

Keeping you connected to important health updates, upcoming classes and helpful resources



Wishing you a safe and healthy

2023



From the desk of
Nirav K. Shah, M.D.
Sr. Medical Director

This has been a busy year for us as we continue to dedicate our efforts to making your health and well-being our utmost priority. As we approach the new year, we want to make sure that you are safe and protected in all the ways possible.

At the moment, we are experiencing another surge of COVID-19 cases. Additionally, we are seeing flu increase and significant levels of RSV. If you have not done so, I strongly recommend getting your bivalent COVID-19 and flu vaccine. **Vaccination against the flu and COVID-19 remain the most effective way to protect yourself, your loved ones and the community and to prevent the spread of illnesses.**

You can begin ordering free at-home COVID-19 tests again.

Every household in the United States will be eligible to receive up to four free testing kits. The testing kits can be ordered online at covidtests.gov or by calling 1-800-232-0233. The United States Postal Service will begin shipping the tests out the week of December 19, 2022.

Also remember to wear your masks whenever in public and contact your doctor if you have or are experiencing any symptoms of COVID-19.

It has been a privilege sharing vital information with all of you this year and I wish you and your families a happy and healthy holiday season, and a safe and promising new year.



For additional information, please visit COVID.gov to find helpful resources including:

- COVID-19 risk factors & variants
- Vaccination sites near you
- Free at-home testing kits
- Find a testing site
- Getting a copy of your digital vaccine record
- Masking requirements by city
- Safety & testing requirements for travel

In exchange for your feedback, we'd like to give you a chance to win a gift card



Take our short survey for a chance to win a little something extra for the new year.

We believe in giving back to our community. We have big plans for our monthly newsletter and welcome your valuable feedback on how we can make it even better than ever this coming year.

Please take a minute to complete our online survey to let us know what you would like to see more of and in what ways we can improve. Once you complete the survey you will be entered into a free raffle for a chance to win a gift card. We thank you in advance for your participation.



Don't wait! The survey and raffle ends on January 31, 2023.

Take the survey [now](#).

This oat to be delicious!



Want to start off your new year prepped and ready to go? Then take a look at this nutritious **Peanut Butter Banana Oat Bites** recipe that you can use for breakfast or as an anytime snack on the go. Preparing a snack before your week begins can help you stay focused on a healthy eating routine throughout the busy holiday season. This high-fiber, sweet snack will help to keep you full to conquer all of your new year's goals!

[View the full recipe here](#)

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