

Bickford Health Associates, PC Telephone (508) 362-1600 Fax (508) 362-5957

What's new?

**Flu Season** is upon us!  
Please plan to get  
your vaccine.

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**The Patient Portal, are YOU  
connected?**

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**What is this I am hearing  
about Ideal Protein?**



**The Last Diet.... Find out  
why. Book a private  
appointment with Kathy  
Kreber RN.**

(508) 362-1600

Extension 108

**Patient Education Focus:**

**Prevention of the FLU**

From Flu.gov

See: [bickfordhealth.com](http://bickfordhealth.com)



*Ted Herwig MD*

## What is BHA's relationship with Ted Herwig MD?

Now that Ted Herwig MD has moved his practice to 714 Main Street, people are asking about the relationship with Dr. Herwig, who has been practicing medicine on Cape Cod since 1990, and BHA. We have heard more than once: "What happened to Dr. Martens?" Have no fear!

Dr. Martens is still providing Primary Care here. Nothing has changed within the BHA practice. Dr. Martens, Cris Reid NP, Susan Duenas NP and Kay O'Keeffe NP are busy seeing patients just as before as Bickford Health Associates, The difference is Dr. Herwig and the BHA clinicians are now

sharing space, overhead and cross coverage to provide better service to our patients. Our mutual goal is to provide quality care and improved access on a daily basis. Also, Dr. Martens, Dr. Herwig and Kay O'Keeffe NP are attending clinicians at Kindred Transitional Care at Eagle Pond in South Dennis.

### The Reno ....continued

We are enjoying the additional space and renovation that took place in the spring for Dr. Herwig to move to 714 Main. Previously, we had five examination rooms. We now have nine! The new addition has been outfitted to our special needs, including a new "Gathering Room." Feeling inspired by the new renovation, we decided to complete the look and are now freshening up the old space, as well. Watch out for wet paint!!

## The Patient Portal

The patient portal is up and running. If you aren't familiar with it, it is an online application that allows you to communicate and interact with us via the internet. This is a service that is available to patients in the practice 24 hours a

day. This encrypted portal is integrated with your electronic health record. Through this portal, you have the ability to send a message, request a medication refill, or request an appointment. You may also view and update personal information, and review lab results and other

documents. If you aren't "WEB ENABLED," the first step is to call or come by and register for this service at the front desk. After signing a consent form, you will be assigned a **User Name and Password**. Once you log in for the first time, you will be asked to change your password. We hope you join us!

## Ideal Protein

**The Ideal Protein Weight Loss** Method is a 4 phase medically developed protocol featuring one-on-one coaching and lifestyle education to help you lose weight. It includes a variety of products that are incorporated into your diet that help to reduce calories, fat and carbohydrates while including an excellent source of protein. To learn more about Ideal Protein, please contact Kathy RN at 508 362-1600 Ext 108. She will be happy to introduce you to our program.