

## Practice Specific Updates

### New to our practice:

Laura Gabbard 01/11/21

Brian Raley 05/10/21

### Work Anniversaries:

Laura Gabbard 23 years 09/2021

Stephanie Hutchinson 4 years 7/17

Taylor Slone Meyers 3 years 9/18

Kaitlin Bailey 1 year 6/20

Tonya Lanham 1 year 8/20

Tricia Burgess 1 year 9/20

Andrew Joyce 1 year 9/20

### 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/wilmington>

### 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

### 5 Healthy Tips for the Summer

#### 1. *Drink a glass of water first thing in the morning*

Hydrating first thing in the morning helps to aid digestion, enhance skin health, and boost energy. Try to increase your water intake though out the day to stay well hydrated.

#### 2. *Eat fresh, clean foods*

Try to eat fresh, clean foods instead of processed foods. Clean, fresh foods include things like fresh fruit, vegetables, whole grains, and lean meats. Avoid packaged foods that are heavily processed. Stop by your local farmer's market to pick up fruits and vegetables fresh from the garden.

#### 3. *Load up on veggies*

This can help you with portion control and veggies are loaded with vitamins, minerals, and phytonutrients your body needs. Because veggies are high in fiber, they can help you feel full longer and they aid in digestion.

#### 4. *Sunshine daily*

Vitamin D is important to your health and sunlight is a great source. Get outside for 10-15 mins and get some sunshine and fresh air each day. Be careful not to get a sunburn.

#### 5. *Get moving*

Don't have time for the gym? That's ok! All movement counts. Just do something each day. That means cleaning house, doing laundry, dancing, walking the dog, working in the yard...it all adds up! Try a brisk walk in the sunshine to double the benefit.