March Bulletin

“The food you eat can either be the safest and most powerful form of medicine or the slowest form of poison.” –Ann Wigmore

As a reminder, it is the beginning of a new year. It is a policy of our office to collect deductibles and copayments at the time of service.

National Nutrition Month in March

Most of us love to eat, but do we eat to live?

National Nutrition Month is sponsored by the Academy of Nutrition and Dietetics and focuses on providing information and education about healthy lifestyle choices.

Kelly Tarr, Registered Dietitian and Behavior Change Coach, promotes these behaviors all year. Tarr said the most important part of this month is to be mindful of food and movement choices.

“Don’t get discouraged by changing your whole routine in one day. Habits take a while to create and to break. Make one small change to better your health, and then start building from there,” Tarr commented.

Among the best changes to start making, eating a colorful diet is critical to success. Colorful is an easy way to remember that a variety of food will help nourish the body and provide different vitamins and minerals.

It is important to incorporate whole grains into the diet, as well. Whole grains provide the body with numerous benefits. Fiber is the most essential.

Tarr’s last tip is to make sure to incorporate as much movement as possible throughout the day. Small additions, like taking the stairs instead of the elevator, add up to larger health payoffs.

Want to hear Dr. Tilak on the radio?

Listen on March 6th at 8:30 AM and April 3rd at 3:30 AM to WJOB 1230 AM or 104.7 FM or check their website to watch the live stream.

Interested in an evidence-based, long term medical weight loss solution?

Join us for a free seminar on March 6th at 6:00 PM or March 20th at 12:00 PM at Community Hospital to hear about Healthy4Life.

Call 219-836-3477 to register for the seminar.
Bringing Telemedicine to You!

Get ready to hear the buzzword telemedicine often these days in the medical arena.

Telemedicine is a medical service offered through virtual platforms. Our offices offer this service through the patient portal, called TeleVisits. These visits are done from the comfort of home or the convenience of work.

TeleVisits are convenient ways to engage with our providers for immediate care visits, chronic condition visits, and new patient visits. There are 15 and 30 minute visits available. All appointments are cash pay. Fifteen minute appointments are $60.00 and 30-minute appointments are $100.00. Payment will be collected at the time of scheduling.

The appointments are made either by calling our office or requesting an appointment through the portal. For the visits, it is necessary that your computer has a web-camera and microphone. There is a compatibility test available to check your computer before the visit. Within the month, our website will have a page dedicated to TeleVisits.

Once logged-on to the patient portal, you will fill out some questions specific to your visit.

Source:http://edutechdatabase.wikispaces

You will be able to see the provider and go over any symptoms you are experiencing. The provider will be able to order medications and assess your health.

These virtual visits are intended to be convenient and efficient. No more waiting room time or fighting through evening traffic.

Take Charge of your Health!

TAWL is offering two different session options. If you need one on one help with nutritional guidance or goal planning, you can engage in three 45-minute sessions for $100.00.

There are also virtual group sessions pertaining to enhancement of your well-being and strengthening positive habits. Purchase three 45-minute sessions for $100.00 or six 45-minute sessions for $175.00.

New Service Alert: Chronic Care Management

For Medicare Part B beneficiaries, there is a service called Chronic Care Management that allows chronic illnesses, diseases, and issues to be coordinated and cared for in-between office visits. If you are interested in learning more about this service, please let the provider know at your next visit.