



UNC Family Medicine Patient Newsletter

August 2021

COVID Vaccinations Free at FMC

We care about your safety, and with COVID-19 levels on the rise again want to make sure you are able to get your vaccine! If you are an established patient with UNC Family Practice and age 12 and up, you can get a **free COVID-19 vaccine** here Monday through Friday 8:30am to 3:30pm. **Appointments are required – contact us in [My UNC Chart](#)** or call 984-974-0210 to schedule an appointment. UNC is now requiring all healthcare employees to be vaccinated to protect you and your loved ones – we hope you'll join us!

Getting vaccinated is safe, easy, and is important to protect yourself and those around you. If you missed the COVID Vaccine Frequently Asked Questions newsletter, read more about some of the FAQ's many people have regarding vaccines [HERE](#).

Charlie Lehmann, a patient of the Family Medicine Center and member of our Patient Advisory Council, let us know why he got his COVID vaccination:

"I wanted to get vaccinated as soon as it was available. I have confidence in the researchers who developed the vaccines and the agencies responsible for approving them. I got vaccinated because I wanted to protect my family and anyone else I came in contact with. Plus, I really like my life!"

Regardless of your vaccination status, our advice is to wear a mask to protect yourself and others!

Sign up for My UNC Chart!

Using myuncchart.org

Did you know that you can schedule an appointment, ask for a prescription renewal, ask your doctor a question, view test results, and more in [My UNC Chart](#)? Also, we may occasionally send you health information. Even better, [My UNC Chart](#) is **free** to all patients!

What is My UNC Chart?

UNC Health offers patients personalized online access to portions of their medical record. My UNC Chart enables you to securely use the internet to help manage and receive information about your health.

My UNC Chart may be used to:

- Request medical appointments
- View your health summary*
- View test results*
- Make payments for services*
- Request prescription renewals*
- Access trusted health information resources
- Connect with your providers to ask a question about a non-urgent need*
- Complete your medical history and questionnaires prior to your appointment



*Also accessible on the MyChart app available for iOS and Android.

myuncchart.org

How do I sign up?

1. Visit myuncchart.org.
2. Locate the "New User?" section of the website.
3. If you don't have an activation code, click on "Get Activation Code." If you have an activation code, click on "Use Activation Code."
4. Once you follow the steps in either the Sign Up or Activate Your Account process, you will be able to create a username and password to sign into your account.

If you need help with obtaining an activation code or have questions, call UNC HealthLink at (888) 996-2767.

Let's Talk Health with Drs. Dana Neutze and Niketa Williams



Dr. Neutze

Dr. Williams

Topic #1: Well-Child Checkups

With the start of school, we want to discuss checkups for children! Regular *Wellness Visits* or *Well-Child Checkups* are an important part of keeping children healthy. These visits happen regularly from newborn baby to adulthood. During the visits, we will check your child's overall health including: height, weight, hearing and vision. We will also give children common vaccines to prevent infections and illnesses like chickenpox, measles, whooping cough, and cervical cancer.

Providers will ask about safety at home and at school; health behaviors like diet and sleep habits; and social support such as relationships with family and friends or ability to use community services. Patients who are 12 and older may also be asked about mental health topics including depression, anxiety, and substance use.

Well-child checks give parents and patients the chance to speak with the provider to ask questions or to share any concerns about the health, wellness, and development of the child. At Family Medicine, we are here to support parents, caregivers, and kids as best we can to make sure all our patients stay healthy. Make sure your child is scheduled for their yearly check up!

Body Mass Index (BMI)

The weight and height measures that are taken at each Well-Child visit are used to track your child's growth over time. They are used to determine a Body Mass Index or *BMI*. BMI is an important number that helps us see if your child's weight is higher, lower, or around the same as other children that are the same age and sex. Higher BMIs indicate someone is overweight or obese.

Checking the BMI has always been important for both children and adults. However, it is really important to think about BMI now, because many children (and adults) who spent lots of time at home during the Covid-19 pandemic have been less physically active than they would have been if they were at school (or at work). Decreased physical activity during this time – possibly with less healthy eating habits – may have caused weight gain.

The CDC recommends that parents and caregivers help children to maintain a healthy weight by making sure that children:

- Eat healthy: Eating lots of vegetables, fruits, whole grains, low-fat dairy products, lean meats and beans, and drinking plenty of water is very important. Children should limit sugary drinks (including juice) and high-calorie foods that contain a lot of fat or sugar.
- Are physically active and limit screen time: Physical activity or exercise is any activity that makes the heartbeat faster. Children 3-5 years old should be active throughout the day. Kids 6-17 years old should get 60 minutes or more per day of physical activity. Limit time spent watching TV, playing video games, and using the internet to two hours per day, except for schoolwork.
- Get sleep: children 6-12 years old should sleep 9-12 hours per night, while 13-17 years old should sleep 8-10 hours per night. According to the CDC, "too little sleep ... makes [people] eat more and be less physically active."

Schedule your child for a start-of-school well-child check by reaching out to us on [My UNC Chart!](#)

Care Manager Feature: Siobhan Wulff & Lisa Biggs

We're excited to introduce you to two important members of our Maternal Child Health (MCH) team, Lisa Biggs and Siobhan Wulff! Lisa T Biggs, BA, is our Maternal Child Health Coordinator Specialist and Siobhan Wulff, MSN, FNP-C, IBCLC is our Perinatal Nurse Coordinator. Lisa and Siobhan work together to

provide our pregnant families with individualized, meaningful care and coordination during pregnancy and the weeks and months after delivery.



Lisa and Siobhan (middle) with members of MCH team Ami Goldstein and Narges Farahi

Lisa earned her degree at Elon University and has worked between University of North Carolina and Carolinas Medical Center for 30 years and counting. She started at UNC as a volunteer, with her first full time position at the Family Medicine Center in 1990. Lisa states, “It has been a joy to grow in this position and work in a department that really provides a high level of care for our prenatal and newborn patients.”

Siobhan began her career as a Registered Nurse in 1997. She worked as a labor and delivery nurse for 16 years and came to Family Medicine in 2014. Siobhan brings the perspective of a seasoned nurse who knows the great value of family centered mother baby care. Siobhan states, “Every day I witness the impact, value, and necessity of the family medicine model of care for pregnant women, mothers, newborns and families. I have a passion and desire to advocate, educate, and develop relationships that motivate and raise women up to feel confident and supported in decisions about their health and the health of their children.”

The Maternal Child Health team believe sensitive and meaningful communication during pregnancy can significantly predict prenatal care satisfaction, establish a relationship of trust, and provide opportunity for building a long-lasting relationship that will support women and families towards happy and healthy outcomes.

UNC Family Medicine provides prenatal and postpartum care as well as mother/newborn dyad care after the baby arrives. Families from our communities receive high quality family centered care from a multidisciplinary team of dedicated attending physicians, certified nurse midwives, resident physicians, a registered nurse, administrative specialists, medical assistants, and community resources. “Our prenatal care model is really unique,” says Siobhan, “Our goal is to continue individualized, family centered, care during pregnancy and provide a mother/baby care model that extends well into the postpartum period and the weeks, months, and years after delivery.”

To learn more about the program, contact Lisa Biggs at Lisa.Biggs@unchealth.unc.edu or (984) 974-4775, or reach out in [My UNC Chart](#).

Family Medicine in the Community – Reach Out and Read

Reach Out and Read (ROAR) is a nonprofit organization that incorporates books into pediatric care and encourages families to read out-loud together. The program facilitates language acquisition among young patients and helps to establish positive patient-physician relationships. As participants in the program, UNC Family Medicine is providing new books and advice on reading in the home beginning at the two-week check-up. Each time a child comes to a check-up appointment, they will receive a new, developmentally appropriate book to take home with them. In 2020, Family Medicine gave out 540 books, which was about half of the usual number due to appointments being made virtually during the pandemic. We have expanded our program to our UNC Family Medicine Durham and Carraway Clinics, and look forward to being able to give out more books in the year ahead! Dr. Gayle Thomas, who serves as the program director for Family Medicine, states: “We believe that parents sharing books at home with their kids regularly is an important part of healthy brain and relationship development!”



Dr. Catherine Coe with mother and child

Learn more about this program and other Community Health efforts at UNC Family Medicine [HERE](#).

Updates from the FMC

New Clinic Schedule

In case you missed it, the Family Medicine Clinic and Urgent Care hours were updated beginning on July 1st:

Family Medicine Clinic

Monday: 7:00 AM – 7:00 PM

Tuesday: 7:00 AM – 7:00 PM

Wednesday: 9:30 AM – 7:00 PM
Thursday: 7:00 AM – 7:00 PM
Friday: 7:00 AM – 5:00 PM
Saturday: 8:00 AM – 12:00 PM

Urgent Care

Monday-Friday: 7:00 AM- 9:00 PM
Saturday-Sunday: 12:00 PM – 5:00 PM

Want to keep up with the amazing work our faculty and staff are accomplishing? Follow [UNC Family Medicine](#) on social media!



UNC Family Medicine

uncfamilymedicine.org

(984) 974-0210

[click here to unsubscribe](#)

The logo for UNC Health Care Family Medicine is located on the right side of the blue footer bar. It features a white icon of a classical building with columns to the left of the text 'UNC' in a large, serif font. Below 'UNC' are the words 'HEALTH CARE' and 'FAMILY MEDICINE' in a smaller, sans-serif font, separated by a thin horizontal line.