

April 2021

THE PATIENT PRESCRIPTION

Your Health Begins Here



COVID-19 Virtual Town Hall Broadcast Live



Rep. Terry Alexander, center, introduces Florence Mayor Teresa Myers Ervin, far left, during a virtual town hall on COVID-19 with panelists, Dr. Rami Zebian, chief medical officer for MUSC Health-Florence Medical Center; Dr. Jeremy Robertson, chief medical officer of McLeod Regional Medical Center; and Dr. Heather Leisy, director of preventive medicine for HopeHealth.

The panel answered questions about the vaccine that had been submitted to HopeHealth and others posted online during the Facebook live event. The town hall was presented jointly by McLeod Health, MUSC Health, HopeHealth, and S.C. Department of Health and Environmental Control.

Watch the archived video on the [HopeHealth Facebook page](#) to learn more.



The town hall was emceed by Rep. Alexander and moderated by Florence Mayor Teresa Myers Ervin who is also a registered nurse.

COVID-19 Update

A limited supply of the vaccine is now available for HopeHealth patients ages **55 years and older** by appointment only in Florence, Manning, and Kingstree. If you fit the criteria, call your HopeHealth provider and request a vaccine appointment.

Check our [website](#) for daily updates on COVID-19.

COVID-19 One Year On

It has been a year since HopeHealth cancelled in-person community programs and classes. Last month, due to the decreased COVID-19 positivity rate, HopeHealth announced that existing HopeHealth community groups, such as Seniors with Hope, will begin meeting in-person again soon.

Visit [hope-health.org](https://www.hope-health.org) for upcoming schedules!



MARCH, 2021

COVID-19 one year on

14,630

ACTIVE HEALOW
or Patient
Portal Users



102% INCREASE

from active users in January 2020

140,772

Healow logins in 2020

35,163

Web enabled patients

43,220

Healow logins in 2021
as of March 25

Top three age groups
using HopeHealth
telehealth services

40.8%

Ages 45-65

26.5%

Ages 19-34

19.3%

Ages 35-44

Activity of the Month

Did you have fun with last month's walking challenge? This month, **Kayla Thompson** discusses a compound exercise (one that works multiple muscle groups at the same time).

Check out the [Activity of the Month](#) and discover a deceptively easy exercise you can do at your desk or dinner table!

Kayla Thompson is a patient support representative at the HopeHealth Medical Plaza in Florence and is a certified exercise physiologist through the American College of Sports Medicine. She has a Master of Science in clinical exercise science.

How much do you walk?

How close do you park to the grocery door store when you can pick any parking spot?

Closest spot to the door - aiming for as few steps as possible

Select

Near the cart return - don't mind taking a few steps, want to be efficient

Select

Middle of the lot - upping my step count, but don't want to be too ambitious

Select

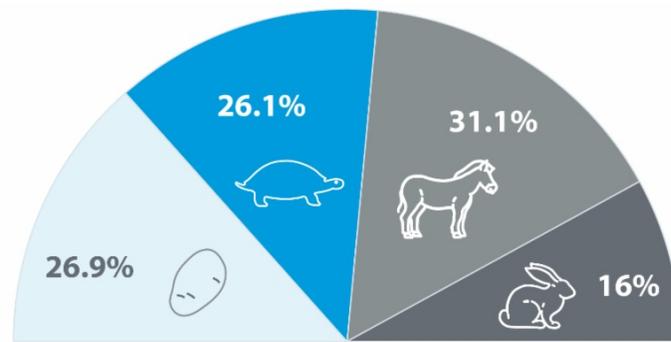
At the far end of the lot - always looking to increase my step count

Select

Last month we asked "How active are you?" and possible responses included: couch potato,

tortoise, work horse, and hare. Here are the poll results:

March Poll Results



SCHEDULED CLOSINGS

All HopeHealth offices will be closed
Friday, April 2
and
Wednesday morning, April 7, until 1 p.m.

COMING UP



Register today for the
10th annual **CAPES For Kids Run!**

Saturday, May 1, 2021

Briggs Elementary School, Florence

Accessing Care From Home

HopeHealth offers a secure Patient Portal for those who wish to participate in telehealth services using a smart phone or computer. Visit hope-health.org/televisit for more information.

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