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Subject: Fwd: PPC's Tips for a Healthy Winter

Date: Thu, 22 Dec 2016 23:56:03 +0000

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From: Priority Private Care <[REDACTED]>

Date: Thu, Dec 1, 2016 at 11:31 AM

Subject: PPC's Tips for a Healthy Winter

To: Jeffrey <jeevacation@gmail.com>

Priority Private Care Newsletter

December 2016



DOORS OPENED IN SEPTEMBER

Priority Private Care opened in September, and we have been providing medical treatment to our members ever since, helping them to save time and get great care. If you not had the chance, you are welcome to come see the facility any time and meet your medical team.

In case you missed it in our previous email, you can find our **New Members Welcome Kit** [here](#). It provides an overview of how and when to use our 24/7 facility, as well as the details of the many services we can provide.

IT'S NOT TOO LATE FOR A FLU SHOT

If you forgot to get your flu shot this autumn, it is not too late to help stave off illness during the coming winter months. The flu shot only takes two weeks to take effect and lasts 6 months, so a vaccine now could still save you from illness through next spring. In fact, two of the last three years had late peaks of flu in March.

As a Thank You for signing up to our service, **we are giving away free flu shots** to Priority Private Care members for the rest of the year. As a member, you are welcome to drop in anytime for a flu shot, from early morning before your busy workday to later at night after dinner.

MEET YOUR MEDICAL DIRECTOR



Dr. Doug Kaiden is the Medical Director of Priority Private Care. He works closely with founder Dr. Kruger to ensure that the best healthcare practices are in place for our members. Dr. Kaiden is board certified in Emergency Medicine and associate professor of Emergency Medicine at Mt. Sinai. He has practiced since 1995 in the best ERs in New York, including Beth Israel, St. Vincent's & NY Presbyterian / Cornell. Dr. Kaiden has also run a network of urgent care centers in the city and was Supervising Medical Physician for the US Open.

Dr. Kaiden and his medical team are here for you whenever you need them, so do not hesitate to call the membership hotline or stop by the facility anytime.

A FEW TIPS IF YOU PLAN TO HIT THE SLOPES

Coping with Altitude – some simple tricks to avoid issues with the altitude include hydrating, avoiding heavy exertion in the first 24 hours and moderating alcohol consumption. Drink lots of water!

Please let us know if you have had trouble at higher altitudes in the past, as there are medications you can take before you go to help acclimate. Also, many people have trouble sleeping at altitude, so let us know if you would like a sleep aid.

Avoiding Injuries – with ski season starting up, we offer our members a few pre-season tips to avoid being one of the 200,000 injured skiers / snowboarders each year in the US. The most common injuries are to the knees, shoulders, hands and head. While we do have a network of New York's best orthopedists ready in case you are hurt, we have a few suggestions to help avoid injury.

1. **Keep fit** - A simple regime of aerobic and strength exercises a few times per week is enough to greatly reduce your chances of having a ski injury this year.
2. **Build flexibility** - Stretch daily to help avoid injuries when skiing and more especially when falling.
3. **Improve balance** - Better balance makes for better skiing and less chance of straining a muscle. Practice standing on one leg, single leg squats and hops to prepare.
4. **Warm up** - Cold muscles are more prone to injury. When you hit the slopes, we suggest 3-5 minutes of jumping jacks or running in place, plus a couple of easy runs to start the day, before hitting the black diamonds.
5. **Hydrate** - Even a mild level of dehydration can negatively affect ability and endurance. Drink plenty of water before, during and after skiing.

...AND FOR THE SUN WORSHIPPERS

If you are travelling to a warmer destination, remember to take appropriate precautions to avoid heat-stroke and the dangerous effects of sun burn by hydrating, using 30+ SPF sun-screen, and covering sensitive skin even when swimming.

Additionally, the Zika virus is still a serious issue in the Caribbean and South America especially for those who are pregnant or planning to become pregnant. Precautions should be taken to avoid mosquito bites as well as other forms of transmission. Please take a moment to visit the CDC's website for the latest information and travel advisories [here](#).

THANK YOU

Thank you again for being members. Please never hesitate to reach out to us with any issues, both medical and non-medical.

Sincerely,
Priority Private Care Membership Team

Priority Private Care

[Redacted]
[Redacted]
[Redacted]

www.priorityprivatecare.com

Members' 24/7 Medical Hotline – [Redacted]

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