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GREEN MOUNTAIN

PARTNERS FOR HEALTH

March Newsletter
March 2020

**We are still open and ready to see you
by telehealth or in person!**

We are still here!

Your doctors at Green Mountain Partners for Health want to let you know we are still here for all your health care needs. Our clinic remains open, though to help social distancing, most our interactions are virtual. However, we still can perform vaccines, blood draws, urine testing and even COVID testing if appropriate. Our doctors can even do stitches and glue wounds- just like an urgent care but without the exposure risks. We even have hours on Saturdays! If your insurance status changes please note we DO take Medicaid and we have very affordable cash prices. We have had many patients ask if we are still taking new patients and we are happy to say we are.

We highly recommend you avoid the ER unless you are having a life-threatening issue like trouble breathing at rest, severe weakness where you cannot stand up, chest pain, concern for heart attack or stroke. The ERs are very busy taking care of patients, largely with COVID symptoms, and if you don't need to be there, we don't

needed.

We have small amount of pulse-oxs we can check out to patients for self-monitoring oxygen levels as well.

Telehealth



Expanded Telehealth

In response to the COVID pandemic we are starting ALL encounters with telehealth. Your co-pay and deductible should remain the same. Don't worry, our office is still open and we will direct you to come in to be seen or get necessary tests done as indicated. Even with shelter in place directives, it is still okay to go to a doctor's appointment!

In fact, its MORE IMPORTANT THAN EVER to get your health needs addressed. More than ever, we want to make sure you are kept safely of the ER or hospital. Diabetes, high blood pressure, and routine illnesses still need care too and we promise we are still here to take care of you! Don't put off your appointments, as social distancing is likely to continue for weeks and possibly months- get your health

How to have successful telehealth appointment

- Check your spam folders if you can't find your email for your appointment.
- Download the zoom app (zoom cloud meeting- icon is a blue camera) and make sure you know how to use it prior to your appointment.
- Pay your co-pay by the PayPal email link you will get.
- Log in to your appointment 5-10 minutes before the start time, all you have to do is click the link from the email, or copy and paste link into your browser.
- When you start zoom, make sure to give it permission for microphone and video.
- If you have a rash or skin issue please take a picture of it and send to staff@greenmountainpartners.com before your appointment, please include your name.

-Check your own numbers when possible! Ideally the day of your appointment check the following as relevant:

Blood pressure- check this while at rest, sitting at least 5 minutes, with your arm resting on a table or arm rest if possible. Take it on bare skin- not over a shirt.

Temperature- use a thermometer

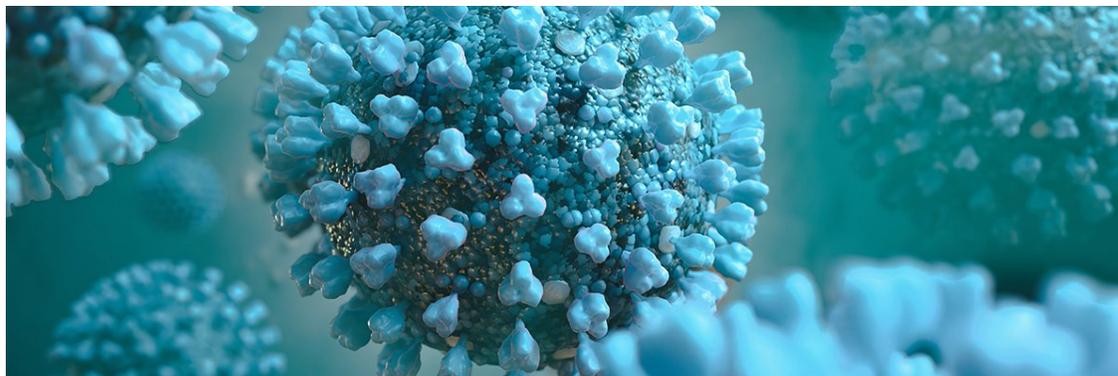
Heart Rate- many smart watches or devices like fitbits can give you this information.

Oxygen Saturation- if you have a pulse ox, check this number. Some smart phones can do this too!

Weight- this can be helpful if you are seeing us for weight, high blood pressure, heart failure or diabetes

Blood Sugar- if you have diabetes, please check a fasting blood sugar (first thing in the morning) and blood sugars 1 hour after meals, or as your doctor has previously recommended

Write these numbers down and be ready to share with your doctor at the appointment.



What you need to know about COVID

COVID is a new illness. We are learning more about it everyday. The most common symptoms are fever, cough, and shortness of breath. These symptoms usually last

quarantine for a least a week. While certain people are at more risk to get seriously ill, anyone can. Most people will recover from COVID, but you might be quite sick in the process. Our best tool against it currently is prevention. We encourage you to respect social distancing and wash your hands frequently.

While we recommend discussing any illness with your doctor the CDC has created a self-checker for symptoms <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>



Stress Reduction

We know many of you are struggling with increased stress and anxiety. If you are concerned about your mood, our physicians are experienced with treating mood disorders. If you are feeling the general state of stress that many are right now, here are some places to start:

- 1- Exercise daily. Exercise has biologic effects on the brain to reduce stress. 30 minutes daily is a good goal- anything counts- a walk, dancing, a work out video, lifting weights, yoga, etc.
- 2- Focus on what you can control- at times we need to accept that certain things are out of our control. Stressing about COVID does not make it go away. But we can focus on following rules of social distancing and increased hygiene. We can focus on being good parents, siblings, spouses and friends. If you are an essential worker you can take pride in helping people in this tough time. If you have found yourself not working, is there something you can do to help? Bringing groceries to a sick or elderly neighbor, sending a working parent some easy activities for their kids to do, setting up a virtual "happy hour" to connect friends or family, or donating blood

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events. Set a bed time for your phone and TV and put them away so you can wind down and focus on something your enjoy.

4- Consider meditation- Headspace and 10% Happier are two popular apps.

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