

SEPTEMBER 2020

FAQ: What is a Virtual Visit?

Virtual visits are one of the most convenient ways to receive medical care. This includes phone consultations, video visits, and texting through our secure mobile app. When medically appropriate, this allows you to stay in the comfort of your home, office or hotel when traveling and receive medical care virtually.

Virtual Visits work well for

- Reviewing test results
- Following up on health status with new therapy or medication changes
- Nutrition and lifestyle coaching/education
- Discussing next steps

Virtual Visits do not work well for

- Conditions requiring physical exams (listening to your heart or lungs, looking in your ears, eyes, throat or feeling lymph nodes or glands)

Recipe: Baked Oatmeal Bars

Whether it's for breakfast or a snack on the go, these easy homemade baked oatmeal bars are yummy, hearty, and guaranteed to keep you powered for hours.

[GET THE RECIPE](#)

NAVIGATING COVID-19 DURING COLD & FLU SEASON

As we approach cold and flu season, differentiating symptoms of COVID-19, the flu and the common cold are important in keeping our communities (both at home and work) protected and healthy. Here are some general guidelines to help you decide what to do. Your personal doctor will help diagnose you with the added knowledge of what is common in the community at that time. It is also important to remember that it is possible to have more than one respiratory illness at the same time.

- **COVID-19** can be simmering over the course of many days. Loss of taste or smell is a differentiator. It is rarely associated with congestion, sneezing, and clogged sinuses. Up to 40% of cases are asymptomatic.
- **Influenza**, or the flu, most often feels like you are "hit by a truck" from the outset. Shortness of breath is not common. Headache, fever, congestion, runny nose, and GI symptoms are more common.
- **Common Cold** rarely presents a high fever. Stuffiness, headache and sore throat are common.

COVID-19 OR SOMETHING ELSE?

| | COVID-19 | FLU | COLD | ALLERGIES |
|---|-----------|-----------|-----------|-----------|
|  COUGH | Common | Common | Common | Sometimes |
|  FEVER | Common | Common | Rare | Sometimes |
|  BREATHLESSNESS | Sometimes | No | No | Common |
|  BODY ACHES | Sometimes | Common | Common | No |
|  HEADACHE | Sometimes | Common | Rare | Sometimes |
|  FATIGUE | Sometimes | Common | Sometimes | Sometimes |
|  SORE THROAT | Sometimes | Sometimes | Common | No |
|  DIARRHEA | Rare | Sometimes | No | No |
|  STUFFY NOSE | Rare | Sometimes | Common | Common |
|  SNEEZING | Rare | No | Common | Common |

SOURCES: WHO, CDC

Please remember that because of the overlapping symptoms, your doctor may not be able to tell the difference. The best course of action during the COVID-19 pandemic is prevention:

- Get your flu shot (see below for information on our upcoming flu shot clinics)
- Wash your hands
- Practice social distancing
- Use a mask or facial covering to cover your nose and mouth

Still have questions, please call us at 816.319.0731 or send us a message using the **Spruce** mobile app.

SAFELY GET 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.

Don't wait to schedule your appointment, flu shots take about two weeks after being administered to take effect. Schedule your

appointment today.

River Market

- Sept 28 from 8 am – 11 am
- Oct 1 from 10 am – 1 pm
- Oct 12 from 8 am – 11 am

Leawood

- Sept 29 from 11 am – 1 pm
- Oct 1 from 4 pm – 7 pm
- Oct 14 from 7 am – 11 am

A FAREWELL TO ONE DOCTOR & WELCOMING ANOTHER

It is with bittersweet emotion that we inform you that Dr. Amanda Booth has decided to transition to the next phase of her career with a new opportunity outside of the Pareto Health & Wellness Centers. Her last day at the Pareto Center in Leawood will be on October 9, 2020. We wish Dr. Booth nothing but the best on her new journey.



To that end, we are excited to inform you that we have hired a new physician to join the team in Leawood—Elizabeth Dexter-Manade, MD, who will be starting to see members on October 26, 2020.

We have worked diligently to find a great physician and believe Dr. Dexter is a great fit for our members. Before she starts, Dr. Alan Scharrer will be providing coverage at both the Leawood and River Market locations.

We are committed to ensuring this is a smooth transition for you. Should you want to schedule an appointment with Dr. Booth prior to her departure on October 9th please call us at 816.319.0731 or send us a message using the **Spruce** mobile app.



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