



Happy spring! New season, new beginnings, and new opportunities to make a life changing choice any second, every day. We hope you enjoy this first quarterly H3 Newsletter. Our goal is for you to find one pearl of wisdom to help you grow.

Thanks to You, H3 Healthcare is growing!

Josh Shoemake, MD will join H3 soon!



Lindsay Brodrick, RN gave birth to a fat, happy Phillip on March 19. We are excited for Lindsay to be back in the office in May. High fives to Tracey Ellington, RN, for covering Lindsay during her maternity leave. Tracey's emergency medicine skills have increased the number of stitches and IV's in the office, and she has made all of our lives easier. Tracey deserves the employee of the month award for saving a patient's foot, and we are grateful she has become an integral part of H3.



Katie Zweng became a part of H3 in early April. She is coming home to Charlotte after working in Washington, D.C. for the past five years. Her role as Marketing and Communications Director will enable all of us to use our gifts to connect in the community. Katie will be the first face you see as you walk in the door so please welcome her and know she is already making H3 a better place to work, get healthy, and solve your healthcare needs.



One of our goals at H3 is to **HELP HEAL** the **HOMELESS**. Because of **YOU**, our team is treating this population now...a year prior to our original start date. Please reach out to Katie (Katie@H3Healthcare.com) if you would like help finding a unique place to serve in our city...because life is better when we jump out of our comfort zone and take our eyes off ourselves!



Living Healthy



Your Truth = H3 Growth

As you share your lives with us, together we are exercising, fighting cancer, encouraging others, laughing, crying, and talking about mental illness. Five steps forward and three steps back...thank YOU for inspiring US to make changes. Life is hard, but we can have joy and peace along the way. Health tips for spring...don't be afraid to try something new:

- Exercise! 15 minutes/day is better than nothing. Cardiovascular activity helps anxiety and depression.
- Go outside (and turn off your cell phone)!
Try a solo hike at Crowder's Mountain or a half day at the White Water Center if you normally exercise in groups. If you exercise alone, call a friend to walk, bike, run or go to a yoga class.
- Drink water...zero calories, boosts metabolism, and good for your body!

Coming summer, 2015....compete with Felicia in the BIGGEST WINNER weight loss challenge! Please let us know if you are interested. There will be prizes for the biggest losers and nutrition and exercise tips for all.

ChikunWHAT!

YOU ARE TRAVELING THE WORLD.... AND WE WANT YOU HEALTHY!



Health Alert:

With summer quickly approaching, we know many of you are planning a vacation. Before leaving Charlotte, you should know about the Chikungunya Virus. This viral illness has historically been found in Africa and Southeast Asia. In the spring of 2013, the first case of Chikungunya was reported in the Western Hemisphere on the Caribbean island of St. Martin. By the summer of 2014, cases were reported in dozens of countries throughout the Caribbean and Central America.

Chikungunya is a viral illness that is transmitted through the bites of mosquitos. It is characterized by fever and severe joint pain. Its symptoms may also include rash, headache, and muscle aches. Unfortunately, there is no vaccine and no specific treatment for this disease. You can avoid the virus by preventing mosquito bites. Insect repellants containing DEET are most effective against mosquitoes (and ticks). A more natural mosquito repellant, lemon eucalyptus, is also available, but it is considerably less effective. More information may be found at <http://wwwnc.cdc.gov/travel/notices/watch/chikungunya-caribbean> or call us for questions.

Travel Kits

If you are travelling abroad, let us provide you with a customized travel kit and review your immunization history. These have been thoughtfully prepared by our staff and include antibiotics, GI medications, insect repellant, and more!

Contact Us

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