QUESTION: My child’s school year is not beginning in person. Does he/she still need an annual physical and immunizations check?

ANSWER: Yes. Well visits are an essential part of keeping your child on the road to good health. They allow your child’s healthcare provider to conduct a full evaluation, monitor your child’s growth and developmental milestones, ensure that they are up-to-date on immunizations, answer any questions you may have and spot any potential health issues before they become serious. In fact, now is a great time to schedule your child’s annual visit. Healthcare clinics are taking extra precautions to protect everyone's health and safety, and your
A note from the CEO

When 2020 began, no one could have predicted the journey we have found ourselves on over the last several months. The emergence of COVID-19 has created unprecedented challenges for our community and caused each of us to rethink how we do everything – from traveling and socializing with friends and neighbors to completing everyday tasks like shopping for groceries.

At Trios Health, I believe our fight against COVID-19 has made our team stronger, our hospital safer and our community more robust. This issue of Making Communities Healthier! takes you inside our hospital for a look at what we are doing to keep our patients and guests safe when receiving care, offers some great tips on how you can help stop the spread of this disease, and much more!

From the beginning, our priority has been protecting the health of our community, our patients and our employees. And we will continue to work hard to ensure a safe place of care and a healthier community for all of us.

Sincerely,

John Solheim, MHA, FACHE, CEO

Mission Moment

Aggie Mowry, RN

Meet Aggie Mowry, Trios Health’s 2020 Mercy Award winner! Aggie feels her calling in life is to help mothers enduring pregnancy loss. She was instrumental in starting ‘Gone Too Soon’ – our area’s only pregnancy loss support group – and even traveled to Uganda last year on a self-organized medical mission to help mothers dealing with perinatal loss. She is an incredible example of someone who leads by doing, compassion and selflessness, and Making Communities Healthier!

DID YOU KNOW?

Trios Health is grateful to call the Tri-Cities home, and we take pride in not only creating a place where you choose to come for healthcare, but also in making a positive impact in our community. Here are just a few ways we made a difference last year.

- We added 56 new providers and invested more than $2 million in capital improvements to help ensure that we continue to provide access to quality care and meet your evolving healthcare needs.
- We donated more than $18 million in charity care because we believe that delivering care to all of our neighbors – regardless of their ability to pay – is foundational to our mission of Making Communities Healthier.
- We paid more than $11 million in taxes because we take our role as a community leader seriously and are dedicated to ensuring fiscal responsibility both within and outside our hospital walls.
- We distributed a payroll of more than $88 million to nearly 1,000 employees as part of our commitment to creating places where physicians want to practice and employees want to work, and where their contributions are valued.
- We supported a number of local organizations, including United Way, Grace Clinic, Benton-Franklin Fair & Rodeo and more, because, as leaders in our region, we are committed to helping our community grow and be the best it can be for all of us.

For more on our community impact, check out our full Community Benefit Report at TriosHealth.org.

Meet Joshua Spendlove, MD

Urologist Joshua Spendlove, MD, practices at the Trios Care Center at Southridge, 5th Floor Clinic. He is fluent in Spanish and spent two years living in Uruguay because we take our role as a community leader seriously and are dedicated to ensuring fiscal responsibility both within and outside our hospital walls. He enjoys CrossFit, mud runs, Brazilian jiu-jitsu, and outdoor activities, including ice climbing, rock climbing, camping, and off-roading.

3 to Help Stay COVID-Free

Three simple actions to help stop the spread of COVID-19 and protect yourself, your family and your community

Wash your hands:
- Wash your hands frequently with soap and water for at least 20 seconds. If soap and water are unavailable, clean your hands with an alcohol-based sanitizer that contains at least 60% alcohol.

Practice Social Distancing:
- Stay a safe distance – at least 6 feet apart – from others not in your household in both indoor and outdoor spaces. Six feet apart is about two arm’s length.

Wear face masks:
- Wear a face mask or cloth face covering that covers your nose and mouth in public spaces, even if you don’t feel sick. Face masks and cloth face coverings can help protect others and prevent both asymptomatic and symptomatic spread of respiratory illnesses like COVID-19.
Could your next doctor visit be virtual?

Since the start of the COVID-19 pandemic, many providers are using telehealth as a safe, convenient alternative to an in-person visit. Could a telehealth appointment be right for you?

Telehealth visits are most appropriate for more routine visits to the doctor – such as if you are fighting a cold or sore throat, or have a question about a rash. Like an office visit, you’ll be able to ask a provider questions, receive quality care and a prescription for medication if appropriate – all from the comfort of your own home!

To schedule a virtual telehealth visit, call your provider to learn if telehealth is an offered option and appropriate for the nature of your visit. If your visit qualifies, your appointment will be scheduled and you will receive an emailed link to begin your visit when the time comes. All you will need is a computer or mobile device equipped with a camera.

**DISCLAIMER:** The information and practices described in this newsletter are not intended as substitutes for a diagnosis or clinical or medical advice prescribed by a medical provider for an individual patient that is based on the individual’s history, condition and current medical assessment. This information is not intended to be comprehensive about the subjects addressed and may include information that is time-sensitive and subject to change.

**Questions and Answers**

**QUESTION:** I have a chronic health condition. What should I be doing right now?

**ANSWER:** It’s important to stay in touch with your healthcare provider. Don’t hesitate to call with any questions or concerns you may have. Keep your regularly scheduled appointments. If you are concerned about coming to the office, ask your provider about the potential for a telehealth visit instead of an in-person visit. Don’t skip any doses of your medications, and make sure you have enough medications and other supplies on hand in case you need to stay home for an extended period of time. Above all, continue to stay on top of your health and do everything you can to protect yourself, including practicing good hand hygiene, staying at home as much as possible, wearing a facemask and social distancing when you need to get out.

**TRIOS® Health**

3810 Plaza Way
Kennewick, Washington 99338