

UPTOSPEED

In This Issue:

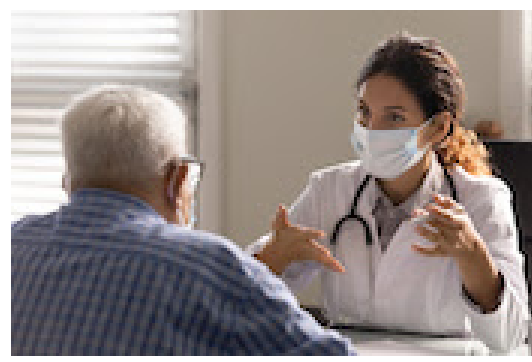
- ◆ Sexual Health ◆ Healthy Aging
- ◆ Ovarian Cancer ◆ Chronic Pain



Sexual Health at Every Age

Sexual health is about more than having safe sex. It's taking care of yourself physically, emotionally, mentally, and socially — at any age and in every relationship. CityMD providers highlight ways to put your sexual health first from preventing infections and knowing your birth control options to understanding how your sex life may change with age and, most importantly, simply talking about sexual concerns with your provider.

[Learn More](#)



**Primary Care Providers:
The Key to Healthy Aging**



**Physical Therapy for
Chronic Pain: How it Can
Help**



**Ovarian Cancer Video
Story: Tips for Early
Detection**

New Branding Incoming!

CityMD is refreshing its branding, but we will always be the same CityMD you know and love.



Lab Results Auto-Published Straight to Your Inbox

In accordance with the 21st Century Cures Act, Summit Health has begun to publish lab test results to the Patient Portal and My Summit Health app in some of our practices as soon as they are available.

[Learn more](#)

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