



## Entira Health News

### Welcome to Entira Health News from Entira Family Clinics!

With the goal of reaching more patients, we will be sending a monthly email newsletter to those with emails addresses in addition to mailing our bi-annual printed newsletter (*Monitor*) to those without email. Copies of the *Monitor* will also be available at all clinic sites.

Our priority is to provide a brief look at important events in health care, what's new at Entira Family Clinics and our patient stories we hope will touch you and your family. We invite your input in this newsletter! Please submit your ideas to [marketing@entirafamilyclinics.com](mailto:marketing@entirafamilyclinics.com).

Click [here](#) to read the current bi-annual *Monitor*. You can also view previous *Monitor* newsletters by clicking on the link to the right.

If you do not want the Entira Health News, simply click on the unsubscribe button at the bottom.

Please forward to friends and family who might be interested.

**Look for your next Entira Health News in your inbox in November!**

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## Health News

### Concussions in sports are a major concern...

for athletes of all ages. According to the following [article](#), Baseline testing or Impact testing should not be required, but used as a tool. If you have further questions, contact [your provider](#).



**Are you ready for the flu season?**



### ***Did you know that your flu shot lasts all year long?***

According to the Centers for Disease Control (CDC), *everyone 6 months and older should get an annual flu vaccine. It takes about 2 weeks after vaccination for your body to develop a immune response.*

*Get vaccinated now so you'll be protected all year long!*

**Call [your clinic](#) to schedule your flu shot today!**

The CDC provides comprehensive [information about the flu](#).

## What's New!

### **Did you know that Entira Family Clinics performs Echocardiograms at three clinic sites?**

If your provider recommends an echocardiogram, please consider scheduling your appointment at one of our three locations: North St. Paul, Vadnais Heights and West St. Paul. Contact [your primary care clinic](#) to schedule your appointment. Your test will be reviewed and interpreted by a cardiologist and a report will be provided to your provider, who will contact you.

For more information on echocardiograms, please talk to your provider or go to our [Echocardiogram](#) page.

### **Congratulations to Entira Family Clinics for earning Minnesota Health Action Group Awards!**

The Minnesota Health Action Group\* announced quality performance awards in July and Entira Family Clinics performed well! We are being recognized for delivering optimal care and **achieving** or **improving** specific patient outcomes for patients with diabetes, vascular disease and depression; three conditions that are known to be primary drivers of health care costs.

Every clinic within Entira Family Clinics received at least one award and Entira Family Clinics-Shoreview was recognized for achievement of optimal care in all three chronic conditions. According to a press release about the awards, Entira Family Clinics achieved the highest medical group level performance of their patients with depression achieving optimal care. Congratulations to all clinics on earning either an improvement or attainment award!

#### **\*About the Minnesota Health Action Group**

Formed in 1988, the Buyers Health Care Action Group (d.b.a., Minnesota Health Action Group) is a coalition of public and private employers working to reshape the health care system through greater innovation, collaboration and engagement. Based in Bloomington, Minn., the Minnesota Health Action Group is committed to creating meaningful dialogue that improves health care for everyone. To learn more, visit [www.mnhealthactiongroup.org](http://www.mnhealthactiongroup.org).



## We want to hear from you!

Please share your patient experience. We will publish one in each issue. Please submit your ideas to [marketing@entirafamilyclinics.com](mailto:marketing@entirafamilyclinics.com).

*"My family has been coming to Entira Family Clinics since our first child was born over 19 years ago. We have had numerous complicated health issues over the years and the staff at Entira has always been supportive of our family. They have done everything they could to help from providing medical services to helping with referrals as well as simply listening."* Natalie, mom of three

***Community-based family practice clinics providing comprehensive & personal care for a lifetime.***

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