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# GREEN MOUNTAIN

PARTNERS FOR HEALTH

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W8 Care Newsletter  
May 2020

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# W8 Care Updates

The unprecedented changes in life with covid-19 have now been a reality for over two months. We hope you are all doing well and staying healthy! These changes are challenging in many ways and the added stress certainly can have negative effects. Recognize the importance of practicing self-care during this time by tending to your mental/emotional, social, nutritional, and physical health. Remember to pay attention to your regular follow-up appointments and to reach out if you have any health concerns. We are continuing to offer telehealth appointments and are beginning to offer more in-clinic appointments when needed.

## Quick Health Tips:

- 1) Set and Stick to a Schedule and Routine - set aside specific times for work, relaxation, exercise, meals, and sleep. Consider adding a daily morning activity such as a walk and a daily evening activity, such as gentle stretching.
- 2) Pay Attention to Nutrition - schedule your meals and snacks, avoid other activities while eating, stock healthy foods, and drink plenty of water.
- 3) Move every day - incorporate physical activity such as walks, playing with pets/kids, and exploring movement/exercise apps.
- 4) Identify a Support Person - this can be a family member, friend or other contact who can provide a social connection, boost your mood, and motivate you to stick to your health goals.

## Change or Loss of Insurance?

If you have had an insurance or income change

-A quick med check (15 minute appointment) is a \$77 cash charge

-If you have lost your insurance or job, you may qualify for Medicaid. Medicaid is great insurance and we do accept it!



## Exercise Opportunities!

Exercising Counseling Sessions- covered by insurance! As part of your treatment plan you can get exercise sessions with Dr. Francavilla in your home. Helping patients with their exercise has always been part of the dream of the clinic - as we expand telehealth and pursue creative options, we can finally offer this service. We are offering weekly sessions of 45 minutes for 4-8 weeks, with homework, until you feel comfortable joining a new program on your own. You don't need any special equipment and these appointments should be covered by all insurance carriers except Medicare. We have also partnered with CrossFit Common Fortitude in Lakewood to get our patients moving. Join us Saturdays for an in-home work out at 10am with this zoom link: <https://zoom.us/j/515359514> You'll get to workout with CrossFit Level 1 Trainer Dr. Francavilla! All you need are comfortable workout clothes and water. Check it out!



## June Group Sessions

This month we will have 2 different offerings for virtual group sessions.

The first session will be Tuesday, June 2 at 5:00 pm and Friday, June 5 at 12:00 pm and will focus on Emotional/Stress Eating and Setting SMART Goals. This will be a continuation of the conversation we started in the Mindfulness and Mindful Eating sessions in May. With the disruption of regular routines due to the covid-19 crisis emotions and stress have been difficult for most people. We will discuss healthy ways to cope with these challenges. SMART Goals are Specific, Measurable, Attainable, Realistic, and Timely.

The second session will be Tuesday, June 23 at 5:00 pm and Friday, June 26 at 12:00 pm and will focus on Tricks/Tips for Adding More Veggies to Meals and Snacks. Filling half of the plate with vegetables is challenging! We will brainstorm ideas and present several recipes during this class, including vegetarian/vegan ideas for entrees.

Carrie Oss, PA-C will be leading these sessions. Please email us at [staff@greenmountainpartnersforhealth.com](mailto:staff@greenmountainpartnersforhealth.com) if you would like to join

one or both of these classes to get your personal link to join. We anticipate insurance covering these visits as a preventative service.

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