

HELLO SPRING

## spring into action

In spring, all is hopeful. There's new life abound. As the arrival of spring brings a longing for outdoor activities we hope you'll continue to turn to us to inspire your good health.

VISIT US



KEEPING YOU SAFE

## change is in the air

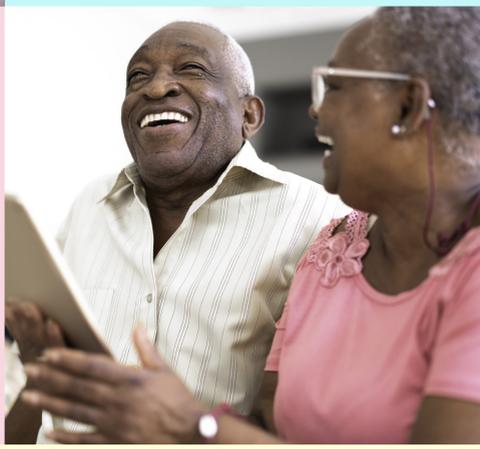
To ensure our patients and our employees remain safe, we've changed a few things. Read the full statement from our CEO.

READ HERE

## virtually endless possibilities

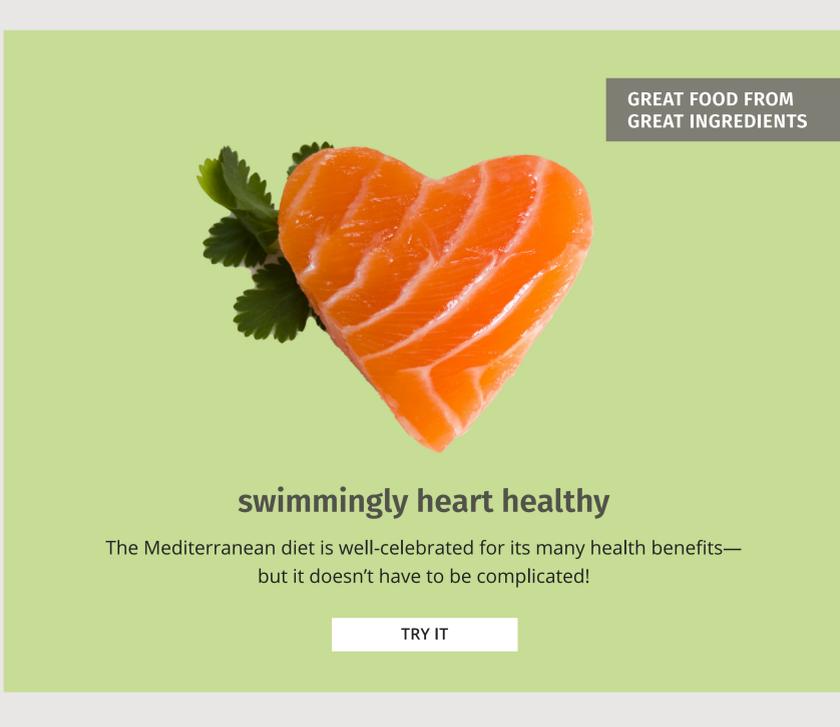
When a global virus changed our world overnight we were ready. With Telemedicine every patient - new or established - has the ability to connect to us virtually from the safety of their home.

TELEMEDICINE



## fresh ideas

In this new reality each day brings challenges and opportunities. When your busy life gets the best of you give yourself a focal point to keep moving in the right direction. Stop, breathe, and imagine a peaceful scene to help ease your mind.



GREAT FOOD FROM GREAT INGREDIENTS

## swimmingly heart healthy

The Mediterranean diet is well-celebrated for its many health benefits— but it doesn't have to be complicated!

TRY IT



## don't forget your mask

For your safety and ours, please wear a mask to your appointment. Below are simple tips on how to make your own mask.

MAKE YOUR OWN

## prescription refills delivered to your door

We've added even more safety enhancing features to reduce exposure. With Telemedicine your doctor can instantly send electronic prescription refills to our Florida Medical Clinic Pharmacy. Delivered to your door, typically within 24 hours.

TELEMEDICINE



## building memories

Spring is in the air. While family gatherings are on hold, family fun remains a priority. Build new memories with FaceTime family activities and improve your mood and your day.

LET THE FUN BEGIN



LIVE BETTER

## simply feel alive

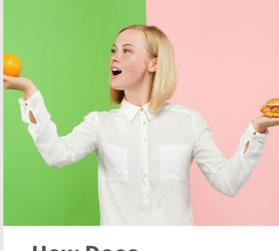
Spring restores life. Cultivate the right healthy habits today for who we become tomorrow. Learn how to have more energy, boost your immune system, sleep better, and simply feel alive.

READY SET GO

### FROM THE BLOG

## stick to the facts

Medical advice without the appointment featuring blogs from Florida Medical Clinic doctors.



**How Does Intermittent Fasting Work? Benefits of Fasting for Health & Longevity**  
Kim Chism, MPH, RDN

READ MORE



**Keeping You Safe at Florida Medical Clinic – A Message From Our CEO**  
Joe Delatorre, CEO

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**Stress and Pregnancy - 6 Tips for Reducing Stress in Pregnancy**  
Meggan Jaramillo, CNM

READ MORE



## remember to pause and reflect

Remember to pause at 3pm on Memorial Day from whatever you are doing to reflect on the sacrifices made by so many to provide freedom to all.



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