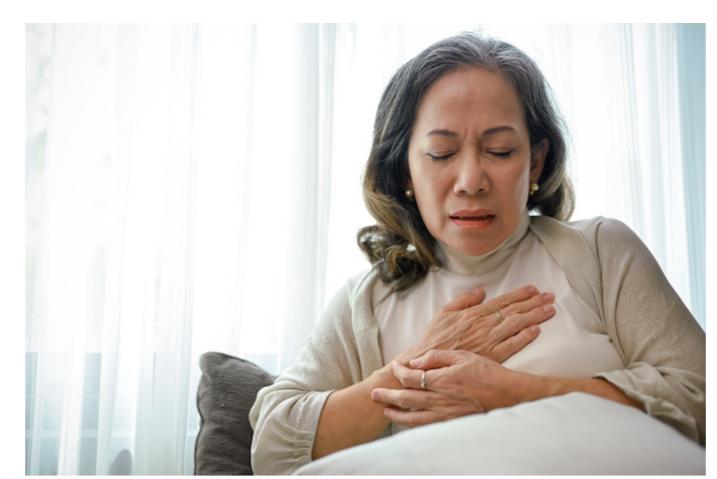


In The Know

February 2023



Arrhythmias: when your heart gets out of rhythm

Do you frequently feel your heart race or slow down for no reason at all? If you're shrugging your shoulders, you may have an arrhythmia or an irregular heartbeat. When it comes to your heart health, do not wait. Walk into your neighborhood CityMD urgent care for an immediate evaluation. No appointment is needed.

Learn more





How to prevent frostbite Learn more

A parent's guide to croup Learn more

Wellness Snapshot

Do you know your numbers? Nearly 1 in 3 adults with high blood pressure do not even realize they have the condition. Make an appointment with a primary care physician and prevent problems before they start.

Four Keys to a Healthy Heart







Check **Total Cholesterol** Less than 200 mg/dL



Avoid Elevated Blood Sugar Less than 100 mg/dL when fasting



Maintain Healthy **Body Mass Index** Between 18.5-24.9



Think you have the new COVID strain?

Walk right into CityMD. We offer:

- Rapid and PCR tests
- Virtual treatment with proof of a positive test
- Medication options including Paxlovid and Molnupiravir

Find a location

Navigating Bias: How to Advocate for Your Health

FEBRUARY 28, 6:30PM-7:45PM

To commemorate Black History Month, please join us for a virtual panel discussion on how to engage with the health care system, including how to advocate for your care, how to ensure your provider is right for you, when to reach out for help, and how to get the best referrals. Please register by emailing DEI@summithealth.com with your name and email address, which we will respond to with the meeting link.

PANELISTS INCLUDE







Resources on the go





Summit + CityMD app

Find a CityMD

Locations Patient portal



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*Note: You may still receive email communications related to your personal health with CityMD.