

PATIENT AND FAMILY ADVISORY COUNCIL (P F A C) U P D A T E S

Our patient advisors continue to meet regularly to provide feedback on how our practice can better serve our patients.

Our recent PFAC asked us to better explain the **refill process**.

Why do I call my pharmacy if I need a refill?

The pharmacy will be able to auto refill your prescription if you still have refills left. If you have no refills, the pharmacy can electronically send the request to your physician's office.

How am I notified if I have no refills left and need to be seen?

Upon receipt of the pharmacy's request, someone from the office will contact you to make an appointment if you need to be seen. Also, when you check-out, the scheduler will let you know when you need to be seen next so that your appointments are in-line with your medication refills...making the whole process seamless!

Patient Satisfaction Scores

Every month, patients from our practice are randomly chosen to complete a survey about their patient experience. Our average overall score is **94.13%**. We'll report on our recent scores in each issue of this newsletter. Thank you for taking time to complete this survey... we value your feedback!

PRACTICE UPDATES

Oh Say, Did you See?



Dr. Weisbrot sang the National Anthem on August 13, 2018 at the Cincinnati Reds game.

Please join us in welcoming Dr. Shyamala Jagtap to our Care Team!

HEALTHY Habits

10 Healthy (and Satisfying) snacks between 100 and 150 calories

- 1/4 cup lowfat cottage cheese with 1/2 apple
- Two tablespoons hummus with one cup raw vegetables or four whole-grain crackers
- One peach or apple with one piece lowfat string cheese
- 1/2 cup nonfat plain Greek yogurt mixed with minced fresh herbs and cracked pepper, with two cups raw veggies for dipping
- Three cups air-popped popcorn sprinkled with salt-free seasoning
- One carton nonfat Greek or Icelandic-style vanilla yogurt
- One hard-boiled egg and one piece lowfat string cheese
- Two cups frozen seedless grapes
- 1/2 cup lowfat cottage cheese with 1/2 cup melon chunks
- Two tablespoons fresh goat cheese with one cup raw vegetables

Bonus Tip: Dehydration can often make you feel hungry. Before reaching for a snack, drink 16 ounces of water.

**Adapted from *Healthspirations* article

<https://www.thechristhospital.com/healthspirations/snack-smarter-snack-deliciously>

Check us out online!

We have posted a new Community Resource Guide on our website. Visit us at [The Christ Hospital.com/Primary-Care](https://www.thechristhospital.com/Primary-Care)