

## Practice Updates

### Work Anniversary:

On November 15<sup>th</sup>, Michelle B. celebrated 20 years with The Christ Hospital!  
Thank you, Michelle!

## 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.

## Urgent Care Locations:

### The Christ Hospital Urgent Care – Red Bank

4440 Red Bank Road, Suite #110  
Cincinnati, OH 45227  
[513-564-1366](tel:513-564-1366)

### The Christ Hospital Urgent Care – Ft. Wright

1955 Dixie Highway, Suite F  
Ft. Wright, KY 41011  
[859-292-9176](tel:859-292-9176)

### The Christ Hospital Urgent Care – Green Township

6560 Harrison Ave  
Cincinnati, OH 45247  
[\(513\) 574-9700](tel:513-574-9700)

### HOURS

Mon - Fri: 7 a.m. - 7 p.m.  
Sat & Sun: 9 a.m. - 3 p.m.

Practice Website for additional information & options for online scheduling:

<https://www.thechristhospital.com/services/primary-care/practice-locations/redbank/babson-place>

## 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

- **Don't Forget to Drink Water** – One of the best things you can do for your health is to drink optimal amounts of water every day.
- **Avoid Stressful Situations** – Studies have linked high stress levels to making a person more susceptible to catching colds and flu. Develop healthy habits and avoid stress!
- **Eat Healthy** – Eat food which is rich with vitamin C. It will help you keep your immune system strong and healthy during the winter.
- **Sleep Well** – The average person needs 6-8 hours of sleep per night. If you're not getting enough sleep, your body is extremely vulnerable to illness. Sleep is very much like fuel that recharges your batteries!
- **Exercise** – Exercise is one of the best healthy habits recommended by many professionals and will keep you strong and healthy during the winter.
- **Wash Your Hands Regularly** – Keep the bacteria and viruses off your hands and out of your mouth and eyes. Always keep a bottle of hand sanitizer close-by for those instances where you can't get to soap and water.
- **Get Your Flu Shot!**

## Parking at our main campus in Mt. Auburn

### Traffic Alert: Auburn Avenue widening near The Christ Hospital main campus

Construction crews are currently widening Auburn Avenue near The Christ Hospital to add an additional lane for traffic and a turn lane. There will be no disruptions to entrances or parking at The Christ Hospital or the Medical Office Building during construction.

The City of Cincinnati will maintain vehicle and pedestrian traffic throughout the project. This phase of construction work by our main campus is scheduled to be complete in early Winter 2023.

Construction will primarily take place between 7 a.m. – 4 p.m. Monday – Friday with occasional evening and weekday work.

- Please allow for extra time when coming to our main campus due to the potential for slower traffic in the construction area.
- Be alert for construction workers and for temporary changes in traffic patterns, traffic lights, and directional signs.
- Metro bus stops near the hospital may be temporarily relocated during construction. Metro riders should watch for notices at their stop.

## Where to park on our main campus

Please review the following information to determine the best parking location for your visit.

Free parking is provided to our patients and visitors in four separate parking garages and/or lots on our main campus.

For more information regarding parking garage instructions, including a map, visit:

[www.thechristhospital.com/parking](http://www.thechristhospital.com/parking)

If you have questions about parking, contact Patient and Guest Services at [513-585-1200](tel:513-585-1200).

## Valet Parking

Valet parking is available for \$6.00 at these entrances:

- **Heart Center:**
  - Monday - Friday, 5 a.m. - 8 p.m.
- **Joint & Spine Center:**
  - Monday - Friday, 8 a.m. - 4 p.m.
- **Medical Office Building (Mason Street):**
  - Monday - Friday, 7:30 a.m. - 6 p.m.