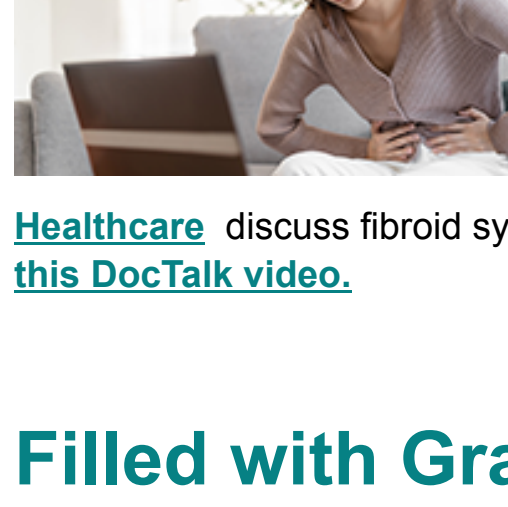


# Community CARE update

HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

## Understanding Urgent Care Telehealth

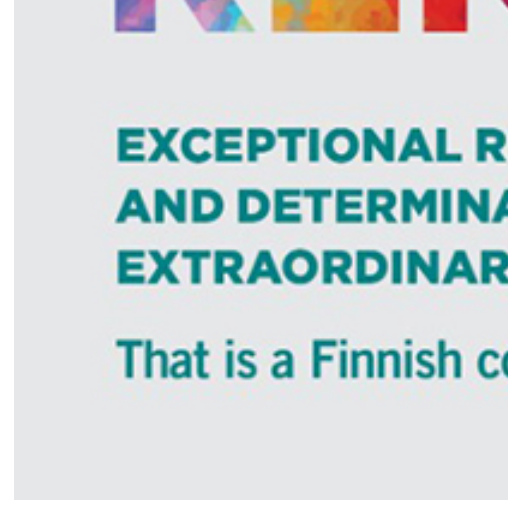
### When and how you can use virtual visits for urgent care concerns



Did you know that you can use telehealth for some urgent care appointments? Urgent care provider **Veronica Hicks, PA-C**, shares what conditions are best suited for telehealth visits, what is included in the visit, and how patients can prepare for an urgent care telehealth visit [in this DocTalk video](#).

## Facts About Fibroids

### Symptoms, diagnosis, and treatment options



Uterine fibroids are growths that develop within the muscle tissue of the uterus. They are made of specific cells in the uterus that grow abnormally. While sometimes called tumors, they are not usually cancerous, and have a very low risk of becoming cancerous. **Eric Schmit, DO, OB/GYN**, and **Oiga Valieva, DO, OB/GYN**, with **Valley Women's Healthcare** discuss fibroid symptoms and treatment, including surgical options, [in this DocTalk video](#).

## Filled with Gratitude

### Reflecting on the past year and highlighting the generosity and dedication of our community

**2023 ushered in a new day and new ways for us to care for our community like family.** We turned our sights again toward the future. We began to dream about what could be and set into motion the plans to make it happen. **We recently published our 2022-2023 Gratitude Report**, reflecting on this past fiscal year and highlighting the generosity and dedication of our community. In honor of our relationship with Valley, we wanted to share it with you and highlight our caregivers' impact on our South King County community and ask for your support.

Valley continually works to care for our community like family by improving access to high-quality care for all by optimizing and expanding vital programs and services. **Your support helps ensure we can continue to adapt and grow to meet the emerging needs of the residents within our public hospital district for years to come.** To make a tax-deductible gift, visit [valleymed.org/gift](#) or contact Carrie Murayama, Manager of Development and Volunteer Services, at 425.690.5956 or [Carrie.Murayama@valleymed.org](mailto:Carrie.Murayama@valleymed.org).

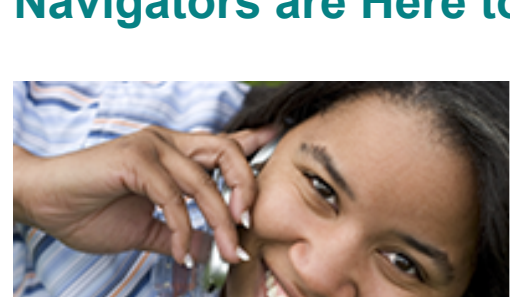
Our future is bright and full of hope because of the support of our Board members, leaders, medical staff, employees, donors, volunteers, and community members like you. **We are grateful for your partnership, for being part of our life-changing journey, and for allowing us to make a difference in so many lives by providing critical lifesaving support, encouragement, and hope.** Thank you for fueling our passion to care for others.

**New Patients Welcome!**

No need to call—your new primary care provider is just a few clicks away. 24/7 online scheduling.

[SCHEDULE AN APPOINTMENT](#)

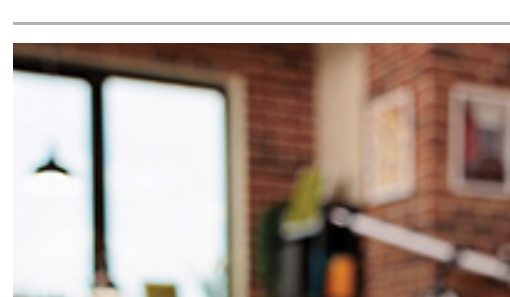
## When You May Be Required to Mask at Valley this Respiratory Virus Season



November through March is respiratory virus season, and depending on the level of illness in our community and facilities, or where you are visiting, you may be required to wear a mask at Valley's hospital and clinics. We advise you to visit [valleymed.org/visitors](#) before you visit one of our facilities to read the current masking policy. **Due to current levels of influenza and RSV in our community, we strongly recommend you wear a mask when you are in our hospital or clinics.**

Please remember that this is a place of healing for many with varied health concerns, and we thank you in advance for your kindness to help keep those around you safe.

## Is it Really the Most Wonderful Time of the Year? Coping with Stress, Depression, and the Holidays



[In this video](#), Valley's Director of Well-Being, **Dani Dutro, LMHC**, leads a seminar about sources of holiday stress and how to cope with them.

*If you or someone you know is experiencing a mental health crisis, help is available 24 hours a day from the National Suicide & Crisis Lifeline. Call or text 988. Chat or text online at [988lifeline.org](#).*

## 2024 Open Enrollment for Qualified Health Plans - Valley's Navigators are Here to Help!

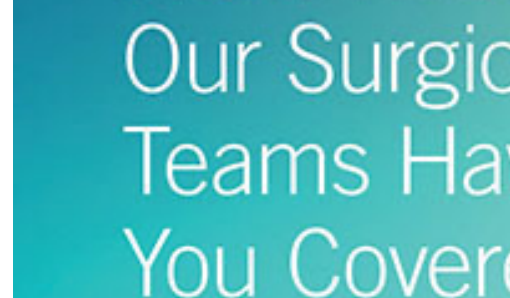


Open enrollment season for 2024 Qualified Health Plans is Nov. 1, 2023 to Jan. 15, 2024. Regardless of your immigration status, you can buy health insurance if you live in Washington state. Valley's Navigators are available to help you choose and purchase a health plan for 2024.

To have insurance by January 1, you will need to be enrolled with a Qualified Health Plan by Dec. 15, 2023. **Please call 425.690.3578 to speak with a member of our team.**

For additional information on Apple Health/Medicaid, [please click here](#).

## Understanding E-Consults: How They Enhance Your Healthcare



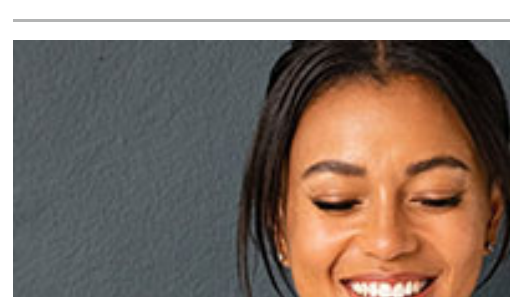
E-consults are a way for primary care providers (PCPs) to consult with a medical specialist on behalf of their patients through the hospital's medical records system. [Learn how e-consults help patients and about Valley's status as a "Most Wired" hospital.](#)

**Care Without the Commute**

In-person and telehealth appts in a vast array of neurological specialties, right here in Renton.

[LEARN MORE](#)

## Lake Wilderness Primary Care Opens in Maple Valley



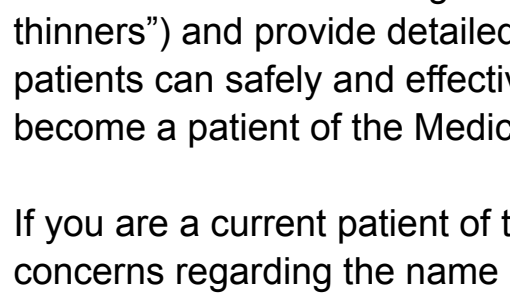
We are still buzzing with excitement after our celebration for the opening of Valley's new **Lake Wilderness Primary Care Clinic** in Maple Valley! This is a project that's been four years in the making and will help us expand access to primary and specialty care in the Maple Valley community and the surrounding areas.

If you were seeing one of our primary care providers at the Four Corners location, we look forward to welcoming you at your next appointment in our new space! You can find the clinic at [22610 SE 240th St.](#) in Maple Valley.

If you are looking for a new primary care provider in Maple Valley, visit our [Find a Primary Care Provider](#) page.

Maple Valley Urgent Care is still at the [Four Corners location](#).

## Holidays Around the World

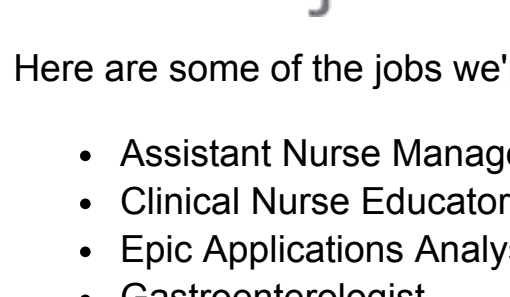


As part of a seasonal celebration for staff, we put together a list of holiday traditions from around the world. [Learn about different holiday traditions and share how your family celebrates.](#)

**From Head to Toe, Our Surgical Teams Have You Covered**

[LEARN MORE](#)

## Send a Friend or Loved One a Gift at Valley!



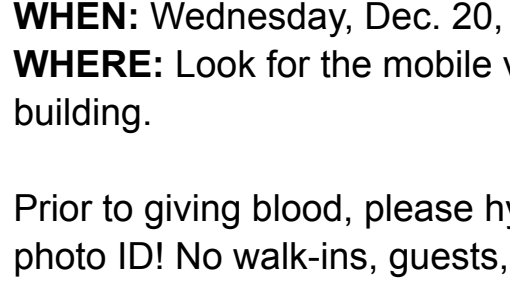
Whether you're sending congratulations on the arrival of a new baby, well wishes to someone recovering from surgery or illness, or want to give a gift to a friend, our community partner Cugini Florists and Fine Gifts has you covered!

Valley's hospital and main campus clinics are part of Cugini Florists and Fine Gifts' daily delivery route. Orders placed by 12:30 PM will be delivered same-day to your recipient. Orders placed after 12:30 PM will be delivered the next day. **Orders placed online and sent to Valley receive complimentary delivery when using promo code WeAreValley.**

A portion of all sales for gifts purchased through the online gift shop and sent to a patient or staff member at Valley support our Thank a Caregiver program (TACG). Funds raised for TACG support education and other opportunities for employees at Valley.

[Send a gift to a Valley patient or staff member.](#)

## Valley Eats - Cocoa Crisp Cookies



Headed to a cookie swap? These tasty cocoa crisp cookies are sure to be a crowd pleaser!

[Get the recipe.](#)

**Schedule Your Next Clinic Visit in MyChart**

Online appointment scheduling in MyChart is now available for most clinics after your first visit.

[LEARN MORE](#)

## Do You Have a New Year's Resolution to Improve Your Health?



Free, personalized health coaching is available for Valley primary care patients!

[Learn about our free Health Coach program](#) and [hear the experience of patient Georgia and her coach Alex.](#)

## Anticoagulation Clinic to Become Medication Management Clinic Beginning Jan. 24, 2024



Valley's **Anticoagulation Clinic's** name is changing! Beginning Jan. 24, 2024, the clinic will change its name to the Medication Management Clinic. The name change reflects expanded services offered at the clinic. Current patients of the Anticoagulation Clinic will continue to receive the same service for their anticoagulation therapy.

The Medication Management Clinic is run by clinical pharmacists. Our pharmacists help patients manage chronic diseases including those treated with anticoagulation medications ("blood thinners") and provide detailed medication teaching. The clinic's goal is to ensure that patients can safely and effectively use their medications. A provider referral is required to become a patient of the Medication Management Clinic.

If you are a current patient of the Anticoagulation Clinic and have any questions or concerns regarding the name change, please contact the clinic at 425.690.3533.

**Care for Your Community by Volunteering at Valley**

Valley volunteers are goodwill ambassadors providing vital assistance for our patients and visitors in areas including:

- Driving courtesy shuttle
- Information desk
- Campus wayfinding
- Cancer Center resource cart

[LEARN MORE & APPLY](#)

## Join the Valley Family!



At Valley, we serve a critical role in helping maintain and improve the health of our community. We have an honest passion for helping others, patients and staff alike. If this excites and motivates you, consider joining our team!

Here are some of the jobs we're currently recruiting for:

- Assistant Nurse Manager/Educator - Oncology, \$10K sign-on incentive
- Clinical Nurse Educator - Birth Center, \$5K sign-on incentive
- Epic Applications Analyst II, Sr. - Grand Central/Prelude
- Gastroenterologist
- Mammo Technologist - AART
- Manager - Emergency Department, \$20K sign-on incentive and \$5K relocation reimbursement (if needed)
- Medical Technologist, \$5K sign-on incentive
- MRI Technologist - Up to \$10K sign-on incentive
- Oncologist
- Primary Care Physician
- Process Improvement Consultant, Sr.
- Psychiatrist
- Urologist

Find out more about these career opportunities and others, and apply today at [valleymed.org/careers](#).

## Valley Medical Center is a Safe Haven Hospital



Valley Medical Center is designated as a Safe Haven for newborns who are in danger of abandonment. We encourage a parent considering abandonment to leave their baby in safe hands.

Safe Haven has a 24-hour hotline: 1.888.510.2229.

[Learn more about the Safety of Newborn Children Law.](#)

## Register for Valley's Blood Drive - Wednesday, Dec. 20



Donating blood is essential to sustaining community healthcare, especially during emergencies. Your one-hour donation appointment supports local hospitals and patients, and contributes to a critical shortage in the community. Give the gift of life and donate today!

**WHAT:** Blood drive at Valley Medical Center

**WHEN:** Wednesday, Dec. 20, 9 AM - 3 PM

**WHERE:** Look for the mobile van parked on the west end of the Medical Arts Center building.

Prior to giving blood, please hydrate well and eat a meal or snack. And don't forget your photo ID! No walk-ins, guests, or people under age 16 permitted onsite.

Mobile blood drives make it easy to find a time and location for you! [Register at this link](#) or by calling 1.800.398.7888.

**Community Events**

[See all classes and events](#), including virtual birth center tours, birth and parenting classes, support groups, and classes for a healthier you.

**Connect with Valley**

Icons for Wi-Fi, Instagram, Facebook, YouTube, LinkedIn, and Blog.

[PROVIDERS](#) | [SERVICES](#) | [LOCATIONS](#) | [CAREERS](#)

We try our best to only send content you're interested in receiving. Use the link below to set your preferences.

[Update My Email Preferences](#)

400 South 43rd Street | Renton, WA 98055 | 425.690.1000  
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We respect your right to [opt-out](#).