



PRACTICE NEWSLETTER

**THE RIGHT CARE
CHANGES EVERYTHING**

Delhi Family Medicine | 5026 Delhi Pike

Spring 2022

Welcome

We are honored that you have chosen us as your health care provider. Our goal is to provide the highest quality of care to you and your family!

Updates to share.....

Welcome to the team our newest provider, Julia Sepulveda Sanchez! We're excited you are here providing excellent care to our patients!

It's Time to Upgrade!

Effective May 1st, The Christ Hospital Mobile App replaced the MyChart App. Our mobile app has many of the same features you've come to love and expect from MyChart, with a modern design and the flexibility for new, custom features to better meet your needs in the future.

Whether you're at work, on the road, or at home, you can use our new patient app to securely:

- Access medical records, including notes from your provider, test results, medications, and immunizations
- Schedule appointments with more than 300 participating providers
- eCheck-In up to seven days prior to your appointment
- Request prescription refills
- Submit an e-Visit and/or schedule a video visit and more!

Learn More:



If you prefer to manage your health on a computer, you can still access MyChart from your desktop or laptop.



Spring Health Observances

Skin Cancer Awareness:

Now is a great time to prioritize ways you can improve your health and life. Keeping your skin safe and healthy should be one of them!

- **Check yourself!** – Schedule 10 minutes each month to perform a skin self-exam. It is simple and it can save your life! If you see something new, changing, or unusual, be sure to get it checked right away!
- **See a professional** – Schedule your annual skin check. If you don't have a dermatologist, visit our website www.thechristhospital.com/physician

- **Protect your skin** – Make skin cancer prevention a part of your daily routine, year-round. Sunscreen helps reduce the risk of skin cancer and comes in many formulas. For daily use, choose a broad-spectrum sunscreen with a sun protection factor (SPF) of 15 or higher. Apply sunscreen to your body 30 minutes before going outside and reapply every two hours or immediately after swimming or sweating.

Men's Health Awareness:

Men's Health Month brings awareness to the health issues all men face. Here are the top three recommendations for men to help stay ahead of the game:

- **Stay updated on vaccinations!** – Your primary care provider (PCP) will help keep you on track as there are many that are recommended based on age. Vaccines are usually reviewed at your annual visit.
- **Do your screenings!** Your PCP will do screening labs if you have certain risk factors, such as family history or weight changes. Prostate exams, colonoscopy, depression screenings just to name a few!
- **Lower your stress!** - Stress itself is linked to higher blood pressure and body weight, so it's important to take time to focus on activities that help relieve stress!

Advanced Care Planning... are you prepared?

Advance care planning is a process that allows you to prepare for the “what ifs” in life. Having a written plan ensures that the medical care you receive is what you want if you are unable to speak or make decisions about your health care or treatment. Anyone 18 years or older should have a plan in the event they cannot make their own decisions or speak for themselves.

So, what's next?

1. Think about your wishes and who you would want to make health care decisions for you if you are unable to make them for yourself. Choose someone capable of honoring your wishes.
2. Have meaningful and focused talks with your family and doctors about your medical condition, treatment options, and goals.
3. Create written documents, called Advance Directives, that state your health care wishes.
4. Review your goals and documents regularly as your condition changes.

Coming Soon.....

Group sessions to learn more about Advance Care Planning and Advance Directives. Watch for dates in the near future!

Accessing Care: Visit our practice website for additional information & options for online scheduling:
www.thechristhospital.com/services/primary-care/practice-locations/delhi