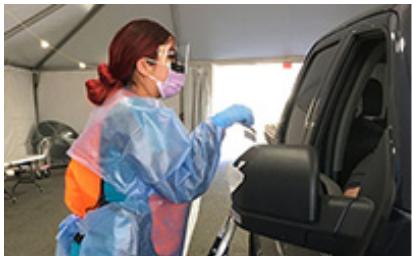


# Community **CARE** update

HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

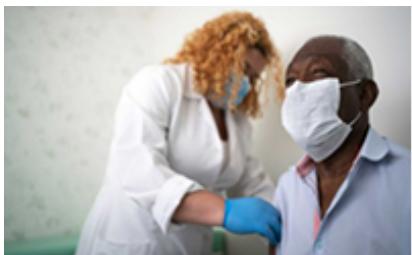
## Important Notice About Billing for COVID-Related Services



With the end of federal COVID-19 grant funding on March 22, 2022, uninsured patients may receive a bill for some or all of their care related to COVID-19 vaccine,

testing and services provided after that date. For patients with insurance, once the state's COVID State of Emergency order expires, expected May 5, insurance companies will define what they will or won't cover moving forward and co-pays/co-insurance may be required. Non-medically necessary testing for reasons such as gathering and travel may not be covered. Many insurance companies currently provide up to eight free at-home COVID-19 tests per member per month. Look for updates [onvalleymed.org](http://onvalleymed.org) as we learn more.

## All Valley Primary Care Clinics Now Offering COVID-19 Vaccines & Boosters



If you have a Valley primary care provider, you can make an appointment at your clinic for a COVID-19 vaccine or booster shot. While not all Valley

primary care clinics are offering both Moderna and Pfizer, if you have a preference, please call to make your appointment —the schedulers can help you find the correct location. Valley is currently offering first booster doses at our primary care clinics and expects to be able to soon offer second booster doses for those who are eligible. Call 425.690.3560 or use this [vaccine locator](#) to find other convenient locations.



## Need Help Ah-choosing the Right Seasonal Allergy Relief?

Schedule a telehealth or in-person appointment with a Valley allergist!

425.690.3486

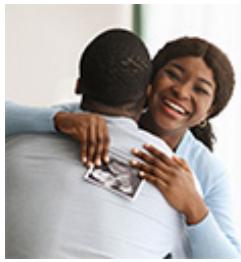
Allergy & Immunology Clinic

UW Medicine

VALLEY  
MEDICAL CENTER



## Pregnancy Facts You Should Know In Honor of Black Maternal Health Week



This week marks Black Maternal Health Week, aimed at addressing Black maternal health inequity and amplifying the voices of Black

Mamas. Valley Family Medicine physician Maikha Jean-Baptiste, MD shares important information on when to start prenatal visits; types of providers who offer care; where to get health insurance if you need it; what causes morning sickness and more. [Boost your prenatal knowledge here](#). [Learn more about Black Maternal Health Week.](#)

## 'Sneez-onal' Allergies Keeping You from Enjoying Spring? Get Top Tips from a Valley Allergy Specialist



Springtime blossoms are gorgeous, but all the plants in bloom lead to uncomfortably stuffy or runny noses and too much sneezing for

some. Valley's Allergy and Immunology Clinic specialist, Melanie Chong, MD, offers advice for easing allergy symptoms, treatments to try at home, and when to get professional care. [Get guidance here](#).

## My Child is Healthy—So Why Are Well Child Visits Important?



A well child visit includes a physical exam, taking vital signs, checking growth and development, and talking about any concerns a family may have. It may

also include vaccinations or screening tests. The past two years has led to a decline in overall vaccination rates for things like the tetanus booster, and other vaccines too. Getting kids caught up on vaccines will continue to keep them as safe as possible. In response to the pandemic, Valley has made many changes to continue to see our patients safely in person. [Learn more about keeping your child healthy.](#)

## Give Yourself a Well-Being Boost with Mindful Meditation—Valley's Videos will Guide You



## Love at first snuggle.

We're here for your growing family.

[valleymed.org/choosevalley](http://valleymed.org/choosevalley)

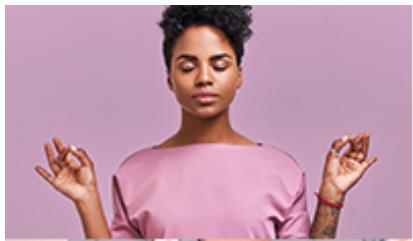
Birth Center  
Neonatal ICU  
Pediatrics

UW Medicine  
VALLEY  
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## World-class cancer care close to home.

Your generosity generates hope.



Employee  
Behavioral Health  
Advocate Dani  
Dutro, LMHC,  
Valley employees  
are encouraged to  
take a 10-minute,  
mindfulness

meditation break on Monday mornings to start the week from a place of boosted well-being. We invite you to share in this wellness practice too—current video sessions include bedtime relaxation and reducing anxiety. [Take a break with us!](#)

## A Conversation with Valley's CEO, Jeannine Erickson Grinnell



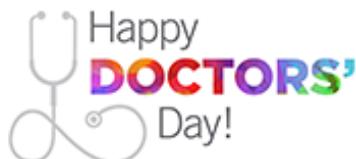
Valley's first female CEO, Jeannine Erickson Grinnell, shares her nonlinear path to healthcare leadership; tips for recognizing gifts and challenges

along the way; how she developed confidence and resiliency; and more. [Check out the ways Jeannine inspires her Valley team in this podcast.](#)

## The Women Leading UW Medicine Hospitals

While women hold only 15% of CEO roles in healthcare, at UW Medicine, all three hospitals are run by women. [Read more about Valley's CEO, Jeannine Erickson Grinnell, as well as Cindy Hecker and Sommer Kleweno Walley, the chief executive officers of UW Medical Center and Harborview Medical Center.](#)

## What Inspires Valley Physicians and Advanced Care Professionals? 7 Providers Share Their Thoughts



Despite the many professional and personal challenges they have faced to provide care throughout the pandemic, we are especially grateful for the steadfast and reliable service of our physicians and advanced care professionals during the last two years. Caring for our community like family has never meant more or been more evident. [Watch video and find out what Valley providers have to say.](#)

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

**Donate or pledge today!**

[valleymed.org/vmccares](http://valleymed.org/vmccares)

For more information  
contact Carrie Murayama  
[carrie\\_murayama@valleymed.org](mailto:carrie_murayama@valleymed.org)  
or 425.690.5956

Valley Medical Center – Public Hospital District No.1  
is a 501(c)(3) nonprofit organization.



## Need help?

Find free & low-cost housing, food, transportation, healthcare & more.

[ValleyCares.valleymed.org](http://ValleyCares.valleymed.org)





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: Manager Fairwood PC & VFM-PC/Resident Program - \$5k sign-on incentive | Medical Assistant - \$6k sign-on incentive | Registered Nurses | RN Resident | Manager HR Provider Recruiting | Clinical Lab Assistant | CT Tech – \$10k sign-on incentive | Financial Advocate | Manager, Facilities Engineering | Rad Technologist - ARRT | [See career opportunities](#).

**Uh-oh Avocado?**

When the knife cuts your hand instead of the avocado, we're here to help.

**Urgent Care**

**UW Medicine**  
VALLEY MEDICAL CENTER

## Easier & Faster: Proxy Access Requests for Minors Can Now be Completed Online Through MyChart + View Your MyChart in Spanish



**Proxy:** Parents or guardians may now log in to their personal MyChart account and connect to information about their minor and adolescent family members through a process called proxy access. Depending on the minor's age, proxies can: communicate with the patient's providers through MyChart, access scheduling, and view the patient's health information.

Signing up for proxy access in MyChart is easy. It begins from the menu's Sharing section, then click Request Minor and Adolescent Proxy Access. For friends and family adult proxy access, select Share My Record.

**To see MyChart in Spanish:** For PC, select the "Ver en Español" link in upper right corner of the [MyChart log in page](#). For mobile, select Spanish as your preferred language on your cell phone—MyChart will automatically be viewed in Spanish.

## Join Volunteers in Action—Doing Good for Others!



Consider joining Valley's Volunteers in Action, or VIA, by giving a few hours of your time, talent, love and concern for people in our community. Volunteers must be 18 years or older and available for one 4-hour shift per week. Candidates must successfully pass a background check and be fully vaccinated against the flu and COVID-19.

**Valley is actively recruiting for the following volunteer positions:**

**Present Place Gift Shop:** Located inside the hospital's main entrance and operated by VIA, revenue from sales funds philanthropic projects across Valley and our South King County community. Skills include customer service, sales and merchandising.

**Courtesy Shuttle Driver:** Shuttle drivers use Valley's Courtesy Shuttle vehicle to transport patients and visitors throughout campus and neighboring clinics for appointments, tests and treatments. Need current Washington state driver's license and a clean driving record.

[Apply today!](#) Have questions? Email [Lara Wilmore](#), Supervisor of Volunteer Services, for more information or call 425.690.5955.





## Community Events

- [\*\*Make Your Healthcare Wishes Known—Advance Care Planning Virtual Webinar—April 15, 12 – 1 PM\*\*](#)
- [\*\*Be the Change: Autism Resource Fair—Saturday April 16, 10 AM – 4 PM\*\*](#)  
Othello Park, 4351 S. Othello St., Seattle. Activities and resources include Valley's Children's Therapy, therapist-guided information/demonstrations, bouncy house, face painting, egg hunt, potato sack race, dodge ball, Be the Change t-shirt giveaway, Original Philly's food truck. Questions? Email [Danita.m.hamptonie@gmail.com](mailto:Danita.m.hamptonie@gmail.com).
- [\*\*Free Vegetarian Meals in Renton—April 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.
- [\*\*Mark Your Calendar: Upcoming Free Days at State Parks—No Discover Pass Needed to Park—April 22 and more!\*\*](#)
- [\*\*2022 Free Car Seat Inspection Events—Dates vary\*\*](#)  
Certified technicians will check seats for recalls and 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.](#)

[\*\*See all Valley classes, events and support groups.\*\*](#)

**Valley Medical Center**  
400 S. 43rd Street Renton, WA 98055  
425.228.3450  
View [privacy policy](#)