



WISHING YOU AND YOUR FAMILY

Happy Holidays

Happy Holidays from all of us at Praxis Health!

As we approach the end of another year, we want to take a moment to express our gratitude for allowing us to be a part of your healthcare journey. It has been a privilege to serve you, and we sincerely appreciate the trust you have placed in us. As the new year unfolds, we want to extend our warmest wishes to you and your loved ones. May the coming year bring you good health, joy, and moments of peace. Remember that you are not alone on this journey. Our team is here to support you every step of the way, and we look forward to continuing to provide you with the highest quality care in the coming year.

**Thank you for entrusting us with your health,
and here's to a bright, healthy, and happy new year!**

Warmest Regards,
Your Team and High Lakes Health Care



NOW ACCEPTING NEW PATIENTS!


Quick Facts About Our Provider

- Dr. Little's greatest enjoyment and interest is in outpatient Internal Medicine
- He believes in shared decision-making and creating treatment plans best suited to each patient's priorities and long-term goals.
- His hobbies include snowboarding, mountain biking, rock climbing, and spending time exploring Bend as a family.

Services that we offer include:

 Internal Medicine

Schedule an Appointment Today!


 [\(541\) 389-7741](tel:(541)389-7741)



Joshua Little, DO

High Lakes Health Care

 929 SW Simpson Suite 300
Bend, Oregon 97702

 (541) 389-7741

Become a New Patient!



Scan QR Code

NOW ACCEPTING NEW PATIENTS!



Rachael Smith, DO

Quick Facts About Our Provider

- Dr. Smith specializes in gynecologic conditions such as chronic pelvic pain, endometriosis, uterine fibroids, abnormal uterine bleeding, infertility, and cervical insufficiency.
- Dr. Smith has a passion for caring for women with chronic pelvic pain and endometriosis, a disease that impacts 1 in 9 women.
- Dr. Smith is a dedicated mother to three young children and two dogs. She and her husband enjoy all things outdoors.

Services that we offer include:



Gynecology

Schedule an Appointment Today!



(541) 389-7741

High Lakes Gynecology



2195 NW Shevlin Park Road
Bend, Oregon 97703



(541) 389-7741

Become a New Patient!



Scan QR Code



High Lakes Urgent Care

PRAXIS HEALTH



We Are Growing!

High Lakes Urgent Care is Open in Redmond!

We are pleased to announce that we have opened a new High Lakes Urgent Care location in Redmond!

Contact Us



(541) 389-7741



Mon - Fri: 8am - 7pm

Sat: 8am - 5pm

Sun: Closed



645 NW 4th Street,
Redmond, OR 97756



HighLakesHealthCare.com

WINTER STORM PLANNING TIMELINE

A few days out

If the forecast calls for winter weather, start preparing now.



Have emergency supplies for your home and car



Check your smoke and carbon monoxide detectors



Replenish fuel for your car and heating sources

The day before

Forecast accuracy continues to improve, so keep checking the latest.



Adjust your plans



Have multiple ways to receive Warnings



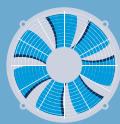
Bring pets indoors and ensure they have water

During & after

Remain vigilante and stay informed. Drive only if necessary.



Check on neighbors and family



Properly ventilate emergency heat sources.



Take it easy when shoveling



Keep generators at least 20 feet from your home



Find out more at [Weather.gov](https://www.weather.gov)

TIPS SO YOU DON'T SLIP



Icy surfaces can lead to serious injuries



1. Prevent Ice Formation

Salt walkways



2. Walk on non-icy surfaces

Surfaces that are salted or with traction



3. Wear proper footwear

Preferably rubber treads and extra grip



4. Take your time with each step

Slow, short steps are best

Find out more at [Weather.gov](https://www.weather.gov)

Stay Safe This Winter!

High Lakes Health Care

COLD IMPACTS: **Vulnerable Populations**



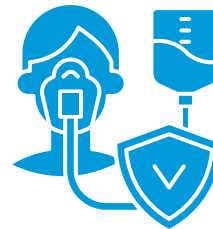
Newborns



Elderly



**Outdoor
Workers**



**Chronic
Illness**



Unhoused

Everyone is at risk from the dangers of the extreme cold, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.



Dress in loose layers and cover all exposed skin



Consume hot foods and warm drinks, but avoid caffeine and alcohol



Limit or avoid time outdoors



Check on family, friends, and neighbors

Find out more at [Weather.gov](https://www.weather.gov)

Stay Safe This Winter!

High Lakes Health Care