

# NEWSLETTER



HAPPY  
*Holidays!*

DECEMBER

2023



## Provider Calendar

Dr. Denney, <i>Cardiologist</i>	December 7th
Dr. Frankum, <i>Surgeon</i>	December 7th
Dr. Kopriva, <i>Surgeon</i>	December 4th
Wound Care Center	Tuesdays

## Influenza Vaccination Week December 4th-8th

The holiday season is here. That means spending more time with your children, family, and friends. However, as holiday cheer spreads, so can flu, with potentially serious complications. Getting a flu vaccine is the best way to stay protected against flu.

The flu is more dangerous for children than the common cold. Each year, millions of children get sick with seasonal flu, thousands of children are hospitalized, and some are even more serious.

Getting vaccinated against flu also protects your other loved ones, like adults 65 years and older and people living with certain chronic conditions who are at increased risk of suffering from serious flu complications.

If you haven't received your flu vaccination yet, call our clinic at 785-626-3241 for more info.

## >>>>>> Healthcare **Close to Home** <<<<<<

### What to do when you've met your health insurance deductible?

#### Schedule your annual physical.

Call your primary care physician (PCP) and ask if they have an appointment available before December 31. Remember, annual physicals are necessary to help you keep your health in check.

#### Refill any prescriptions

Take inventory—is the bottle running low or empty? Ask your doctor for a refill. Better yet, get a 90-day supply if your insurance will allow.

#### Schedule a mammogram if you're a woman 40 or older

You should make annual mammograms part of your yearly routine for many reasons. Staying on top of your breast health is important. (*Mammo will be here on December 5th!*)

#### See a specialist

Maybe your PCP referred you to a specialist, but you've been procrastinating because you weren't sure of the out-of-pocket cost. Getting an appointment with someone new before January might be tough, but it's worth a shot for your health and finances.

#### Consider lab work or other diagnostic testing

Get your bloodwork done! Make a diagnostic testing or imaging appointment so you have one less thing to worry about.



## Holiday Hours

Rawlins County Health Center Outpatient Services, Business Offices and Rawlins Clinic will be closed on **Saturday, December 23rd, Monday, December 25th & Monday, January 1st.**

The emergency room is always open, 24/7.

**Rawlins Clinic Hours:** Monday-Friday, 8 am - 5 pm & Saturdays 9 am - Noon  
To make an appointment call 785-626-3241

*RCHC is an equal opportunity employer & provider.*

*Find us on*



[www.rchc.us](http://www.rchc.us)

**EMERGENCY ROOM: OPEN 24/7**

**785-626-3211**