K City MD

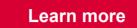
In The Know

March 2023



Tips to keep spring allergies at bay

Sneeze, cough, scratch — repeat. Pesky allergy symptoms can affect your daily life. Try incorporating these quick tips to keep congestion and watery eyes at bay. And if you need treatment, walk right into your neighborhood CityMD.





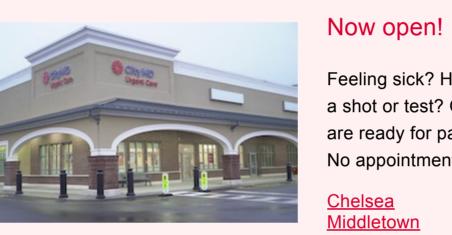
How to prevent UTIs Stomach pain red flags Learn more Learn more

Wellness Snapshot

More than a third of adults in the U.S. do not get enough sleep. Good shuteye is essential to your continued health and wellness. Improve the quality of your slumber with our better sleep checklist.



Avoid caffeine after 🔗 Do not work in bed.



Feeling sick? Have an injury? Need a shot or test? Our new locations are ready for patients. Just walk in. No appointment needed.

Resources on the go



Visit the Summit + CityMD app

Find a CityMD

Locations Patient portal

🖸 🎽 f

This email was sent to: <u>%%emailaddr%%</u> To make sure you receive our emails, please add info@email.citymd.com to your address book.

You received this message because you are opted-in to receiving occasional communications from CityMD.

%%Member_Busname%% | %%Member_Addr%% %%Member_City%%, %%Member_State%%, %%Member_PostalCode%%, %%Member_Country%% Copyright © %%xtyear%% City Practice Group of New York. All Rights Reserved.

You can <u>unsubscribe</u> from receiving further email communications. *Note: You may still receive email communications related to your personal health with CityMD.

