

Charlottesville Wellness Center Family Practice

December 2011

Happy Holidays

We wish you and your family a very special holiday season. Our office will be closed the following dates for Christmas and New Year's: Monday, December 26 and Monday, January 2.

Insurance Coverage in the New Year

Each new year, most insurance companies require enrollees (patients) to pay an out of pocket deductible before the insurance begins to pay for medical services that are provided. These out of pocket deductibles vary among the insurance companies. Please check your policy to find out what your deductible is, and be prepared to pay for your office visits as necessary, until your insurance policy begins paying.

Bad Weather Reminder

During the winter months we get occasional snow, freezing rain and associated power outages. When this happens, there may be periods when we will not be able to see you in our office. On bad weather days, please call our office prior to leaving your home or work to confirm that we are open and will be able to see you.

Winter Reminders

Winter Travel – When traveling in your automobile during the winter months, be prepared for bad weather and travel delays. Carry snacks and drinks. Keep a blanket and extra pair of gloves in your car. Make sure

your flashlight and cell phone have charged batteries. Remember – you would rather have it and not need it than to need it and not have it!

Working outdoors – shoveling snow and splitting firewood is strenuous exercise! Make sure you use good body mechanics and remain safe. Take frequent breaks. Also, remember to drink plenty of fluids when working outdoors in the winter.

Other Reminders

Website - Check out our website, and tell your friends and family about it! There is a lot of helpful information about our practice and other resources so you can access information on a healthy lifestyle. Our website address is www.cwcfp.com

Patient Portal - if you are a patient at our practice, you can get access to your medical records so you can keep track of your medical history, labs, medications, etc. If you want to get access to your records from the Patient Portal, you will need to complete forms so we can get your access established. The forms are on the website at the Patient Resources section titled [Electronic Medical Records \(EMR\) Terms And Conditions](#).