



RPC Winter Newsletter

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

Friday, Dec. 24th

Haynes Bridge location only – open 8:30am until last sick patient seen. (Cumming + Crabapple are closed)

Saturday, Dec. 25th – Closed

Friday, Dec. 31st

Haynes Bridge location only – open 8:30am until last sick patient seen. (Cumming + Crabapple are closed)

Saturday, Jan. 1st - Closed



OUR PATIENTS ARE IMPORTANT TO US!

We have been and continue to experience extremely high demand for our services. We hear your concerns about excessive wait times in the office and when attempting to contact our office to schedule an appointment or speak with our triage staff. The volume of calls and patient needs continues to exceed our ability to handle your needs in the time and manner you are accustomed to. This past week, we have reinstated our live triage line which means when you call, you will be able to speak with a live triage person (if available) instead of speaking with a patient care representative and then waiting for a return call. We are hiring additional staff and ask your patience as we continue to strive to provide the customer service and patient care you desire and deserve.

**Thank you for your patience and understanding!
We appreciate you and your family!**



What's your New Year's Resolution?

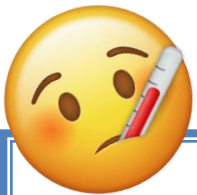
We encourage your family to try out these healthy habits in 2022

- Exercise for 30-60 minutes daily
- Eat 5 servings of fruits and vegetables daily. Try to eat out less and pack school lunches, when possible.
- See your primary healthcare provider and dentist regularly for check ups
- Drink water!!!



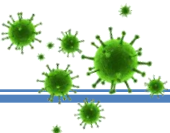
“AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE” --Benjamin Franklin

We are in the business of preventative medicine, and we want to keep your family healthy! We have limited appointments available for flu and Covid vaccines. Please ask today if your child can get one or both.



What's Going Around???

Influenza “the flu” is a very contagious viral respiratory illness. It can cause mild to severe illness. It can also lead to death, especially in the very young and very old and those with chronic health conditions. The onset of symptoms of the flu are often sudden and may include fever, cough, sore throat, runny/stuffy nose, body aches, headaches, tiredness, and diarrhea and vomiting (more common in children). The great news is there is a vaccine to help prevent the spread of influenza, decrease severity of symptoms to those who catch it, and minimize deaths from flu related complications. It is recommended that all people (unless advised otherwise by your practitioner) 6 months and older get vaccinated against influenza.



It's not too late!

