

COMMUNITY UPDATE

Flu Shots

Flu shots are now available. PLEASE NOTE: Due to insurance requirements, flu shots require a *separate appointment* and cannot be coupled with your annual wellness exam.

Updated Boosters

The updated Covid-19 booster for current variants is now available. Check eligibility and find your shot [here](#).

Things to Know:

- ✦ **ALL pre-exam appointments include FASTING labs.** Failure to fast prior to your pre-exam will require us to reschedule your PE, resulting in a substantial delay of your AWE.
- ✦ **Speaking of your AWE:** these appointments are generally scheduled a year in advance. Please make every effort to keep your pre-exam and AWE appointments to avoid the inevitable 3-4 month delay.
- ✦ **COVID:** Masks are required in the office. As a small office with only Dr. Suchecki, it's in everyone's interest to keep all of us safe and healthy!
- ✦ **COVID & TRAVEL:** If you have been out of state within 5 days of your appointment please call the office.
- ✦ **OFFICE HOURS:** Mon-Thurs, 8a-5p and Fri 8a-2p.

Return of the Walk With A Doc

NOVEMBER 3RD @ 2:30 BELVILLE RIVERWALK PARK

Join us for a brisk, Fall Walk With A Doc on November 3rd @ 2:30! We will meet at Belville Riverwalk Park, 580 River Rd, Belville, NC 28451 to walk the 2/3 mile walking trail and enjoy the autumn scenery. Water and a snack will be provided following the organized walk. Hope to see you there!



Introducing Iris

COMPREHENSIVE HEALTH CARE PLANNING

Don't forget to take advantage of the membership perk brought to you by Aledade, the Health Care Planning program from trusted partner [Iris Healthcare](#). This is provided to you at *no cost*. This process facilitates communication between you and your family to discuss your future care preferences so they know what's important to you. The goal of health care planning is to understand your wishes and help you document and communicate with them. Iris will spend as much time as you need and is able to include your family or caregivers.



POLLING ALL MEMBERS!

WE WANT YOUR FEEDBACK ON A POTENTIAL NEW PROGRAM

Ever hear of Remote Patient Monitoring or RPM? RPM uses devices to monitor your health between office visits to provide us with increased data and more opportunities to provide continuous, remote care. This program fits with our proactive approach to healthcare that drives preventative interventions, improved outcomes, and higher patient engagement. We are considering partnering with a company to manage this so, before we make the leap, we want to hear from you! If a program of this type is of interest to you, let us know [here](#)!

After Office Hours Protocol

AFTER HOURS ARE FOR URGENT MEDICAL ISSUES THAT CANNOT WAIT UNTIL THE NEXT DAY: 910.400.1175

This number is for EMERGENT issues outside of business hours only. Non-emergent messages that come through CallMyDoc after hours may not be addressed until the following business day.

Of course, CALL 911 if you are having a true medical emergency.