion is yes, but I understand it is a personal choice. It should be based on your health status, the health of those you come into contact with, and the needs of your family. Still, if we don't continue to follow safe health practices, we could find ourselves back in another infection wave.

So what should you do? How do you make the right decision? The Centers for Disease Control and Prevention (CDC) has a tool on its website to help parents and guardians decide whether or not to send their kids back to school in-person. Go to www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/decision-tool.html to learn more. Many of the questions in that tool can also be used to help adults make decisions about their own circumstances. It's all about protecting yourself and making informed decisions.

That protection includes taking care of your health. The CDC estimates 40% of Americans are avoiding care for fear of catching COVID-19 in a clinic.¹ Here are five reasons why you shouldn't delay care.

- 1. Delaying care can make your health worse.** If you delay getting an appropriate cancer screening, for example, the tumor will be found later and is less likely to be curable.
- 2. COVID-19 is not the only health risk you face in your life.** The CDC estimates that in the 10 weeks following the outbreak of COVID-19 in this country, emergency room visits declined 23% for heart attack, 20% for stroke, and 10% for hyperglycemic crises.² These people didn't get better. They died. They avoided the necessary routine screenings and treatments until it was too late.
- 3. Clinics are safe!** WellMed and most other clinics follow very stringent protocols from the CDC.

4. There are options to receive care other than in-office appointments. Many clinics, including WellMed, offer other convenient ways to get your care - such as online video appointments and curbside care.

5. Avoiding routine vaccines and immunizations puts you at greater risk for other diseases. That includes getting your annual flu shot. It is possible to get the flu and COVID-19 - a double infection. Don't let that happen. Get your flu shot beginning in September.

In addition to caring about your physical wellbeing, WellMed CARES about your mental wellbeing. Dr. Sharon Theroux is a licensed psychologist and board certified neuropsychologist. She is a leading expert and trainer on stress reduction using the power of your mind. She's been helping WellMed's patients and employees learn this powerful technique. Now, thanks to the WellMed Charitable Foundation, we're offering this service to you at no cost. Join Dr. Theroux for a 30-minute mindful session to help you stay calm, grounded and connected.

WellMed Mindful Meditations

with Dr. Sharon Theroux

Join online at zoom.us/j/4670837946

- **8 a.m. or 3:30 p.m., Central Time** - Monday - Friday
- **10:30 a.m., Central Time** - Wednesdays
- **Noon, Central Time** - Monday, Thursday or Friday

I can't urge you enough to get the care you need. There are options to ensure you're safe. Call your primary care provider or WellMed at **1-888-781-9355** today to help get and stay healthy.



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STAY SAFE, SOCIAL DISTANCE

WellMedCARES

WellMedHealthCare.com | facebook.com/WellMed

¹www.cdc.gov/nchs/covid19/pulse/reduced-access-to-care.htm

²Excess Potential Indirect Effects of the COVID-19 Pandemic on Use of Emergency Departments for Acute Life-Threatening Conditions - United States, January - May 2020 <https://www.cdc.gov/mmwr/volumes/69/wr/mm6925e2.htm>