

In The Know

April 2023



What happens when your blood pressure is too low

Feeling weak, dizzy, tired, or lethargic? You may have low blood pressure. Learn about causes, symptoms, treatments, and when it is time to visit the closest CityMD urgent care.

[Learn more](#)



STIs: testing and treatment

[Learn more](#)



What to do right after an injury

[Learn more](#)

Wellness Snapshot

Tips to Cope with Stress



Care for your body

- Eat well and stay hydrated
- Move during the day, sleep well at night



Take a break

- Practice mindfulness
- Show daily gratitude



Spend time with others

- Make connections
- Have fun with friends and family



Set limits

- Put away devices
- Reduce or eliminate alcohol



Virtual Visits at Your Fingertips!

Can't get to the doctor's office? Try a CityMD virtual visit. You can meet one-on-one with a provider through video, a phone call, or text messaging all from the comfort of your home or office.

[Book a Virtual Visit](#)

Resources on the go



[Visit the Summit + CityMD app](#)



[Find a CityMD](#)

[Locations](#) [Patient portal](#)



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