



NICE NEWSLETTER | MAY 2020

# Quick, easy access with video visits.



## At Nice Healthcare, all care starts with an online chat or video visit.

If you are feeling sick, coughing, sneezing, wheezing, etc., the last thing you want to do is get out of bed, get ready, and drive over to a germey clinic.

Nice Healthcare offers video visits through the Nice Healthcare web and mobile app and brings you acute care, wellness, and chronic disease management all in the comfort of your own home or office.

It's quick and easy, and best of all, you can stay right where you are! Start by scheduling a visit with Nice. The visit schedule is available via the app at any time and it takes seconds to log into your account and navigate to the 'appointments' tab.

Book now, then talk to our care team to get the help you need right away!



### Scheduling a video visit is simple and easy!

- 1 Download the Nice Healthcare App on Apple or Android. Create an account, then login
- 2 Add members of your household under the 'Accounts' tab
- 3 In the 'Appointments' tab, tap on 'Book Appointment', then fill out the intake form and select the time that works best for you

## May is National Arthritis Awareness Month

**What is Arthritis?** Arthritis is a commonly known condition from joint inflammation that causes pain and stiffness and can worsen with age. There are different types of arthritis with different causes including wear and tear, infections, and underlying diseases. Some signs of arthritis are pain and stiffness in and around one or more joints. Depending on the type of arthritis, symptoms can develop suddenly or gradually over time due to increasing levels of physical activity or age.

**What should I know about Arthritis?** If you have arthritis, participating in joint-friendly physical activity can improve your arthritis pain, function, mood, and quality of life. Joint-friendly activity also means low impact, which means those activities put less stress and wear on the body, reducing the risk of injury. Examples of joint-friendly activities include walking, biking, and swimming.

### There are several ways to manage and prevent arthritis:

1. Learn new self-management skills
2. Be active
3. Manage your weight
4. Protect your joints
5. Schedule a chat or video visit with a Nice Healthcare provider

### CARE TEAM SPOTLIGHT



**Zachary Mattson**  
PA-C

"I love getting the chance to make a difference in patient's lives and I love feeling so strongly supported by the entire Nice team!"