



RPC Winter Newsletter

*Have you and your child had a flu vaccine yet?
If not, ask us today about getting one!*

Coming in January.....

A New Patient Portal



As part of our ongoing commitment to your child's health, we are introducing our new Patient Portal, MyHealthRecord.com, which will be available in January. Through MyHealthRecord.com, you will have new and improved ways to manage your child's health.

At MyHealthRecord.com, you can:

See your child's health information, including your care plan and lab results, on any Internet-enabled device, including smartphones and tablets

Send secure messages to our triage staff to ask non-urgent questions about your child's care

Request prescription refills and appointments

Send your health records to other providers electronically

We hope that you will enjoy this new convenient way to manage your child's care, save time, and feel confident about your child's health and treatment plans.

For now, emailing the advice line and requesting prescription refills, are not be available during that time.

During this transition, if you need to request a prescription refill or if you have a question about your child's health, please call our office.

Vaping: What Parents Need to Know

"Vaping" is a term for smoking electronic cigarettes, or e-cigarettes. E-cigarettes contain cartridges of cancer-causing chemicals, including nicotine, which are released in a mist and inhaled. Vaping is on the rise amongst middle school and high school students, due to its fun colors and flavors (like chocolate or bubble gum). According to a CDC study (2014), it is the most common tobacco product in these age groups.



Vaping is NOT SAFE!

- Vaping liquid contains cancer-causing chemicals and addictive nicotine.
- Nicotine can cause sweating, dizziness, vomiting, and increased heart rate. If liquid nicotine exposure occurs, call POISON CONTROL at 1-800-222-1222.
- Per the AAP, just ½ teaspoon of nicotine-containing vapor can be fatal to a child!
- Secondhand vapor harms growing lungs and can impair memory.
- Children who vape are more likely to smoke regular cigarettes in the future.

Have a Happy Holiday Season and a Happy, Healthy New Year!

We will be CLOSED December 25th and January 1st.



Is your Insurance changing in 2018?

If so, make sure we have your most current information on file.

Spring sports are right around the corner!



Be prepared for your appointment!

- BRING your child's SPORTS FORMS to your appointment so they can be completed during your visit. MAKE SURE TO COMPLETE THE HISTORY PAGE BEFORE SEEING YOUR PROVIDER.
- Write down questions you would like to ask during your visit.
- If you have additional concerns, please let the patient care representative know when making your appointment, so we can allow extra time to accommodate all of your needs.
- PRE-REGISTER on PHREESIA. You will receive an email 1-2 days before your appointment. Pre-registration will cut down on your wait time.