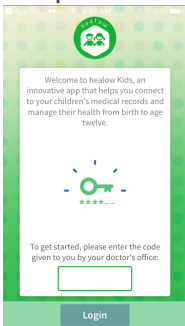
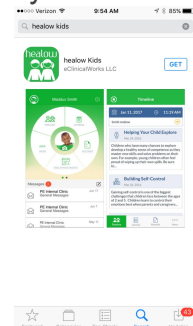




ALL IN PEDIATRICS

Stay connected with us. The healow app is now even better!

In our last newsletter we introduced you to healow™, our portal app that you can download to your phone or computer. This month we'd like to inform you that healow has launched healow Kids. healow Kids is a free app available on Google Play™ or the Apple App Store® that enables you to track your child's health and activities. It also enables you to access educational materials, videos, and other helpful areas of your child's growth and wellness. Set up healow Kids by downloading the application from the Google Play or the Apple App Store and entering our practice code, DJBJAA, on the application.



Once you've entered our practice code, you will be prompted to enter your portal username and password. If you have not yet received those, select the link "Forgot Username or Password". After successfully logging in, you will be prompted to accept the terms of use and enter a four digit security code (if on your phone).

The welcome or home screen will appear next. The Home screen of the healow Kids application is called the Wheel. Use the Wheel screen to navigate through the application, and view and send messages. Messages received on the Patient Portal display on the Wheel screen. Create a new message by tapping the compose (pen and paper) icon.

For the parents who have more than one child with our practice, you can add other "accounts" for each child. Here's how:

1. On the Wheel screen, tap the child icon in the top left corner, and tap Add New Account.
The Add New Account pop-up displays:
2. To add an account for a child new to the application, tap Add Another Child.
3. To exit, tap outside the Add New Account pop-up.

We are very excited about many of the useful features of the app and will highlight

Cold, flu, strep... Oh my!

Hello February! Welcome to cold, flu, and strep season. If you're lucky enough to have avoided the seasonal bugs, good for you! This has been a particularly rough season for many. So much so that we thought it might be good to discuss ways to keep yourself and family healthy:

1. Wash your hands frequently with soap and water - it's much more effective than antibacterial hand soaps, which also kill good bacteria and may not provide complete coverage of the hands.
2. Get enough sleep. Children through adolescence require 8-10 hours of sleep a night to keep the immune system operating at its best, adults 6-8 hours.
3. Hydrate well and often! Keep that water flowing, as it is the best at flushing your system.
4. Supplement your diet with a daily vitamin with a healthy dose of vitamin C. Supplemental vitamin C may lessen the duration and symptoms of a common cold and support healthy immune function. Recommended maximum daily dosage is listed below. It works best if you spread the dose out and divide it over 3-4 times a day.

- 400 mg for children 1-3yrs
- 650 mg 4-8yrs
- 1,200 mg 9-13yrs
- 1,800 mg 14 years and older

If you or your child exhibit symptoms such as fever, aches, chills, and sore throat, it is best to be seen by your doctor to rule out flu and strep.

Salem Office Update

If you haven't had the opportunity to see our office going up in Salem, here's a sneak peek! Planning on a May opening, so stay tuned!



Call for an appointment: 812-949-0405

Monday-Thursday 8am-8pm

Friday 8am-5pm

Saturday 8am-12pm

Walk-in Hours:

Monday-Saturday 8am-10am

Monday-Thursday 4pm-6pm

[Visit Our Website](#)

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STAY CONNECTED:

