



IT'S SAFE TO GET CARE AT MASON HEALTH

Current COVID-19 Notices

Vaccine Information

As of Jan. 20, 2021, Washington State's vaccination plan includes health care workers, first responders and most recently people in Phase 1, B1, which includes **people over the age of 65 and people who are 50 and older living in a multigenerational household.**

If you live in Mason County or are an established Mason Health patient, you can email covidvaccine@masongeneral.com to schedule an appointment for your vaccine. Additional methods of scheduling your vaccine may soon become available. Follow the most recent updates at www.masongeneral.com/about/covid-19.

Please keep in mind that Mason Health is receiving an extremely high volume of requests. You may not receive a reply right away, but you will be scheduled as soon as possible. We appreciate your patience as we navigate our vaccine rollout.

Mason Health will continue to work with Mason County Public Health to schedule large-scale vaccination events. Follow our website and social media posts for the most up-to-date information.



For more Covid-19 vaccine information:

- For Updates: www.masongeneral.com/about/covid-19
- For Information on mass vaccine events: Call **360-427-9670, Ext. 599**
- To check out state guidelines or find your vaccine phase: www.covidvaccinewa.org
- Additional information from Mason Health about the vaccine: Call **360-427-2395**
- Additional information from Mason County: www.co.mason.wa.us
- Follow Mason Health on Facebook, Instagram and Twitter

Visitor Restrictions and Gateway Office Closures

Mason Health still has several safety protocols in place to protect our patients.

- **No visitors allowed**, with limited exceptions.
- MGH Cafeteria is open to authorized visitors only.
- All community meetings, classes and support groups have been cancelled until further notice.
- **Health Information Management Office/Medical Records** is open from 8 a.m. to 4 p.m., Monday through Friday. Please call ahead at **360-427-9857**. Only 1 person in the office at a time.
- **Patient Accounts and Billing Office** is closed to the public until further notice. If you need help with your bill, call **360-427-3601**; from Allyn call **360-275-8614** and ask for the Patient Accounts Office. You can pay your bill online at www.masongeneral.com/payyourbill.
- The **Learning Center** is closed to the public. Call **360-427-3609** for more information.
- **Mason General Hospital Foundation** and the **Mason Health Development Office** is open by appointment only. Call **360-427-3623** or email foundation@masongeneral.com to schedule an appointment.

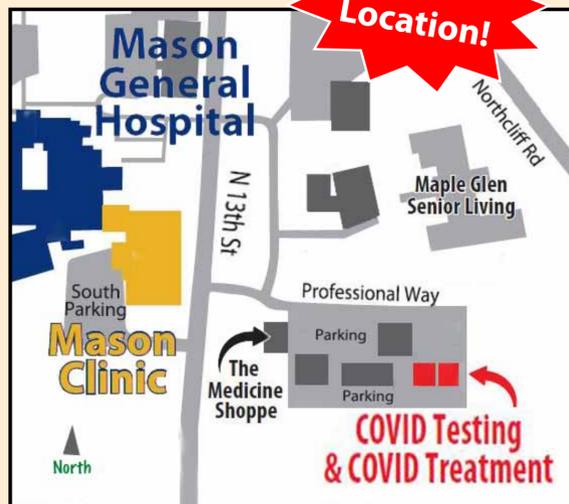


Covid-19 Testing and Treatment Update

Mason Health's COVID-19 testing and treatment sites have moved near The Medicine Shoppe on Professional Way in Shelton.

To be tested for COVID-19 or to see a health care provider if you are ill with symptoms of COVID-19, call the Nurse Triage Line at **360-427-3615**.

When at the **COVID Testing & Covid Treatment** site, follow directions on where to park. Please remain in your vehicle and follow the instructions on the parking sign or from the clinic staff.



Testimonial

"Dr. Rebecca Hendryx, MD, is an outstanding doctor. She is so easy to talk to and is committed to your health care needs. Her smile and personality will make you smile and feel comfortable about your visit.

Thank you!"



Rebecca Hendryx, MD
MGH Olympic Physicians

News Briefs

Special Kudos

Congratulations to **Amyrose Smith, RN**, Emergency Department for being selected as Mason Health's January *Employee of the Month*.

"There are so many amazing people at Mason Health. I have always really just liked to help people. Being a nurse in the Emergency Department is so interesting and educational."



February is American Heart Month

It's important to carve out time to take care of your heart health. Here are 5 tips to keep your heart healthy, from the American Heart Association, in honor of National American Heart Month this February.

- ❖ **Track Blood Pressure:** The American College of Cardiology and American Heart Association define normal blood pressure as a reading of less than 120/80 mmHg. Even in a pandemic, it's important to work with your health care provider to make sure you're getting accurate readings. If you use a home blood pressure kit, check it against a medical-grade device at least once a year at your doctor's office or clinic visit.
- ❖ **Keep an Eye on Blood Sugar:** Also known as blood glucose, blood sugar comes from the food you eat. In a fasting blood sugar test, readings of 100 to 125 mg/dL are considered prediabetes, which means a risk for developing Type 2 diabetes, which can lead to heart disease and stroke. You can monitor at home or in a doctor's office.
- ❖ **Assess your Cholesterol Intake:** A blood test will show levels of different types of this substance, linked to cardiovascular disease. A doctor can use these results, along with the other numbers, to give a detailed assessment of heart disease risk.
- ❖ **Calculate your Body Mass Index or Waist Measurement:** You can use an online calculator to track these measures of obesity. Research shows that waist-to-hip ratio measurements may be a better indicator of heart attack risk than BMI, especially in women. Go over your results with your health care provider.
- ❖ **Get Some Sleep:** Adults need at least 7 hours of sleep a night. Research from the Centers for Disease Control and Prevention found sleeping less than six hours a night or more than nine was associated with poorer cardiovascular health.

Schedule a visit with your health care provider if you would like to discuss your cardiovascular health. Call 360-426-2653 to schedule an appointment with a provider at Mason Clinic.

Mason Health

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Mason Health does not discriminate on the basis of patient's age, race, ethnicity, national origin, gender identity or expression, sexual orientation, religion, culture, physical or mental disability, financial status or condition (including the terminally ill or dying), limited English, visual, hearing or learning impaired.

Mission

United Community, Empowered People, Exceptional Health

Vision

Provide the best patient-centered care in the Pacific Northwest.

Values

Service & Relationships



Follow us on social media!