



Happy Holidays!

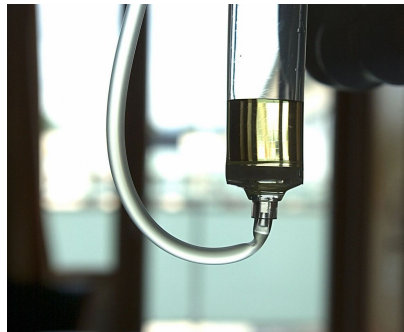
With Love, Your Arthritis Center Family!

Wishing you lots of love, health, laughter, and holiday cheer! We know there are so many different ways to keep up with the latest health news and strategies on well being - it can be overwhelming. That's why we are thrilled to announce we will begin sharing a monthly newsletter with you. This newsletter will be a great way to stay up to date with everything happening at the Arthritis Center. We will also be sharing a weekly blog post with an overview of different diseases, medications, and tips on how to control your symptoms. Make sure to subscribe to our emails so you don't miss out on our monthly newsletters and weekly blog posts to help keep you informed!



Julie Baak is an expert in Rheumatology Practice Management and a nationally recognized leader in resolving drug access issues. She has worked with the Pharmacy Benefit Managers (PBM) and against them, so she knows both sides of the specialty drug spend. She is an accomplished speaker and advocate, holds direct contracts to several large employers for infusion drugs, she continues to be a sought-out speaker at National Rheumatology advocacy meetings and is a published author on access to care. She has testified to the Missouri Senate Insurance Committee on patient access to care in her home state. She has received a "changemaker" award from American College of Rheumatology (ACR), has served as the chair of the Payer Committee at the National Org of Rheum Management (NORM) and currently serves on the Coalition State Rheum Org (CRSO) Payer Response Team. Julie Baak has extensive experience in many sectors including banking, finance, and healthcare. In 2015 she built a large Rheumatology practice from the ground up and delivers a patient experience that is nationally recognized. Her advocacy efforts have been highlighted on the local news locally and nationally with advocacy orgs, as she will do whatever it takes to serve patients and provide access to care. She has direct contracts in place with several major employers in Saint Louis, Missouri. In the climate we find ourselves in with the Payer mandates that make things extraordinarily difficult to navigate, she takes them on, one patient at a time, with grace and success. She can be reached at (314) 280-3687 or julie@drbaak.com.

Do you feel worse throughout the Winter time? A fall in barometric pressure, which often occurs as a cold front approaches, can cause joints to expand, which may result in pain. Low temps may also increase the thickness of the synovial fluid that acts as the joint's shock absorber, which make your joints stiffer and more sensitive to pain.



With flu season quickly approaching, you know how important it is to wash your hands and disinfect shared spaces. We are seeing the highest flu hospitalization rates in a decade and fewer flu vaccines have been administered compared to last year. Stay safe and stay home if you are not feeling well! We highly recommend getting your Flu shot as many of our patients are immunocompromised or taking medications that weaken their immune system. This means you are more likely to experience more severe symptoms than your average person.

It's important to stay active throughout winter to maintain your mental and physical health. Here are a few tips on how to safely exercise as it gets colder and darker this winter:

- Walk around the mall
- Find a workout you can follow along with online
 - Seek out a work out partner to keep you motivated as the weather gets colder
 - Layer up and go for a quick walk
 - Take the stairs if/when you have the opportunity
 - Housework: use wintertime to tackle home projects like deep cleaning, organizing closets, decluttering, etc.



You may notice a few new faces!

Barbara: Infusion Medical Assistant

Connie: Registered Nurse

Markel: Registered Nurse

Tonia: Registered Nurse

Kristin B: Medical Assistant

We are so excited to welcome them to the Arthritis Center Family and know you will love them just as much as we do!

We have started Reclast infusions for patients who suffer from Osteoporosis! Talk to one of our provider's if this treatment is something you think you may benefit from!

Reminders:

Arrive 15-20 minutes early for your appointment to fill out/update patient paperwork

Bring your insurance card with you so we can verify we have the correct information on file to ensure you don't get stuck with an unexpected bill.

Stay current on your routine blood work to avoid a delay in receiving your medication!

Make sure your HIPPA information is up to date

If you are unable to make your appointment be sure to cancel 24 hours in advance to avoid any penalties or fees.

Make sure you are subscribed to receive our monthly newsletter and weekly blog posts to help you stay informed as well as tips on

how to manage your symptoms!
Follow us on Facebook, Twitter, and Instagram to stay informed
on what's going on at the Arthritis Center

www.drbaak.com

**Kind regards,
Your Arthritis Center Fam**

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