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 sever and life-threatening conditions.

Practice Website for additional information & options for online scheduling:

https://www.thechristhospital.com/services/primary-care/practice-locations/bridgetown

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

To help prevent the spread of COVID-19:

- Wear a mask to protect yourself and others.
- Stay at least 6 feet (about 2 arm lengths) from others who don't live with you.
- Avoid crowds and poorly ventilated spaces.
  The more people you are in contact with, the more likely you are to be exposed to COVID-19.
- Get a COVID-19 vaccine when it's available to you.
- Clean your hands often, either with soap and water for 20 seconds (if visibly soiled) or a hand sanitizer that contains at least 60% alcohol.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean frequently touched objects and surfaces daily. If someone is sick or has tested positive for COVID-19, disinfect frequently touched surfaces.
- Monitor your health daily.

Take Care of Yourself!

- Get regular exercise. Just 30 minutes of walking every day can help boost your mood and improve your health!
- Eat healthy, regular meals and stay hydrated
- Make sleep a priority
- Try a relaxing activity
- Set goals and priorities
- Practice gratitude
- Focus on positivity
- Stay Connected