

TAKE CONTROL OF YOUR HEALTHCARE NEEDS

Introducing the New and Improved MYHEALTH Patient Portal

What's New? You can:



Privately View Lab and
Imaging Results



Securely Message Your
Healthcare Team



Instantly Access and Share
Health Records



View and Pay
Your Bills

Get Started Today

by Registering at
pvhmc.org/patient-portal.

Already registered?

Download the HealtheLife App
to access Your MYHEALTH
account from your phone.
Text MYHEALTH to 474747 to
receive a download link.

Need help or have questions?

Please call 909.865.9995



Delta Variant, COVID-19 Guidance

If you're hearing more about the delta variant and worried about your family's risk of becoming infected, we understand. First seen in December 2020, the delta variant is a highly contagious strain of COVID-19 that's spreading globally. And, it's causing more severe illness and hospitalizations are increasing.

WHAT YOU NEED TO KNOW ABOUT THE DELTA VARIANT

- The number of COVID-19 infections, mostly with the delta variant, are rising.
- Almost all U.S. COVID-19 deaths now were unvaccinated (webmd.com).
- The delta variant has a 1,000 times higher viral load than COVID-19.

VACCINATION OPTIONS AT PVHMC

PVHMC offers COVID-19 vaccinations to anyone over age 12. We encourage you to access your first option to be vaccinated by visiting our website: <https://www.pvhmc.org/>.

You can also visit local retailers such as CVS offering the vaccine near you.

WHAT YOU NEED TO KNOW ABOUT VACCINES

- COVID-19 vaccines are safe and effective, according to the CDC.
- Most side effects are mild and no different than other immunizations (CDC.gov).
- Between December 14, 2020 and August 2, 2021, more than 365 million doses of COVID-19 vaccines were administered in the U.S. (CDC.gov).
- Vaccines are important for pregnant women because they are at an increased risk for illness if infected with the delta variant or COVID-19. If you are breastfeeding, talk to your healthcare provider about receiving a vaccine.



POMONA VALLEY
HEALTH CENTERS

Comprehensive. Convenient. Compassionate.

Message from Our New President of Premier Family Medicine Associates



DR. OLSEN WELCOMES YOU AND YOUR FAMILY.

I am excited to serve as the President of Premier Family Medicine Associates for the next two years. I grew up in Southern California,

completed my residency training at the Pomona Valley Hospital Medical Center, and am proud to have served the community for the last 14 years.

Proudly staffed by Premier Family Medicine Associates, we are back to full and normal operating capacity at all five primary care clinics and three urgent care offices. Please check out our website, mypvhc.com, which has information on the locations and our providers.

We are immensely proud of the wide range of services offered by our providers, including the following:

- Telehealth – video sessions – are now available at the urgent care, even for new patients!
- Longitudinal care from newborns to end of life care – we treat patients of all ages.
- Inpatient care at Pomona Valley Hospital Medical Center
- Procedural care: skin lesions, musculoskeletal procedures

(joint injections, dry needling, casting, etc.), OB/GYN procedures (IUD, Nexplanon placement, pap tests, colposcopy).

- Obstetrical care, including prenatal care, deliveries, and even Cesarean section when needed.
- Sports medicine, injury evaluation and treatment, preparticipation physicals.
- Urgent care (illness, injuries)
- Occupational medicine (done at our urgent care offices)—workers' comp, pre-employment physicals, and DOT physicals.

We also have a patient portal to view your health information, including test results and medical notes prepared by your provider. I encourage you to sign up and give it a try!

Thank you for trusting us with the care of your families and loved ones. It is our pleasure and privilege to continue to serve the local community.

Sincerely,

Dr. Olsen
President of Premier Family
Medicine Associates



URGENT CARE CLINIC NOW OPEN FOR ADULTS AND KIDS OF ALL AGES

Immediate care available for:

- Asthma
- Colds and Flu
- Children's Illnesses
- Infections
- Burns
- Minor Cuts and Lacerations
- Rashes
- Allergies
- Sprains
- Fractures
- Sports Injuries
- Bites and Stings
- Migraine Headaches
- And more

No Appointment Needed
909.479.5148

Open Monday-Friday: 8 am to 8 pm
Saturdays-Sundays and Most
Holidays: 9 am to 5 pm

PVHC Urgent Care Locations:
La Verne | Claremont | Chino Hills

Most Major Insurance Accepted

CHINO HILLS

2140 Grand Avenue
Chino Hills, California 91709

Family Medicine, Digital Radiology, Physical Therapy, Women's Health, Sports Medicine, Geriatric Medicine, Milestones Center for Child Development

CLAREMONT

1601 Monte Vista Avenue
Claremont, California 91711

Urgent Care (No Appointments-Walk-In Only)
Family Medicine, Occupational Medicine, Digital Radiology, Physical Therapy, Sleep Disorders Center, Women's Health, Geriatric Medicine, Sports Medicine, Milestones Center for Child Development

CHINO HILLS CROSSROADS

3110 Chino Avenue
Chino Hills, California 91709

Urgent Care (No Appointments-Walk-In Only)
Family Medicine, Occupational Medicine, Digital Radiology, Women's Health, Geriatric Medicine, Sports Medicine

POMONA

1770 North Orange Grove Avenue
Pomona, California 91767

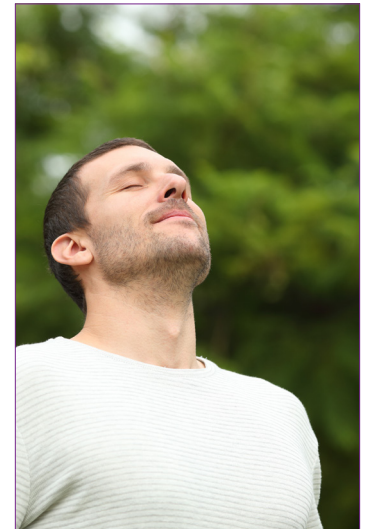
Family Medicine, Women's Health, Sports Medicine, Geriatric Medicine

LA VERNE

2333 Foothill Blvd.
La Verne, California 91750

Urgent Care (No Appointments-Walk-In Only)
Family Medicine, Occupational Medicine, Digital Radiology, Physical Therapy

Pomona Valley Health Centers



Introducing Post-COVID-19 Recovery

SCHEDULE YOUR APPOINTMENT TO RECOVER FROM CONTINUING COVID-19 SYMPTOMS.

Pomona Valley Hospital Medical Center provides a comprehensive Post-COVID-19 Recovery program designed to help patients recover from the continuing effects of the disease through specialized therapies and progressive exercise programs.

Having treated thousands of COVID-19 patients since the pandemic began in 2020, PVHMC's Rehabilitation Services is a leading caregiver for COVID-19 in Southern California. Unfortunately, many patients, some admitted to a hospital, and others not, are still suffering from persistent symptoms. Our outpatient department offers these individuals a program with the expert care and experience needed to get back to their previous lives, as quickly and safely as possible.

A one-stop multi-disciplinary program, PVHMC's Pulmonary and Cardiac Rehabilitation are nationally certified, and Physical, Occupational, and Speech Therapy are accredited by The Joint Commission. We have numerous board-certified specialists, and are one of the largest, most diverse and highly respected Rehab Departments in the region.

Working closely with the patient's physician, the program assures continuity and ongoing care.

Symptoms may include:

- Shortness of breath
- Fatigue
- Muscle aches
- Loss of mobility
- Balance problems
- Muscle deconditioning, weakness
- Irregular heart rate
- Decreased cardiac capacity
- "Brain fog"
- Swallowing problems

Our team evaluates symptoms, tests underlying conditions, and develops individualized treatment plans. The goal is to eliminate or improve symptoms and restore functional independence. Patients are reporting better breathing and oxygen levels, less fatigue and anxiety, longer walking times and a return to recreational activities and work.

Want to get started? – Individuals who had COVID-19, are no longer positive, but still experience symptoms or complications, should obtain a referral from their physician.

For information and appointments, call 909.865.9810.



**UNPARALLELED
FAMILY-CENTERED CARE
FROM THE FAMILY
DOCTOR YOU TRUST.**

Keeping Your Child's Health on Track with Your Family Doctor

Did you know that your family doctor can also provide pediatric care for your child? At Pomona Valley Health Centers, our board-certified family medicine physicians can provide comprehensive pediatric care, including routine wellness checkups and vaccinations / immunizations. There's nothing more assuring than trusting your primary doctor with complete care for your child – from birth to adolescence and adulthood.

Each child has different needs. To best serve our families and their children, our family doctors offer different levels of pediatric care, including regular wellness checkups and immunizations.

When your child is not feeling well, whether they have an ear infection, cough, or pink eye, our Urgent Care locations are also qualified to provide pediatric care. We also have a pediatric rehabilitation clinic, Milestones Center for Child Development, for childhood development programs and specialized therapies. At PVHC, we believe comprehensive pediatric care is the key to a lifetime of good health. When choosing the right pediatric care for your child or primary care physician for you or a family member, consider the familiarity, experience, and continuity of care we offer for the whole family.

Nitrous Oxide for Pain and Anxiety Relief During Labor

Pomona Valley Hospital Medical Center (PVHMC), one of California's most awarded hospitals for labor and delivery, is thrilled to announce we are the first hospital in the region to offer women the option of nitrous oxide for pain and anxiety relief during labor. Nitrous oxide, commonly known as laughing gas, is a tasteless, odorless gas with significant medical uses because of its pain – and anxiety-reducing effects.

"Nitrous oxide is an excellent option for women who want to control their pain during labor without the use of narcotics," said M. Hellen Rodriguez, MD, Medical Director for Maternal-Fetal Medicine.
"It does not limit mobility, slow labor or cause risk to the baby. It has a quick onset after it is inhaled and leaves the system quickly once its use is discontinued."

Nitrous oxide is self-administered by holding a small mask to the mouth to inhale the gas, so patients feel more control over pain relief. The effects are typically felt within just a few breaths, offering immediate relief of pain and anxiety. No needles are necessary. Once the mask is removed, the effects of the nitrous oxide quickly wear off.

"From my first breath, the nitrous oxide helped me to manage and cope with my pain," said Jessica Avila, Chino resident and one of PVHMC's first patients to utilize nitrous oxide.
"I had an epidural with my first child and didn't like the numbing sensation in my legs, so the nitrous oxide was an easy decision for me. I wasn't nervous or apprehensive because I knew that it wouldn't affect my baby."



RECEIVE SAFE PAIN RELIEF DURING LABOR

For more information,
visit www.pvhmc.org/N2O.