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Hoppy Spring!



What's New

It is your responsibility to bring your most recent insurance card and photo I.D to every single office visit. Failure to do so could result in a delay in care.

You can now request appointments online from our website. Keep in mind these appointment requests are just that requests. You will receive a phone call to confirm all of your information which will include confirmation of your appointment date and time!

Request Appointment

It is imperative for you to inform us of any medication changes, upcoming surgeries, etc.

It is your responsibility to keep up with your routine lab work to prevent any delays in care.

Please fill out any paperwork in its ENTIRETY to help us provide the best care possible!

Newsletters We're Subscribed To:

Common Wealth Fund

Washington Post

News Medical Life Sciences

Healthcare Uncovered

Listen as Julie Baak describes the harm to patients caused by pharmacy benefit managers

Latest Blog Posts::

Profits > Patient Care

Sjogrens Syndrome Overview

Psoriatic Arthritis Overview

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We want to hear from you!

Many if not all of us have been impacted by prior authorizations or formulary restrictions that resulted in a delay in treatment or care. Tell us your story so we can stand up against the corruption happening behind the scenes of your medical coverage. Email your story to julie@drbaak.com or by responding to this email so we can share your story in hopes to regulate or eliminate PBM's.



Employee Recognition:

Shelby H: Shelby is one of our front desk receptionists! She is responsible for many things on the admin side and is usually the first smiling face you see when you are walking into our office. Shelby is always willing to help others and always has a positive attitude. She is currently going to school full-time at Arkansas State University to be a K-12th grade school counselor on top of working a full time job with us at the Arthritis Center! She has 4 animals that include 2 cats and 2 fish. She just lost her favorite fish Donnie. So we are sending our condolences !

Healthy Coping Mechanisms:

1. Distraction: Any activity which takes your mind off the unwanted thoughts or events. Examples include: watch a tv show or a movie, play a game, go for a walk

2. Grounding: Activities in which intention attention is brought to the present moment/environment. Examples include: Tuning out others, use one of your 5 senses, name 5 things you can see 4 things you can hear 3 things you can feel 2 things you can smell and 1 thing you can taste.

3. Opposite Action: Purposeful actions which illicit opposite feelings than the unwanted emotions. These include: Watching an uplifting video when you are sad, doing an activity you are confident with when you are worried, or when you are angry, think about something you love or admire.

4. Self Expression: Activities which allows for self expression and creativity with flow not judgement. Examples include: Make something (Drawing, painting, coloring), write something (poems, a story, journal, bullet journal)

5. Mind-Body: Strategies to increase awareness into one's body warning signs to gain emotional regulations include: breathing exercises, yoga, light stretching

6. Self Talk: Intentional thought processing aimed to challenge or reframe negative/unhelpful thoughts: This includes: Create a list of positive mantras and recite them regularly



APRIL IS:

Alcohol Awareness Month

Irritable Bowel Syndrome Awareness Month

National Autism Awareness Month

National Donate Life Month

National Minority Health Month

Sexual Assault Awareness and Prevention Month

Occupational Therapy Month

Sexual Assault Awareness Month

Women's Eye Health and Safety Month



Cancer Registrars Week (April 5-9)

National Public Health Week: (April 5-11)

World Health Day: (April 7)

National Youth HIV/AIDS Awareness day (April 10)

National Youth Violence Prevention Week (April 12-16)

National Infertility Awareness Week(April 18-24)

Patient Experience Week (April 22-26)

Volunteer Week (April 18-24)

Medical Lab Professionals Week (April 18-24)

Drug Take-Back Day (April 24)

Transplant Nurses Week (April 25-May 2)

Kind regards,
Arthritis Center



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