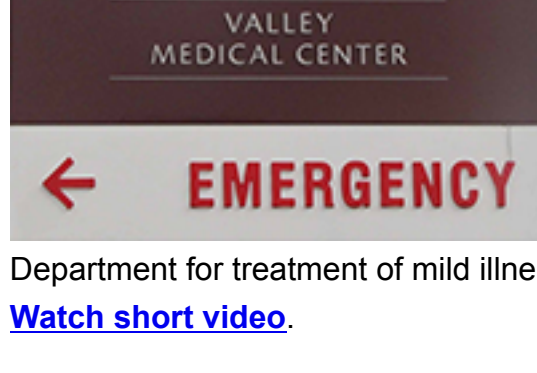


**Limited Visitors Once Again Allowed in Hospital, ED and Clinics Starting Feb. 14**



Valley Medical Center has been monitoring cases of COVID-19 in our community during the latest surge, and we are happy to share that as cases continue to decline, the timing is right to reopen the hospital to visitors. **Starting Monday, Feb. 14, we will welcome one visitor per patient, per day, in inpatient areas.** One visitor or support person will also be allowed for patients in our Emergency Department and clinics. The Birth Center will continue with one visitor or support person per patient. Hours of visitation will be 8 AM to 8 PM. A support person may be necessary for patients with physical, developmental or emotional impairment; patients who have altered mental status due to injury; or patients under the age of 18. [Learn more about our new policy, including masking and visitor proof of vaccination or a negative COVID-19 test within three days of visit.](#)

**Save the ED for Emergencies Only**



King County hospitals are overwhelmed with very sick people and need your help. Please do not go to an Emergency Department for treatment of mild illness or COVID-19 testing. [Watch short video.](#)

**Suffering from Lingering COVID-19 Symptoms? Try Valley's COVID-19 Recovery Program**



Those struggling with long-term COVID-19 symptoms like loss of strength, reduced energy, balance issues or shortness of breath might benefit from Valley's COVID-19 Recovery Program. [Learn more.](#)

**The Negative Impact of COVID-19 on Cancer Diagnosis and Treatment**



Doctors have been noticing patients delaying cancer screening and care due to the pandemic. Early cancer detection and timely treatment can be the difference between life and death—so it's extremely important to get regular screenings for cancer of the breasts, colon, lungs, cervix and more. [Read why a cancer specialist says not to ignore a nagging symptom or let nervousness about COVID-19 further delay an overdue screening test.](#)

**Get the Latest COVID-19 Info for February 2022**



Watch a special video answering kids' vaccine questions. Find out where to get vaccines, boosters and tests in your community. Get COVID-19 questions answered about quarantining, isolating, free tests and test kits and more. [Find the latest COVID resources here.](#)

**Use MyChart to Schedule a Primary Care Telehealth Appointment with Your Valley Provider**

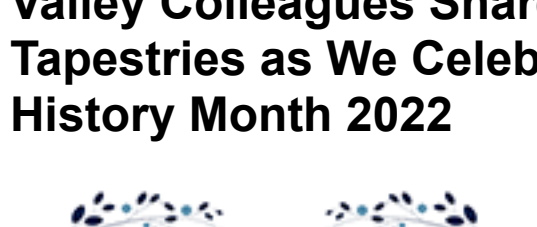


If you have a Valley primary care provider, you can schedule a telehealth appointment with them directly through your Valley MyChart. From your MyChart account, select "Visits," then "Schedule an appointment" and go from there, choosing the time that works best for you. Appointments will last about 20 minutes. Use your MyChart app or [log in to MyChart here.](#)

**Adults Can Easily Share Their MyChart Records with a Non-Valley Provider and Trusted Friend or Family**

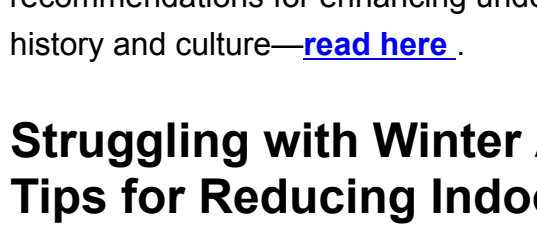
[Learn how.](#)

**Valley Colleagues Share Selfie Tapestries as We Celebrate Black History Month 2022**



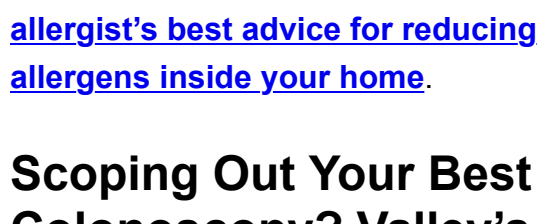
Black and African Americans play a prolific and resilient role in American history. Black representation must be included when recounting our country's history as it truly is, an integral part of the interwoven fabric that is the United States. Check out what Valley caregiver colleagues have to say about recognizing and celebrating Black History Month and recommendations for enhancing understanding of Black history and culture—[read here.](#)

**Struggling with Winter Allergies? Top Tips for Reducing Indoor Allergens**



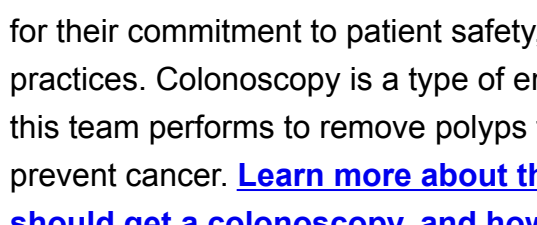
Unlike spring and summer allergies triggered by pollen, winter allergies are mostly caused by spending more time indoors exposed to allergens like dust mites, animal dander and mold. The result? You or loved ones may have persistent nasal congestion, post-nasal drip and itchy eyes. [Get an allergist's best advice for reducing the levels of allergens inside your home.](#)

**Scoping Out Your Best Place to Get a Colonoscopy? Valley's Endoscopy Unit Nationally Recognized for High-Quality Care and Best Practices**



Only one of three endoscopy teams in Washington state to achieve this distinction, Valley's Endoscopy Unit was recently recognized for their commitment to patient safety, quality and best practices. Colonoscopy is a type of endoscopic procedure this team performs to remove polyps from the colon to prevent cancer. [Learn more about this honor, when you should get a colonoscopy, and how to schedule one from this remarkable Valley team.](#)

**Lowering our Patients' Risk of Heart Disease and Stroke: Clinic Network's Efforts Nationally Recognized by the American Heart Association**



In our South King County community, 27% of residents have high blood pressure, 31% have high cholesterol and 9% have type 2 diabetes. Through proper diagnosis and treatment of these risk factors, Valley's clinic providers are working hard to prevent and manage heart disease and stroke in our community. [Learn more about managing risk factors and how Valley is committed to helping patients avoid larger problems in the future.](#)

**On the Road to Diabetes? Lifestyle Medicine Can Help Change the Route**



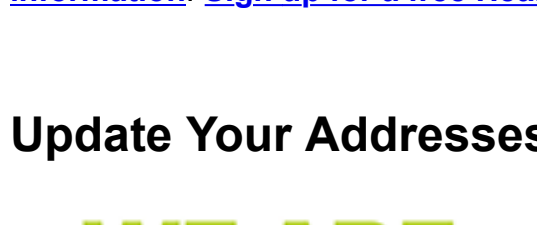
Prediabetes is a serious health condition where blood sugar is higher than normal, but not yet high enough to be diagnosed as diabetes. More than one in three adults have prediabetes and more than 80% don't know they have it. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease and stroke. If you have prediabetes or think you might, find out how Lifestyle Medicine can support you in making lifestyle changes to prevent or delay diabetes and other serious health problems by replacing unhealthy behaviors with positive ones. [Get more information. Sign up for a free HealthYcares Session.](#)

**Update Your Addresses: New & Moving Clinics**



While these clinics will have new locations, their phone numbers remain the same.  
**Podiatry Clinic** – Feb. 15 moves from Renton Landing to VMC campus, Medical Arts Center, Suite 350  
**Dermatology Clinic** – Feb. 17 NEW CLINIC opens in Newcaste Medical Pavilion, 7203 129th Ave SE, Suite 200  
**Vascular Surgery Clinic** – Moved to the Talbot Professional Center, Suite 430 in Dec. 2021  
 • **Pacific Vascular** – Feb. 22 ultrasound services moving from Medical Arts Center to Vascular Surgery Clinic, Talbot Professional Center, Suite 430

**Send Joy & Healing to a Valley Patient—Order a Gift Online from Present Place Gift Shop**



Did you know Valley's Present Place Gift Shop offers online ordering options? During times of visitor limits due to the ongoing pandemic, it's a wonderful way to send joy and healing to a friend or loved one during their stay at Valley. [Learn more.](#)

**Thank a Valley Caregiver or Team with a Keepsake Blown Glass Heart**



In honor of Valentine's Day and, for a limited time only, Valley's Thank a Caregiver blown glass hearts are available for purchase for \$25 each—that's a 50% discount! You can buy hearts only—no float purchase required. Don't miss this opportunity to share the love by recognizing a special employee or team at Valley who has delivered outstanding care. [Order today!](#)

**Want to Help Someone This Week? Consider a Blood Donation**



Bloodworks Northwest says local blood supplies are at emergency levels and is asking for all healthy adults to make a donation. Type O blood is especially needed. [Schedule appointment here](#)

**Join the Valley Family—Now Hiring!**



At Valley, we serve a critical role in helping maintain and improve the health of our community. We share core values such as compassion, respect, trust, teamwork and an honest passion for helping others. If this excites and motivates you, consider joining our team! Looking for: CCU & ED RNs | Clinic Managers | CT, MRI & Radiology Techs | Medical Assistants | Senior RN Recruiter [See career opportunities](#)



The best Valentine you can give your loved ones is taking care of your health! Schedule your annual mammogram today.  
 425.656.5588  
[valleymed.org/breastcenter](http://valleymed.org/breastcenter)

**Breast Center**  
 UW Medicine  
 VALLEY MEDICAL CENTER



Love at first snuggle.  
 We're here for your growing family.  
[valleymed.org/choosevalley](http://valleymed.org/choosevalley)

**Birth Center Neonatal ICU Pediatrics**  
 UW Medicine  
 VALLEY MEDICAL CENTER



**FAMILY CARE**  
 close to home.  
 FIND A DOC

**Primary Care**  
 UW Medicine  
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**Primary Care from Home**  
 It just takes a computer, tablet or phone—try telehealth today!  
[valleymed.org/telehealth](http://valleymed.org/telehealth)

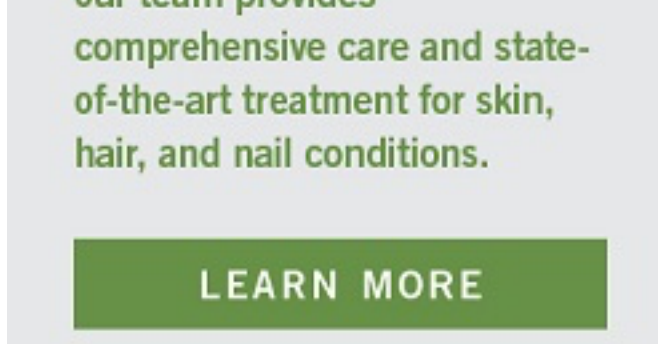


**Skin Stressors Solved**  
 From acne and eczema to psoriasis, warts and beyond, our team provides comprehensive care and state-of-the-art treatment for skin, hair, and nail conditions.  
 LEARN MORE

**Dermatology Clinic**  
 UW Medicine  
 VALLEY MEDICAL CENTER



**Need help?**  
 Find free & low-cost housing, food, transportation, healthcare & more.  
[ValleyCares.valleymed.org](http://ValleyCares.valleymed.org)



**Community Events**

- **Free Vegetarian Meals in Renton**—Feb. 12, March 26, Apr. 16 & May 7, noon – 2 PM Through a partnership between Renton Chamber of Commerce and Northwest Share, vegetarian food truck meals are being served at 625 S. 4th St., Renton.
- **As Girls Grow Up Video**  
 For girls ages 9 – 12 and their caregivers, topics include physical changes during puberty; emotional changes in adolescence; relationship changes in adolescence; sex—its consequences and other choices.
- **HealthYcare Session: Improve Your Health and Be a Thoughtful, Proactive Healthcare Consumer**—dates and times vary
- **2022 Free Car Seat Inspection Events**  
 Certified technicians will check seats for recalls, correct installation, and answer safety questions. Bring your vehicle, car seat and car seat owner's manuals. Appointment required. [Check dates and locations. More inspection options.](#)
- **Donate to the Communities in Schools Renton-Tukwila Hygiene Drive**—Feb. 11 – March 11 Help remove barriers to learning. Funds raised will be used to buy shampoo/conditioner, body wash/soap, feminine hygiene products, laundry detergent and more. [Learn about CIS.](#)
- **Diabetes Prevention Program—2022-Feb Series starts Feb. 16, 4:30 – 5:30 PM**  
 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. This year-long class meets weekly on Thursdays for the first 16 weeks, then less often the rest of the year.
- **Diabetes Monthly Support Group**—March 1  
 Join group discussions to learn more about managing diabetes, meets in-person the first Tuesday of the month.
- **It's All in the Delivery—Virtual Birth Center Tour**
- **Renton Parents Autism Online Support Group**—weekly Sunday meetings, 6 – 7 PM
- **Cardiac Rehab Support Group**—Feb. 23, 6 – 7 PM  
 Free class for current or former cardiac rehab participants. This in-person group class is limited to 12 people and is held at Valley on the last Wednesday of the month.
- **Cerebral Palsy Caregiver Monthly Online Support Group**—Feb. 20, 5:30 – 6:30 PM
- **Gluten Intolerance Group of South Seattle**—Feb. 15, 7 – 8:30 PM  
 For those living with celiac disease or gluten intolerance, meets the third Tuesday of the month on Zoom.
- **Living with Hope: Online Cancer Support Group**—Feb. 24  
 Meet others who understand the journey of cancer and share ideas, resources and challenges, meets the fourth Thursday of the month.
- **Pregnancy, Birth Prep, Parenting Class Catalog**
- **Stroke Survivor? Attend the Most Active Online Stroke Support Group in the Area**—March 8, 6 – 7 PM  
 Stroke survivors and caregivers, help lay the foundation for recovery and transition into life after a stroke.
- **Schedule a Blood Donation**—Type O especially needed.
- [See all classes and events.](#)