Your Valley Caregivers

toward a healthier you!

Register now and get moving pre-diabetes and diabetes.

nutrition counseling, as well as Healthy Foundations, Lifestyle Medicine programs including an overview of our Lifestyle

thoughtful, proactive healthcare

Join us online for 60-minutes of

Be a Thoughtful, Proactive Healthcare Consumer

"What I Can't Do YET." session is May 11, 6 - 7 PM, with guest speaker Bill Monroe, Care team. Meets 2nd Tuesday each month. The next Area on May 11

Stroke Survivor? Attend the Most

Changes to Improve your Health?

Would You Like to Make Positive

paper statement in the mail? You can do that now—

receive it faster; and is better for the environment.

Why paperless billing? Receiving your bill online keeps your bill is ready to view. You can even pay your bill online.

Your Online Statement Arrives

You'll Get a MyChart Message When

6 Essential Steps to Checking

less risk and more peace of mind!

The Perks of Being Fully Vaccinated

new feature makes it easier to find the services and translations may not be perfect every time, but we hope this side of most pages on the website, select your preferred

Language that Works Best for You!

schedules and coordinate future recommended give to schools and for team sports. Manage immunization

Family's Immunization Records

Washington's MyIR—Access Your

You're Not Through Until Shot #2 (Unless J&J, Then You're Done!)

Paperless Billing

Your Valley Medical Center offers paperless billing. By choosing paperless billing you avoid waiting in line to pay your bill and can view and pay your bill online at your convenience. With paperless billing, you will receive an email notification that your bill is available online. You are not required to sign up for paperless billing. If you choose to continue receiving paper statements, you'll continue to get them. Prefer to get a paper statement in the mail? You can do that now—

Learn more about Valley's

We try our best to only send content you're interested in receiving. If you are having trouble reading this email,

Learn more about Valley's

About this team and where to get more info about

Use the link below to set your preferences.

You should get your second shot as close to the recommended 3-week or 4-week interval as . And if you have an appointment for shot #2, it's important you keep it (or reschedule if you need .

Learn more.

It's not just about

Just think of these exercises and impressions families to find their

it's important you

Feeding with Your Child: Tips for a Healthy, Developmentally Caring Diet

Learn more

Children's pathologists explain

Usman Phillips for four

Mindfulness video

Move with

Watch the latest

Mindfulness video

Progressive Muscle Relaxation

Let Go of Tension with 4 Minutes of

Peripheral Arterial Disease

Leg Cramps or Weakness? It May Be

Peripheral Arterial Disease

called peripheral arterial disease, or PAD. Find out what you

Proper Nutrition in the NICU and holds family

A

Late Group or Whiskers? 5 May Be

Late Group or Whiskers? 5 May Be

Your Valley's lactation

serve and support new parents in the Birth Center, NICU,

and Empowers Families to Feed Their

Reading with your child

prompt ideas to try with your child.

at a Book

Active Conversation While Looking

progressive relaxation technique called deep breathing.

Deep breathing

is a common technique for managing stress. Though you can

deep breathing

to manage...