

Bickford Health Associates, PC/Ted Herwig MD
714 Main Street Yarmouthport, MA 02675 Telephone (508) 362-1600 Fax (508) 362-5957



and Ted Herwig MD

Almost two years together....

It is hard to believe that it is almost two years ago that Bickford Health Associates, made up of Cris Reid NP, Kay O'Keeffe NP, Jeffrey Martens MD and Susan Vecchione Duenas NP, and Ted Herwig MD have been under the same roof! And things could not be going better. Even though the two practices are separate,

we enjoy the collegiality and the sharing of administrative and medical staff. In these changing economical times, sharing office space and expenses makes a lot of sense. Plus, each of us has had the pleasure of meeting other patients when we cover for one another. It is also a great benefit for off-hour

telephone coverage and support. Having five people share the call 365 days a year is helpful to the providers and patients. Please join us in saying Happy Anniversary and "Good Job" to the group. Our mutual goal is to provide good care and access to our patients in this community. Cheers for many more years together!

Have you been introduced to the process of keeping track of your daily steps? The goal is 10,000 steps a day....there are many fun ways to track this. Whether it is a "Fit Bit," a simple pedometer or an application on your phone, join in....and keep walking!

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.

The Patient Portal, are YOU connected?

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:

(See: bickfordhealth.com)

"Shape Up, America"

Founded by

C. Everett Koop MD

10,000 Steps a Day

(approximately 5 miles)