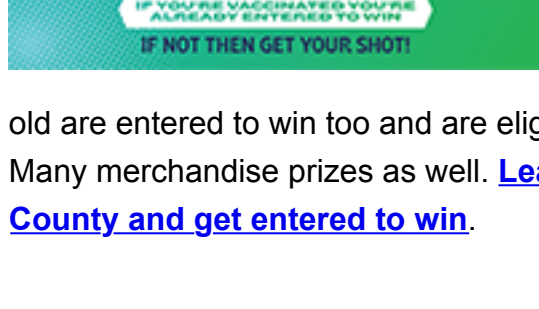


Valley Medical Center & Clinic Network

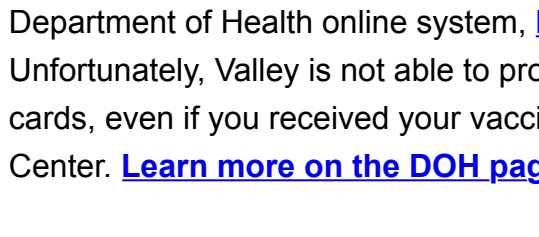
Community Care Update

If You're Vaccinated, You're Already Entered to Win



You're automatically entered into a weekly drawing if you have been vaccinated and are in the Washington State Department of Health Vaccine Database. If you're not vaccinated, the sooner you get into the DOH database, you'll be entered into any remaining [Washington state "Shot of a Lifetime"](#) drawings through July 13. Four winners receive \$250,000 and one lucky person will win \$1 million! Children 12 -17 years old are entered to win too and are eligible for 100 Washington GET credits to use for post-high school education. Many merchandise prizes as well. [Learn more about where to get a free COVID-19 vaccination in King County and get entered to win.](#)

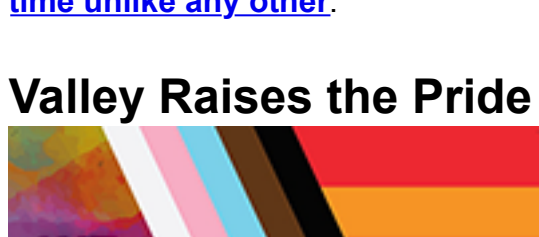
Lost COVID-19 Vaccination Card?



If you misplaced the immunization card you received when you got your COVID-

19 vaccinations (at Valley or at another site), you can download your record from the Washington State Department of Health online system, [MyIR Mobile](#). Unfortunately, Valley is not able to provide replacement cards, even if you received your vaccines at Valley Medical Center. [Learn more on the DOH page.](#)

Transition Back to Normal: DocTalk with Jamie Friddle, LMHC



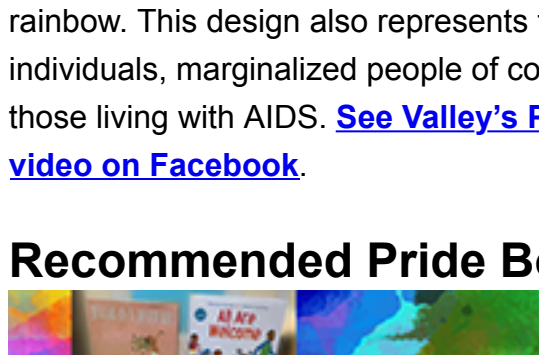
How do we take what we've benefitted from during the pandemic and move forward? What's right at this time? What about our concerns or hesitations? [Get tips for what to consider and how to journey through this time unlike any other.](#)

Valley Raises the Pride Flag High



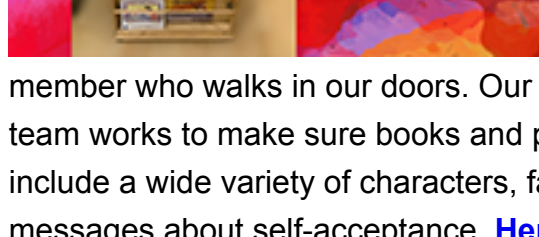
During the month of June, all UW Medicine hospitals are flying the Pride flag to show our support for the LGBTQ+ communities we serve. The Pride flag serves to promote awareness about our commitment and competency in addressing LGBTQ+ healthcare issues, access and care. You'll notice this year's Pride flag incorporates a new design called the Progress flag on top of the traditional LGBTQ rainbow. This design also represents trans and non-binary individuals, marginalized people of color communities, and those living with AIDS. [See Valley's Pride flag raising video on Facebook.](#)

Recommended Pride Books for Kids



At Valley, we support our diverse community and are committed to being a warm, welcoming and safe place for any patient or family member who walks in our doors. Our Children's Therapy team works to make sure books and pictures used in therapy include a wide variety of characters, family types, and messages about self-acceptance. [Here are five of their favorite books featured for Pride Month.](#)

Understanding Gout: Doc Talk with Laura Grantham PA-C



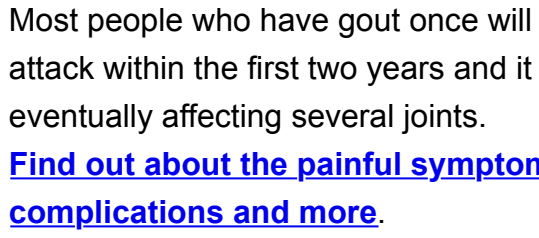
Gout usually starts as a very inflammatory arthritis, often in the limbs of the lower body and usually one joint at a time. The first time people experience gout, almost 50% will suffer the symptoms in their big toe. Most people who have gout once will have another gout attack within the first two years and it can increase over time, eventually affecting several joints. [Find out about the painful symptoms, when to seek care, complications and more.](#)

Personalized Care for Pregnancy, Delivery and Beyond—Get to Know Valley Family Medicine



At the Valley Family Medicine Clinic, you get the synergy of a resident doctor trained in the newest, evidence-based medicine who is advised by an experienced faculty doctor. The two of them work together during every visit to give patients the best medical care during pregnancy, delivery and after babies are born. [Learn more about this very special, family-based, obstetric care.](#)

What Your Hands Do for You and Others: A Move With Mindfulness Video with Donna Stephens



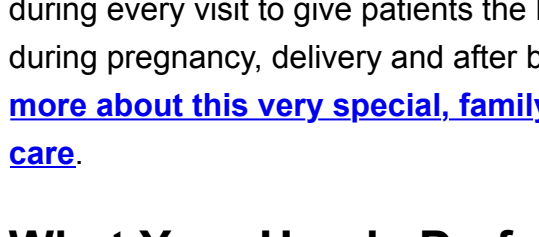
Donna offers insights and appreciation for what your hands do for you and others, while also encouraging creativity in how you use your hands. [Watch video and give yourself a three-minute relaxation break.](#)

Safe Kids: Summer Safety Tips for Swimming, Grilling and Travel



Get tips to keep the family safe in pools and open water; around burn and fire hazards caused by grilling; buckling up safely for travel; and avoiding heat stroke. [Get tips for staying safe while enjoying summer fun.](#)

Be The Match®: Donating is Easier Than You May Think



A donation of marrow or blood stem cells can save the life of another with blood cancer. Did you know it just takes a quick cheek swab to join the registry and it's free to join? Members of the LGBTQ+ community can join the registry and donate too. [Learn more about donating through the Be The Match registry.](#)

University of Washington COVID-19 Antibody in Pregnancy and Household Transmission Study Participants Needed

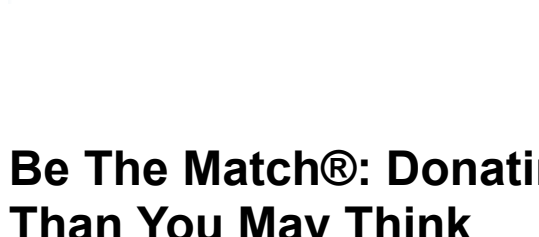
Study researchers are testing blood samples from pregnant women age 18+ to see who might have been infected with COVID-19 and how long immune responses to COVID-19 last. They are recruiting women who have tested positive for COVID-19 during pregnancy. Interested? Email covidpregsero@uw.edu or call 206.616.9684.

Meet Internal Medicine Physician, Samandip Singh Hothi, MD



Dr. Hothi practices at Valley's Internal Medicine Clinic in Renton. Focused on wellness and preventive care, Dr. Hothi provides primary care to patients needing more complex care or those managing multiple chronic conditions. Born and raised in Washington, he received his medical degree from the University of Washington. [Learn more about Dr. Hothi and watch his video.](#)

Would You Like to Make Positive Changes to Improve your Health? Now Offering FREE Personalized Health Coaching!



A health coach can help you manage a chronic condition, adjust to a life-changing health event like a stroke or heart attack, or guide you through strategies to manage weight loss, improve your diet, address addiction or stop smoking. Through weekly phone calls and face-to-face visits via video chat or in person, you can work with a health coach to achieve your health-related goals. Ask your Valley primary care provider about a referral to the free program. [Learn more here.](#)

Choose a remarkable primary care provider.
valleymed.org/doc
 425.690.3535

Urgent Care
 UW Medicine
 VALLEY MEDICAL CENTER

Regular screening mammography can often detect breast cancer long before it can be felt. Many have delayed screening the last few months due to COVID-19 and we want you to know our team has gone to great lengths to ensure a safe, relaxing atmosphere and experience. So please, don't delay any longer. Schedule via MyChart or call 425.656.5588 today.

The Breast Center
 UW Medicine
 VALLEY MEDICAL CENTER

Show your support for our healthcare heroes.
 Donate or pledge today!

valleymed.org/vmccares
 For more information contact Carrie Murayama
 carrie_murayama@valleymed.org or 425.690.5956
 Valley Medical Center – Public Hospital District No.1 is a 501(c)(3) nonprofit organization.

Sign on incentives available for select positions.
 Apply today!

Community Events

- **Protect Yourself. Protect Your Community. Get Vaccinated.** [Register Now](#) for a free vaccination clinic in Kent, WA, on June 23 or July 14 from 10 AM to 2 PM. No insurance required. Offering Pfizer vaccines. "Get cards available to the first 40 people!" Walk-ins welcome.
- **healthYCare Session: Improve Your Health and Be a Thoughtful, Proactive Healthcare Consumer** [Register for this free 60-minute session and get moving toward a healthier you!](#)
- **Cut Your Risk of Type 2 Diabetes by 50%—Diabetes Prevention Program** [This proven program with trained lifestyle coach and group support can help you make modest lifestyle changes to greatly reduce your risk of type 2 diabetes.](#)
- **BeTheHOPE Walk—July 17, Summit Park, Maple Valley** Join Valley Girls & Guys and Team WeAreValley at the 13th annual BeTheHOPE Walk held virtually and in-person. The walk supports cancer patients, oncology programs and care at Valley Medical Center and other local organizations. [Register today, walk with us and help generate HOPE!](#)
- **It's All in the Delivery—Virtual Birth Center Tour** [Take a virtual tour and learn more about Valley's state-of-the-art Birth Center.](#)
- **Is Your Child's Car Seat Safe and Correctly Installed? Safety Checks Available!** [See schedule of 2021 in-person and virtual car seat checks throughout King County.](#)
- **Stroke Survivor? Attend the Most Active Online Stroke Support Group in the Area on July 13** Stroke survivors and caregivers, help lay the foundation for recovery and transition into life after a stroke. [Learn more here.](#)
- **See more events, classes and support groups** [Check out our events site.](#)

Thank you for your love and support,
 Your Valley Caregivers

We try our best to only send content you're interested in receiving.
 Use the link below to set your preferences.
 To update your email preferences, [click here.](#)

Valley Medical Center
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 425.228.3450
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