

Practice Specific Updates

Welcome!

Patricia Jolley, NP 11/2021

Happy Birthday!

September- Sarah

October- Kim

November- Brenda

December- Rebeccah

Masks are required in office.

Flu vaccines are available! Please call the office to schedule your appointment.

Our new suite is currently under construction.

We hope to occupy the new suite by December!

Accessing Care:

I'm sick or hurt, where should I go?

- Your primary care office is the best place to start when you're sick or hurt. Call us first. We offer same day appointments for those in need. We also have a provider on call every evening and on the weekends to address your urgent issues. He or she can coordinate your care and has full access to your patient records
- We also have 3 Urgent Care Centers that handle many illnesses or injuries. This is an option when you need treatment soon, but it is not an emergency.
- The Emergency Department is the best place for treating severe and life-threatening conditions.

Practice Website for additional information & options for online scheduling:

<https://www.thechristhospital.com/services/primary-care/practice-locations/anderson/clough>

How to sign up for MyChart

Stay connected to your health and your health care providers by having a MyChart account. Call your providers office and ask for an activation code or you can request an activation code online utilizing the following link:

<https://www.thechristhospital.com/patient-resources/mychart>

Once you have an active MyChart account you will have many options available to you such as:

- Schedule and view appointments online
- View test results
- Secure messaging with your provider
- Virtual Care options

Healthy Habits

To help prevent the spread of COVID-19:

- Wear a mask to protect yourself and others.
- Stay at least 6 feet (about 2 arm lengths) from others who don't live with you.
- Avoid crowds and poorly ventilated spaces.
The more people you are in contact with, the more likely you are to be exposed to COVID-19.
- Get a COVID-19 vaccine when it's available to you.
- Clean your hands often, either with soap and water for 20 seconds (if visibly soiled) or a hand sanitizer that contains at least 60% alcohol.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean frequently touched objects and surfaces daily. If someone is sick or has tested positive for COVID-19, disinfect frequently touched surfaces.
- Monitor your health daily.

Take Care of Yourself!

- Get regular exercise. Just 30 minutes of walking every day can help boost your mood and improve your health!
- Eat healthy, regular meals and stay hydrated
- Make sleep a priority
- Try a relaxing activity
- Set goals and priorities
- Practice gratitude
- Focus on positivity
- Stay Connected

