

## Welcome to Our Practice!

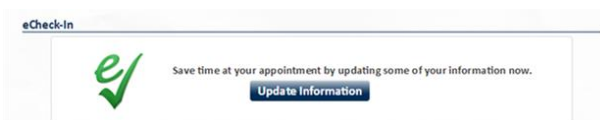
The Christ Hospital Physicians brings quality, patient-focused healthcare to the communities we serve, and we are honored you have chosen us as your health care provider!

### Practice Updates

**Happy graduation to our residents and congratulations on your well-deserved success!**



### Save Time with eCheck-In!



As a patient of The Christ Hospital Physicians, our goal is to provide you with simple, accessible, and convenient tools that make your experience with us exceptional!

You can save time by using our eCheck-In feature! MyChart allows you to confirm and/or update medication and allergy information; and complete other forms and questionnaires—including

medical history—all through MyChart, saving you valuable time!

**How do you access eCheck-in?** You will receive a message seven days prior to your appointment requesting you to log into your MyChart account. By clicking the "Update Information" button on the Appointment Details screen, you can confirm or update information. It's that simple!



### Health Observances:

#### August is National Immunization Awareness Month!

**National Immunization Awareness Month** (NIAM) highlights the importance of vaccinations for people of all ages. NIAM was established to encourage people to make sure they are up to date on recommended vaccines.

Also, as your children head back to school, it's particularly important for you to work with your child's provider to make sure they get caught up on missed well-child visits and recommended vaccines.

Be sure to speak with your provider to ensure you and your family are protected against serious diseases and your vaccines are back on track!



## September is Healthy Aging Month!

It's never too late to strive for a healthier lifestyle!

Recapture that “back to school” feeling with a personal commitment to renew yourself. To improve yourself physically, socially, and mentally, here are a few tips to inspire you:

### 1. EXERCISE

Physical activity is your weapon to help control blood pressure, help prevent heart disease and stroke and possibly lower your risk for depression, anxiety, and conditions like certain cancers and type 2 diabetes. What to do? Choose something fun so you can keep at it, like cycling, walking, dancing, swimming, or aerobics. Current national recommendations are 150 minutes of moderate-intensity physical activity per week and two days of muscle-strengthening training. That's only 20 minutes a day, 7 days a week, or around an hour a day if you do three days a week.

### 2. DIET

A diet rich in sodium has been linked to high blood pressure, stroke, and heart attack—all good reasons to try not to overly salt your food. Adding more fiber to your diet can help lower cholesterol, control your blood sugar, as well helping maintain good digestive health.

### 3. SOCIAL

Volunteer! Serving others is an excellent way to bring happiness into your life! There are many organizations where you can volunteer your time and expertise!

Also, don't wait for the phone to ring. Be proactive and call someone for lunch. Try to mix up your get-togethers with old friends and new acquaintances.

### 4. MENTAL

Be realistic about what you can accomplish! Learn to say no ... don't overwhelm yourself with a to-do list. Also, capitalize on your career experience and start a new one. Yes, enjoy a brief “retirement.” Travel, and spend more time with family and friends. Develop new hobbies. Redefining your purpose to maintain a sense of identity and purpose is essential to a healthy lifestyle.

Make September the perfect time to renew or set your lifestyle goals. It's not too late!



## What will it cost me?

The Christ Hospital Health Network provides a number of resources to make it easier to estimate the amount you may owe for your medical care.

- Estimates may vary from final billed charges for many reasons and do not guarantee coverage by any particular insurer or medical plan.
- Patients who do not have insurance or who choose to pay without using their insurance have the right under the law to receive a Good Faith Estimate of how much non-emergency care will cost before receiving care.
- Patients who qualify for need-based financial assistance may be eligible for cost discounts.
- Services from providers not employed by The Christ Hospital Health Network may be billed separately and are not included in any estimate provided. These may include anesthesia, pathology, newborn pediatric care, and interpreting imaging services, if applicable.

In addition to our online resources and price lists, you can request a price from our financial counselors by email or phone:

- Email: [Patient\\_Liability@thechristhospital.com](mailto:Patient_Liability@thechristhospital.com)
- Phone: [513-585-4050](tel:513-585-4050), option 2, weekdays from 8 a.m. to 4:30 p.m.

## Accessing Care:

Visit our practice website for additional information & options for online scheduling:  
<https://www.thechristhospital.com/services/northern-kentucky/cold-spring>