



OCTOBER 2020

Schedule Your Flu Shot

We're offering free flu shot clinics. Getting a flu shot is an easy way to help protect you and your family. During this time, we know safety is top of mind. That's why we ask that you make an appointment to avoid unnecessary contact with other patients—and of course wear your mask.

[RESERVE YOUR SPOT](#)

FAQ: What Happens if I Need to see a Specialist or Become Admitted into the Hospital?

Whether you see a specialist or find yourself at the Emergency Department or admitted to the Hospital, our goal is to help coordinate your care. Since we often times don't get notified, please contact your provider via a simple phone call or via the mobile app. By notifying your provider, our team can help with continued care (E.g. follow up appointments, obtain records, etc.). Because the provider knows your history and has your medical records, they may be able to guide your care more efficiently.

SCREEN TIME & SLEEP: WHAT IT MEANS FOR YOUR HEALTH



With daylight saving around the corner, let's talk about sleep. We have so many demands during the course of the day—jobs, family, errands—not to mention finding some time to relax. For the most part, we find that we have more time to relax right before bed. While this may sound like a great time to catch up on your favorite TV show or spend hours scrolling through your social media timeline, it can actually disrupt your sleep and affect both your mental and physical health.

While everyone knows that sleep is essential for your health, you may not know what quality sleep looks like.

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Recipe: Skinny Black Bean and Veggie Mexican Pizza

Enjoy pizza without the guilt. Spread on warm pizza crust, put a healthy spin on pizza with black beans, fresh veggies, and drizzled with a bit of Greek yogurt avocado cream on top.

[GET THE RECIPE](#)



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