High Lakes Health Care
PRAXIS HEALTH

Annual Wellness Visits

Preventive Care That Helps You Stay Healthy. Often at No Cost to You!



Many patients avoid scheduling appointments because they worry about cost, especially with high deductible health plans. What many people don't realize is that Annual Wellness Visits and preventive care visits are **often covered at 100% by insurance.**

These visits are designed to help you stay healthy, catch problems early, and create a plan for your long-term health!

Why Preventive Care Matters

Early detection can make a big difference. Annual Wellness Visits can help identify or prevent conditions such as:

- ☑ High blood pressure
- ☑ Diabetes
- ☑ High cholesterol
- ☑ Heart disease
- ☑ Depression and anxiety
- ☑ Osteoporosis
- ☑ Certain cancers

Covered at 100% for Many Patients

Most insurance plans, including Medicare and many commercial insurance plans, cover preventive wellness visits at no cost to the patient.*

This means many patients pay: $0 out-of-pocket for the preventive portion of the visit

If additional medical concerns are addressed during the appointment that go beyond preventive care, additional charges may apply depending on your insurance plan.

**Coverage may vary by insurance plan. Patients should verify benefits with their insurance carrier.*

Schedule an Appointment Today!

Schedule Now

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Tick Season in the Pacific Northwest

Learn how to stay safe this summer

Late spring through midsummer is peak tick activity across Oregon, Washington, and Idaho; especially in tall grasses, brushy trails, and along the edges of wooded areas. Most tick bites are harmless, but a small percentage can transmit illness, and tick-borne diseases like Lyme disease, Rocky Mountain spotted fever, and tularemia have been confirmed in the Pacific Northwest.

Tick Season Tips:

The good news: prevention is straightforward and highly effective.



Stay on the center of trails when possible as ticks typically wait in the brush along edges

Do a **full tick check** within 2 hours of coming inside including scalp, behind ears, waistband, and behind knees



Use **EPA-registered repellents** containing DEET, picaridin, or permethrin (for clothing)



Shower and tumble-dry clothes on high heat for 10 minutes to kill any ticks you missed



Wear light-colored long sleeves and pants when hiking through grass, so ticks are easier to spot.

If You Do Find a Tick Attached, Don't Panic

Remove it promptly with fine-tipped tweezers, pulling straight up with steady pressure. Then watch the bite for 30 days. If a rash, fever, fatigue, or joint pain develops, then it's time to seek medical attention.

Concerned about a tick bite?

Call your local Praxis Health Clinic or visit your local urgent care

Find your clinic at:

GoPraxisHealth.com

Sources: https://www.cdc.gov/ticks/prevention/index.html
https://www.oregon.gov/oha/ph/diseasesconditions/communicabledisease/pages/ticks.aspx
https://doh.wa.gov/public-health-provider-resources/public-health-system-resources-and-services/local-health-resources-and-tools/zoonotic-diseases/tick-surveillance

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Allergy Season is Here: Know What's in the Air

Spring has arrived in the Willamette Valley and so has pollen season. If you've been sneezing, experiencing itchy eyes, or feeling congestion, you're not alone. Understanding what's triggering your symptoms can help you manage them better.

What Are Pollen Counts?

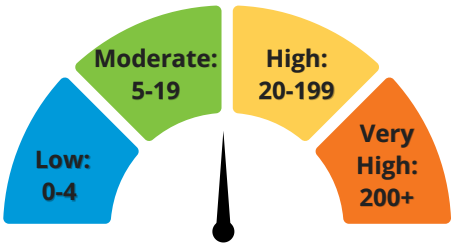
Pollen counts measure the number of pollen particles per cubic meter of air over a 24-hour period. Oregon Allergy Associates tracks daily pollen levels using a specialized air sampler in downtown Eugene—one of only about 50 stations nationally reporting data to the National Allergy Bureau.

What we count:

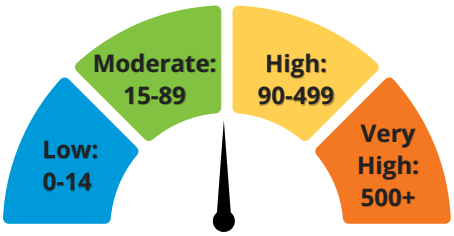
- Grass pollen (peaks late spring/summer)
- Tree pollen (peaks early spring): Alder, Ash, Birch, Cottonwood, Oak, Pine, and more
- Weed pollen (peaks late summer/fall)

Understanding Pollen Levels

Grass Pollen Scale



Tree Pollen Scale



Did You Know?

Pollen counts are typically higher on warm, dry, windy days, especially in the morning.

Tips to Reduce Allergy Symptoms

- ☑ Check pollen counts daily at OregonAllergyAssociates.com/pollen-counts
- ☑ Limit outdoor time on high pollen days
- ☑ Use air conditioning with a HEPA filter
- ☑ Keep windows closed in your home and car
- ☑ Take allergy medications before symptoms start

When to See an Allergist

If over-the-counter medications aren't controlling your symptoms, or if allergies are affecting your sleep, work, or daily life, we can help. We offer:

- Comprehensive allergy testing
- Personalized treatment plans
- Immunotherapy (allergy shots)
- Expert care from board-certified allergists