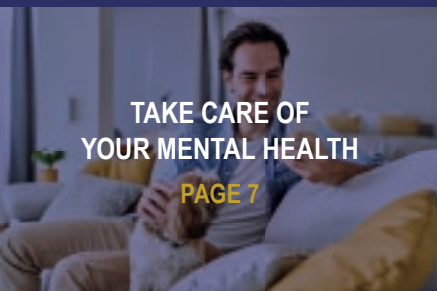


CONNECTED

A QUARTERLY PUBLICATION FROM RIDGECREST REGIONAL HOSPITAL



Dear Friends,



JAMES A. SUVER, FACHE
President/Chief Executive Officer

As we move into spring 2022, our team at Ridgecrest Regional Hospital is seeing evidence that the biggest surge of the COVID-19 pandemic may finally be behind us. And while COVID-19 remains a part of our daily life, we continue to offer a full spectrum of services aimed at keeping our community as healthy as possible. Throughout it all, RRH remains financially strong and committed to protecting and expanding world-class care to you and your family.

Just a few of the updates we are excited to announce include the Board approval of new clinical equipment and information technology software, a potential partnership with the University of Southern California for ophthalmology and neurology services, and continued expansion of our cancer-care program, with the potential addition of radiology and oncology services.

In our ongoing efforts to improve patient convenience, we now offer text-message reminders for appointments for most services. You can enroll in appointment text reminders by texting RHC1 to 622622.

I would also like to applaud our Ridgecrest Regional Hospital Foundation for achieving a

major milestone. Since its founding in 2013, the RRH Foundation has raised more than \$1.13 million. Despite pandemic restrictions, the foundation raised \$181,634 in 2021 alone — including \$56,000 from our Butterfly Boutique. Thank you to Foundation Director Kimberly Metcalf, the Foundation Board of Directors and all our wonderful volunteers for all that they do.

More good news on the horizon is the return to in-person services for our outreach programs. I want to also commend Tera Moorehead for transitioning to virtual platforms during the peak of the pandemic. But we know that our residents are appreciating the opportunity to attend exercise classes, support groups and other wellness programs in person again. We are even planning to bring back the Annual Health Fair as soon as it is safe. Watch our social media for details!

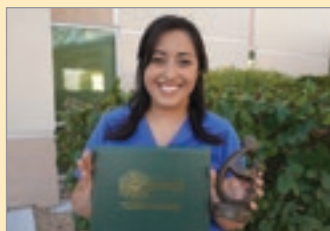
For almost two years, our community, our country and our world have felt the frustration and despair that have come with the restrictions and losses of pandemic culture. We hope that the gains we have made toward new growth and vitality in community wellness are keeping with the sense of rebirth that comes with the spring season.

Congratulations! DAISY AWARD WINNERS

Congratulations to our three DAISY Award winners: Lucy Griffith, RN; Jessica Gaussoin, RN; and Jessica Olguin-Hernandez, RN. The DAISY Award is an international program recognizing extraordinary nurses, and awardees are selected based on nominations. Nominate a Ridgecrest Regional Hospital in-patient nurse by visiting rrh.org/daisy.



Lucy Griffith, RN



Jessica Olguin-Hernandez, RN



Jessica Gaussoin, RN



2022 BOARD OF DIRECTORS

CHAIR: Bud Haslam
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PHOTO ALBUM



We recently celebrated our dedicated CRNAs. From saving lives to advancing patient care, National CRNA Week gives us the opportunity to recognize our CRNAs and their commitment to patient safety.



RRH would like to thank our nutrition and food service professionals and other members of the dietary team for their hard work and dedication on the job. Thank you for providing delicious food to our patients and our employees every single day! We appreciate you!



January 23 marked the start of Activity Professionals Week. We would like to honor our activities professionals who have worked very hard through this pandemic. They do so much to support our residents' needs. To celebrate this week, Bella Sera had a week of fun, themed days, like Manic Monday and Throwback Thursday.



February 13-19, 2022, was Heart Failure Awareness Week, a nationwide campaign to bring awareness to the risk factors, signs, symptoms and treatment of heart failure.

About 6.2 million adults in the United States are living with heart failure, and the course of treatment and patient prognosis can vary greatly by individual.

RRH offers a Congestive Heart Failure Support Group every third Tuesday of the month at 6 p.m. For more information and to join, email ravneet.sohal@rrh.org or call (760) 499-3835.



Every January 25, we recognize all of the infusion nurses and other healthcare professionals on National IV Nurse Day. We celebrated the hard work, skill and dedication these nurses provide to ensure patients receive the correct treatment. We love our infusion nurses at RRH.

Thank you for everything you do, IV Nurses!



We celebrated National Pharmacist Day! We'd like to take a moment to recognize and honor all pharmacists across the nation for the vital work they do, with an extra special thanks to our very own pharmacists here at the RRH inpatient pharmacy and Center Professional Pharmacy. They're an indispensable part of our healthcare team!



WE LOVE OUR EMPLOYEES

Ridgecrest Regional Hospital is grateful for the compassionate care our employees provide each and every day.



KINDNESS IS GOOD FOR THE WORLD

Spread Joy with Random Acts of Kindness

With February close behind us in the rearview mirror, I've been thinking a lot about National Random Acts of Kindness Day, celebrated February 17.

It's wonderful that we recognize a day of kindness, and honestly, who isn't ready for some kindness? But I want to challenge everyone to extend the concept further and exercise kindness on a regular basis, not just for the sake of others but also for our own health and wellness.

Life is hard. Everyone is dealing with different struggles and scenarios, and especially now, things can seem overwhelming and hopeless. Random acts of kindness may be just what we need.

We know that being kind is good; it feels good when someone is kind to us, but the benefits may go well beyond that. Kindness can have an impact on our overall health, especially when we practice kindness toward others.

Kindness comes in many different forms. It could be volunteering your time, giving financially, helping out a neighbor or stranger and especially being kind to those who may have wronged us. Have you ever been snapped at by a family member or friend and then asked them what's wrong? You may find out they are dealing with something that is weighing heavily on them. By showing the kindness of asking a simple question, you showed you cared, that you realized they were responding harshly because of something else happening in their life.

The same could be for coworkers and even strangers around us. Sometimes, all we need is a little empathy and realizing we are all in this crazy world together and that a simple gesture of asking if anything is wrong may be what helps someone through the day. Or maybe kindness is simply not responding back angrily and instead saying a prayer for the stranger. It could be holding the door open for the person who just cut you off. Or telling someone they have a lovely smile or that you like their outfit. These days, kind words can go extremely far in helping to create a shared moment of connection that is lacking for many people.

Kindness can be shown to ourselves as well. If you are having a bad day, you may start to use negative self-talk and focus on all your flaws. You may be beating yourself up over a mistake or over a missed accomplishment. Show yourself some kindness. Focus on your strengths and what you have accomplished.

Focus on a way to show kindness toward someone and put your energy into something positive. You might be surprised at how much it impacts your wellbeing.



HERE ARE JUST A FEW EXAMPLES OF POSSIBLE BENEFITS FROM SHOWING KINDNESS TO OTHERS:

- Feeling calmer and less depressed
- Feeling happier due to the release of serotonin (feel-good chemical)
- Lower stress levels and thus lower blood pressure
- Feeling connected and less isolated

Let's all try to focus on being kinder to those around us by practicing random acts of kindness – intentional ways that we can help make someone's day a little better, a little brighter. First thing every morning, ask yourself how you might be kinder that day. You could plan something specific or practice it randomly as the situation arises. Remember that these interactions and connections with others could mean a world of difference for them – and ultimately for you – in feeling happier, healthier, more content and connected.

By focusing on kindness, we can help create a more grateful and happier life, community and world!



Tera Moorehead is the Director of Community Outreach at Ridgecrest Regional Hospital. With dual master's degrees in nutrition and education, Tera shares her passion for health and wellness through various programs offered free to the community through RRH. You can contact her at (760) 499-3825.



OUTREACH PROGRAMS SHIFT BACK TO IN PERSON

RRH WELLNESS OFFERINGS CREATE A “THIRD PLACE” FOR HEALTH AND HEALING

Now that Governor Gavin Newsom has relaxed some of the COVID-related restrictions, including the mandates for indoor masking, RRH is shifting many of its wellness programs back to in-person status.

Tera Moorehead, RRH Director of Outreach, noted that in addition to the focus on physical fitness with programs like Silver Sneakers, Chair Yoga and Rock-Steady Boxing, there are also accompanying benefits for mental and emotional health.

“Many of us have learned during the isolation that came with the pandemic how important opportunities for connection and socializing can be for overall wellness,” said Moorehead.

From gentle workouts to nutrition education to support groups, RRH outreach programs offer a “third place.” The concept of a third place recognizes the need for a space outside home and work – such as churches, libraries, parks or clubs – that offer individuals a sense of belonging.

“We have always had very positive feedback from those who have taken advantage of our wellness programs in the past, but I think after losing in-person access to many of those services there is an increased appreciation,” said Moorehead. Dozens of testimonials from participants have touted the physical benefits of enhanced balance, coordination, flexibility, reduced blood pressure and more.

“I also enjoy the camaraderie and the social aspect,” said a participant of Rock-Steady Boxing.

“It also helps me feel better about myself and reduces my depression,” said another.

“The class is energetic, so I am too!” said another. “Great group interaction and really good support system.”

Moorehead herself is no stranger to the personal journey to wellness.

“Growing up, I struggled with my weight. That kind of thing has a

big impact on your physical health, but it also plays into emotional aspects like insecurity,” she said. So, in college, she studied nutrition and education. “I have a passion for both, and one of the things I love about this job is that it combines them in a way that allows me to help people. And the ongoing process of educating myself about wellness has helped me better understand the social, mental and emotional components.”

Moorehead said that she has watched communities form out of groups like “Journey to Happiness Seniors Group,” which started out as a hospital offering and has taken on a life of its own through the membership. “The participants still check on each other and even get together outside of the group for barbecues or games,” she said.

For support groups like the Diabetes Empowerment and Education Program, people go to learn or to share the insights they have gained to help others.

“There is a connotation for many people that hospitals are places for sick people. Our outreach programs are all about wellness,” said Moorehead.

Whether you are trying to find ways to stay active, learn about nutrition or find support for an underlying health concern – RRH probably has something for you.

“We have been very lucky and appreciative of the organizations that help make the outreach programs a success! From community businesses to individuals, it takes a group of people who truly care about the health and wellness of others, and we have many of those in our community who make our programs possible,” said Moorehead.

Moorehead added that some of the programs will maintain virtual aspects for those who cannot participate in person.

For details about days, times and meeting places, visit rrh.org/events-calendar or call Tera Moorehead at (760) 499-3825.

TAKE CARE OF YOUR *Mental Health*

BY RACHEL HOANG, MSW, ACSW
MEDICAL SOCIAL WORKER II –
VISITING NURSE SERVICES AND HOSPICE

Taking care of your mental health is something that must be done in conjunction with your physical health – ensuring that you are living a holistically healthy and wholehearted lifestyle.

However, it's not always easy to maintain your mental health, especially when you are in situations that can take a toll on you. It's also not uncommon for people to feel lonely and isolated if they haven't been able to connect with people who relate to them and know what they've been dealing with.

Even though you might feel like no one will understand your unique situation, there are actually ways in which you can seek guidance, support and validation of your feelings toward those difficulties and be understood – not only from within yourself but also from people whom you either know and/or will be meeting in the future. Some practices include:

- Take a moment to be mindfully aware of what you are feeling at this very moment. Regardless of what thoughts, emotions and bodily sensations you are experiencing, you can always take a mindful moment to find ways for you to soothe yourself and regulate your emotions via exercising or self-care.
- Talk with someone you trust and have an open, honest and vulnerable conversation with them. It does not matter if this designated person is a spouse/partner, family member, friend or even a co-worker whom you would usually confide in at your job – as long as they can provide an open, welcoming and trusting space for you to authentically describe what emotions you are feeling.
- You can also speak to a mental health counselor. A counselor can provide a fresh perspective on your situation and how you have been reacting to stressors. Furthermore, a mental health counselor can provide a wide array of therapeutic tools and referrals for support groups and other resources that can help you better your mental health.

It is not always easy to seek the help, guidance and support you need to get through situations that are detrimental to your mental health. It is justifiable that you will be feeling anxious, afraid or worried that the people in your life will judge or shame you.

However, you can always get access to mental health-centered resources that can greatly help you instead of harm you in the long run. Additionally, you can always reach out to like-minded individuals who are either going through – or previously experienced – a similar situation.



NO MORE DIETING!

Exploring Intuitive Eating and Its Benefits



In a society littered with convenience foods and fad diets, it's challenging to make sustainable changes to one's lifestyle. What if we abandoned the idea of "good foods versus bad foods" and instead chose the strategy of intuitive eating?

WHAT IS INTUITIVE EATING?

Intuitive eating is a framework that prioritizes overall health, starting with the way you eat. This concept has been around for 25 years, first introduced by two registered dietitians – Evelyn Tribole and Elyse Resch. Both have advanced certifications in eating disorder rehabilitation.

"We've learned a lot about the effects of intuitive eating, and that it is a very evidence-based practice of eating. Simply put, this framework helps you prioritize your health while creating a more positive relationship with both food and your body," explains

Rachel Bons, Registered Dietician Nutritionist at Ridgecrest Regional Hospital. "So, instead of focusing so much on your weight or other things you may not have as much control over as you would like to, intuitive eating prioritizes health behaviors and caring for yourself."

GOING BACK TO BASICS

Of the ten principles upon which intuitive eating is founded, Bons highlights two key ones: honor your hunger and feel your fullness.

"In Western culture, we eat to survive. We're just throwing food down the hatch on a busy workday, and we're not really listening to our hunger and fullness cues. Intuitive eating takes us back to our instincts we were born with as a baby. When a baby is fussy, they know they're hungry. They need food, and they stop when they're full. This is an instinct we all have."



you eat well most days of the week and regularly move your body? Bon says something as simple as walking your dogs, vacuuming or gardening can have positive effects if done routinely.

“It doesn’t have to be, ‘I throw a hundred pounds around in the gym, and I only eat broccoli and chicken every day.’ That’s not what health looks like. Health is a spectrum, and it’s just not that simple,” she adds.

PHYSICAL AND MENTAL HEALTH BENEFITS

With over 25 years of research and hundreds of studies, the benefits of intuitive eating cannot be denied. Some results include decreased blood pressure, improved triglycerides and overall better mental health.

“I think one of the big things we neglect to think about when we think about eating is how eating and dieting affect our mental health. Health is not linear; it’s a spectrum. To think that health is just eating and exercise is to neglect the social and psychological aspects, which are just as important.”

PUTTING AN END TO DIETING

Bons’ best advice to people wanting to venture towards intuitive eating is to just not “diet” anymore. Too often, we have the attitude of, “If I just lose weight, I’ll be happier and healthier.” Sure, you may lose weight by being restrictive – yet still not experience true health because of the extremes you took to shed those pounds.

On the other hand, allowing yourself to enjoy food and enjoy life removes the pressure of constantly watching what you eat or beating yourself up for “slipping up.”

“Intuitive eating is definitely not going anywhere. It’s really growing, which I’m really excited about. We’re just going to keep seeing more and more studies that will reveal even more positive things about this approach.”

To listen to an in-depth conversation with Rachel Bons, Registered Dietician Nutritionist at Ridgecrest Regional Hospital, please visit rrh.org/podcasts.

REMOVING THE GOOD VS. BAD MENTALITY

Many people think of food in terms of good or bad. For example, cookies and ice cream are often viewed as bad – whereas broccoli and kale are thought of as good. Then, bad starts to equate to forbidden, creating a negative association with the food. This restrictive mentality only works against healthy eating habits.

“If you’re not supposed to have something, whether you’re a child or an adult, what you want more than anything in the world is that thing that someone said you cannot have. But, when you remove that restriction and the ‘rules’ surrounding the food, it loses its novelty,” notes Bons.

What’s more important than your weight or a specific diet is consistency in health behaviors over the long term. Do



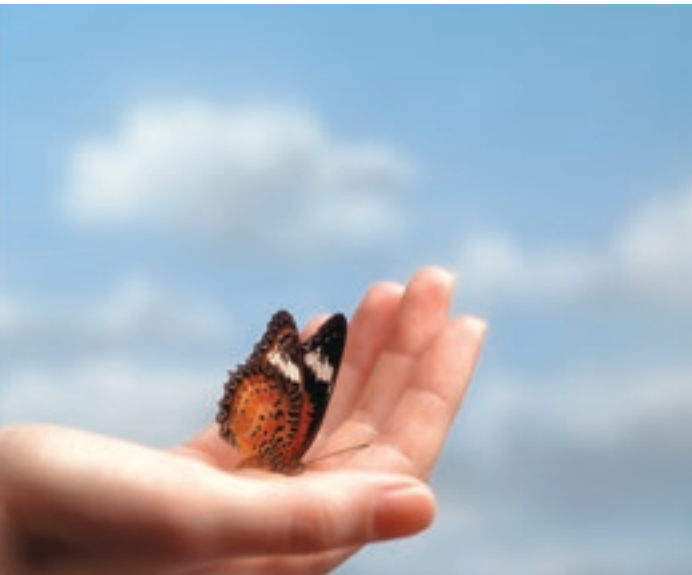
RACHEL BONS
Registered Dietician Nutritionist
at Ridgecrest Regional Hospital

UPCOMING EVENTS

FOUNDATION EVENTS

12TH ANNUAL BUTTERFLY RELEASE

May 14, 2022, 11 a.m., RRH Front Lawn
Visit rrh.org/foundation for more information.



6TH ANNUAL RRHF GALA

An Evening Under the Stars – September 24, 2022

2022 CHILDBIRTH CLASSES

113 Sydnor St., Ridgecrest, CA
Instructed by Lorie Ochoa, RN, CCE, IBLC
Sign up early; limited number allowed in each session.
Call (760) 499-3032 to pre-register and for more information.
Please, no children. Face masks required.

Session III

6:30-8:45 p.m.
April 5, April 12, April 19, May 3, May 10, May 17, May 24
For babies due in June through mid-July.

Session IV

6:30-8:45 p.m.
June 7, June 14, June 16, June 21, June 28, July 5, July 12
For babies due late July through August.

Session V

6:30-8:45 p.m.
July 26, July 28, Aug. 2, Aug. 9, Aug. 16, Aug. 23, Aug. 30
For babies due in September and October.

Session VI

6:30-8:45 p.m.
Sept. 6, Sept. 13, Sept. 20, Sept. 27, Oct. 4, Oct. 11, Oct. 18
For babies due in November through mid-December.

Session VII

6:30-8:45 p.m.
Oct. 25, Nov. 1, Nov. 8, Nov. 15, Nov. 21, Nov. 29, Dec. 6
For babies due in late December through mid-February 2023.

LADIES' BREASTFEEDING CLASS

March 18, 10 a.m.-12 p.m.
May 13, 10 a.m.-12 p.m.
July 8, 10 a.m.-12 p.m.
Sept. 2, 10 a.m.-12 p.m.
Nov. 18, 10 a.m.-12 p.m.
This class is free and either held in person or on Zoom.
Please call (760) 499-3032 for more information.





ONGOING GROUPS AND PROGRAMS

All Wellness Programs are now being offered in person and online.

CHF SUPPORT GROUP

6 p.m., third Tuesday of the month

Learn more about congestive heart failure – education and tips, eating for a healthy heart, how to monitor signs and symptoms, stress reduction and more. For more information, contact Ravneet.Sohal@rrh.org or call (760) 499-3835.

SILVERSNEAKERS AND GENTLE CHAIR YOGA

8 a.m.-12 p.m., Monday-Thursday

ROCK STEADY BOXING

Times vary depending on level, Monday-Thursday.

This is a non-contact, boxing-inspired exercise program for those with Parkinson's disease that focuses on balance, muscle power, hand-eye coordination and more.

TYPE 2 DIABETES SUPPORT GROUP

5:30-6:30 p.m., fourth Thursday of the month

This support group is for those with Type 2 diabetes or loved ones of those with Type 2 diabetes. Learn more about diabetes and how it affects your body, learn problem-solving techniques and share day-to-day struggles.

FOR MORE INFORMATION ABOUT OUTREACH CLASSES, PLEASE CALL (760) 499-3825.

DIABETES EMPOWERMENT EDUCATION PROGRAM™ (DEEP™)

This quarterly program is an evidence-based diabetes self-management education program for people with pre-diabetes or diabetes. The program covers what diabetes is, how it can affect your body and how you can make changes to prevent complications from diabetes.

GRIEF SUPPORT GROUP

6-7 p.m., first Tuesday of the month

This group will provide educational information about loss and grief, encourage healthy coping and adapting skills and offer emotional support through mutual sharing.

ALZHEIMER'S CAREGIVER SUPPORT GROUP

1-2:30 p.m., first Wednesday of the month

The Alzheimer's Association caregiver support group is conducted by trained facilitators and provides a safe place for caregivers, family and friends of persons with dementia to develop a support system, talk through issues and ways of coping and more.

JOURNEY TO HAPPINESS SENIORS GROUP

10-11:30 a.m., every Wednesday

No-cost opportunity for seniors to come together on a journey of maintaining happiness, joy and quality of life.

JOURNEY TO HAPPINESS CAREGIVER GROUP

6-7:30 p.m., second and fourth Tuesday

This group provides a place for caregivers to talk, recharge, smile and learn.

STRESS REDUCTION CLINIC

This program covers mindfulness-based behavioral change, self-reflection, finding purpose and lifestyle medicine.

Visit rrh.org/stressreductionclinic for more info or to request an application.





KIMBERLY METCALF
RRH Foundation Director



Latest News & Updates

A NOTE FROM THE FOUNDATION DIRECTOR

BIRDS, BEES AND SO MANY FLOWERS!

Spring is here, and I love it. In fact, it is one of my four favorite seasons – I can't really choose between them. Spring, however, celebrates all things fresh and exciting. New flowers, bumble bees, time on the patio enjoying our amazing desert evenings, as well as new dreams and goals for the future. As many of you know, 2021 was a very successful year for the Foundation. Foundation donations totaled over \$181,000, and donations received through the Butterfly Boutique to benefit hospice services were over \$57,000. So many wonderful things happened in 2021, yet 2022 holds even more promise. With total donations received now well above \$1 million, I think it's safe to say we are starting 2022 off with great hope and confidence.

Our 4th Annual Christmas Tree Village was held in December, and this fun and festive event brought in over \$17,000 for the Cancer Center. Not only does this event raise money to support our campaigns, but it has become a highlight of the holiday season for the community and our RRH staff. This past year, the competition was steep, with over 35 beautifully decorated trees adorning the conference room at SpringHill Suites. To add to the festivities, Liberty Ambulance Services set up a hot chocolate bar outside to greet the guests as they arrived – and who can resist hot chocolate with candy cane sprinkles at Christmastime? Plans for this year are already in the works, so mark your calendars for December 10, 2022.

Other upcoming events include our 12th Annual Butterfly Release, which will be held on May 14, 2022, and we are so thrilled to bring it back to an in-person celebration this year. Our Women in Philanthropy group is busy working on a fall tea, which will include presentations by two of our physicians with an emphasis on women's health concerns. Of course, our signature event, the RRH Foundation Gala, is set for September 24, 2022.

Another huge goal that will be achieved this year is the completion of the RRH Long-Term Care and Hospice House. After years of planning, it is anticipated that it will be complete by mid-summer. It has been a work of love and passion for so many that the realization of this becoming a reality is almost overwhelming – and yes, we will be celebrating!

As you can see, we have so much to celebrate this year and so much to look forward to. Once again, I am humbled by the support, generosity and compassion of this community and our RRH family. It is because of you that the Foundation continues to be able to provide such great support to the hospital through our financial donations and causes we endorse here at RRH. Together, we can do anything. If you are interested in any of our events or groups, I would love to hear from you.

Happy spring!

Thank you,
Kim Metcalf
Director, RRH Foundation

**"IF YOU CAN DREAM IT,
YOU CAN DO IT."**
– WALT DISNEY

MEET THE RRH FOUNDATION BOARD



Leslie O'Neill, Board Chair



Rita Read, Vice Chair, Board of Directors



Sarah Bingham, Board Member



Sheryl Brubaker, Board Member



Todd McKinney, Board Member



Gayle Pietrangelo, Board Member



Joanne Stauffer, Board Member



Beverly Wagner, Board Member



Bud Haslam

Want to know more about our dedicated RRH Foundation Board Members? Visit RRH.ORG/FOUNDATION to read bios about each member.



Despite being closed the majority of 2020 and several months in 2021, the team at the Butterfly Boutique worked tirelessly to bring you a fun and happy shopping experience. Through their dedication and commitment to their cause, they brought in over \$57,000 in donations for 2021. If you have not shopped at this unique little shop yet, you need to do so.



BUTTERFLY BOUTIQUE:

253 Balsam Street, Ridgecrest, CA

Open Wednesday – Saturday, 11 a.m. – 3 p.m.

RRH LONG-TERM CARE AND HOSPICE HOME

After years of planning, fundraising and anticipation, it is so exciting to see that the dream is about to become a reality. The construction and remodel of the home should be complete by mid-summer. Todd McKinney of McKinney Construction has served as the general contractor and has overseen the project from day one. Todd and his crews have done an incredible job making this a beautiful and warm facility. No detail has been spared. Once complete, the Foundation is hoping to host an Open House celebrating this great accomplishment.



CHRISTMAS TREE VILLAGE 2021

Another fun, festive and successful Village! While all the trees were winners, there were two that stood out to the community and our RRH family as their “favorites” this year. The RRH favorite tree was donated by the crew at Liberty Ambulance Services. With its Dodgers theme, it was sure to be a winner. The community favorite tree was donated by The Flower Shoppe. Their traditional and elegant design won the hearts of everyone. Thank you so much to all who participated this year!



The community favorite tree was donated by The Flower Shoppe.



The RRH favorite tree was donated by the crew at Liberty Ambulance Services.



UPCOMING FOUNDATION EVENTS

MAY 14, 2022:

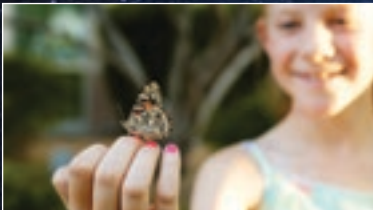
12th Annual Butterfly Release

SEPTEMBER 24, 2022:

6th Annual RRHF Gala –
An Evening Under the Stars

DECEMBER 10, 2022:

5th Annual Christmas Tree Village



CONTACT THE FOUNDATION

Office Location:

330 E. Ridgecrest Blvd., Suite A
Ridgecrest, CA 93555

Mailing Address:

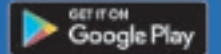
1081 N. China Lake Blvd.
Ridgecrest, CA 93555

FOLLOW MY HEALTH

»»» *RRH Patient Portal*



FollowMyHealth



Now, you can access all your
Electronic Health Records for RRH clinics
and services in a safe and secure platform.

-  View Lab Results
-  Review Appointments
-  View Doctor's Notes
-  Check Vital Signs
-  Access Health Records
-  Update Health Information



SIGN UP ON WWW.RRH.ORG/PORTAL



Want Appointment
Text **Reminders?**

