

Ride the wave



to
good
health!



Get Your

COVID-19 Vaccine

Have you received your Dose of Hope?

Get your COVID-19 vaccine to help you and your family stay healthy. Visit darenc.com/departments/health-human-services/coronavirus/covid-19-vaccine for information on how to do so here in Dare County.

The COVID-19 vaccines are proven to be highly effective and to dramatically reduce hospitalizations and deaths related to the virus.

COVID-19 will be in our community for a long time. It's important to get vaccinated and then maintain vigilance in masking, hand hygiene and social distancing when and where appropriate.



**SPREAD THE LOVE.
SHARE THE HOPE.**

You

have the
ability to
be healthy
and stay
healthy.



Ride the Wave to Good Health with Your Screenings and Immunizations

It's time to put your health first and schedule important annual screenings and immunizations for you and your family members. COVID-19 protocols are in place at all our facilities, and it's as safe as ever to partner with us to improve your health and well-being.

Schedule your wellness visit today. Consult your insurance company if you have questions regarding out-of-pocket costs. For information about insurance accepted at The Outer Banks Hospital, please visit theouterbankshospital.com/patients-visitors/insurance/.

Women's Schedules – Ages 18 to 21

Wellness Visits	Every year.
Screenings	Cervical cancer screening: First Pap test starting at age 21.
	HIV test: One time during adulthood (through age 64).
	Mammogram: Can self-refer screening at age 40.
Immunizations	Hepatitis C test: One time during adulthood (through age 79).
	Tetanus-diphtheria: Every 10 years.
	Flu vaccine: Every year.
	HPV: Immunization recommended through age 26.

Women's Schedules – Ages 22 to 49

Wellness Visits	Every year.
Screenings	Cervical cancer screening with Pap test: Every three years through age 29. For women ages 30 to 65, screening every 3 years with cervical cytology alone, every 5 years with high-risk human papillomavirus (hrHPV) testing alone, or every 5 years with hrHPV testing in combination with cytology (cotesting).
	Chlamydia test: Every year for sexually active women through age 24.
	HIV test: One time during adulthood (through age 64).
	Mammogram: Can self-refer screening at age 40.
	Cholesterol check: Every five years beginning at age 40.
	Blood pressure check: Every visit.
	Hepatitis C test: One time during adulthood (through age 79).
Immunizations	Colorectal cancer screening: Starting at age 45.
	Tetanus-diphtheria: Every 10 years.
	Flu vaccine: Every year.

Women's Schedules – Ages 50 to 64

Wellness Visits	Every year.
Screenings	Cholesterol check: Every five years.
	Blood pressure check: Every visit.
	Colon cancer screening: Discuss with provider to determine best method.
	HIV test: One time during adulthood (through age 64).
	Cervical cancer screening with HPV test: Every five years.
	Mammogram: Every two years. Discuss with provider.
Immunizations	Hepatitis C test: One time during adulthood (through age 79).
	Tetanus-diphtheria: Every 10 years.
	Flu vaccine: Every year.
	Shingles vaccine: For age 50 and older (two-dose series).

Women's Schedules – Ages 65 and Older

Wellness Visits	Every year.
Screenings	Cholesterol check: Every five years (through age 75).
	Blood pressure check: Every visit.
	Vision and hearing checks: Every year.
	Colon cancer screening: Discuss with provider.
	Mammogram: Every two years. Discuss with provider.
	Bone density test: Recommended for women age 65 and older.
Immunizations	Hepatitis C test: One time during adulthood (through age 79).
	Tetanus-diphtheria: Every 10 years.
	Pneumococcal vaccine: Two different vaccine. One time for age 65 and older.
	Flu vaccine: Every year.
	Shingles vaccine: For ages 50 and older (two-dose series).

Men's Schedules – Ages 18 to 21

Wellness Visits	Every year.
Screenings	HIV test: One time during adulthood (through age 64).
	Hepatitis C test: One time during adulthood (through age 79).
Immunizations	Tetanus-diphtheria: Every 10 years.
	Flu vaccine: Every year.
	HPV: Immunization recommended through age 26.

Men's Schedules – Ages 22 to 49

Wellness Visits	At least once every 4 years. After age 40, annually.
Screenings	Blood pressure check: Every visit.
	Cholesterol check: Every five years, beginning at age 40.
	HIV test: One time during adulthood (through age 64).
	Colorectal cancer screening: Starting at age 45.
	Hepatitis C test: One time during adulthood (through age 79).
Immunizations	Tetanus-diphtheria: Every 10 years.
	Flu vaccine: Every year.

Men's Schedules – Ages 50 to 64

Wellness Visits	Every year.
Screenings	Blood pressure check: Every visit.
	Cholesterol check: Every five years.
	HIV test: One time during adulthood (through age 64).
	Colon cancer screening: Discuss with provider about the best method.
	Prostate cancer screening: Discuss with provider.

Men's Schedules – Ages 50 to 64

Screenings (Continued)	Abdominal aortic aneurysm (AAA) screening: One-time screening for men ages 55-64 who have a family history of AAA (parent, brother or sister).
	Hepatitis C test: One time during adulthood (through age 79).
Immunizations	Tetanus-diphtheria: Every 10 years.
	Flu vaccine: Every year.
	Shingles vaccine: For ages 50 and older (two-dose series).

Men's Schedules – Ages 65 and older

Wellness Visits	Every year.
Screenings	Blood pressure check: Every visit.
	Cholesterol check: Every five years (through age 75).
	Vision and hearing checks: Every year.
	HIV test: One time during adulthood (through age 64).
	Colon cancer screening: Discuss with provider.
	Prostate cancer screening: Discuss with provider.
	Abdominal aortic aneurysm (AAA) screening: One-time screening for men age 65 and older with any smoking history.
Immunizations	Hepatitis C test: One time during adulthood (through age 79).
	Tetanus-diphtheria: Every 10 years.
	Flu vaccine: Every year.
	Shingles vaccine: For age 50 and older (2-dose series).
	Pneumococcal vaccine: Two different vaccine. One time for age 65 and older.

Other Important Health Exams and Screenings

Dental Exam

Go to the dentist once or twice every year for an exam and cleaning. Your dentist will determine whether you have a need for more frequent visits.

Eye Exam

If you have vision problems, you should have your eyes examined. If you have diabetes, you should have your eyes examined every two years. Your provider may recommend more frequent eye exams if your exam was abnormal.

Hearing Test

Have your hearing tested if you have symptoms of hearing loss.

Infectious Disease Screening

The U.S. Preventive Services Task Force recommends screening for hepatitis C. Depending on your lifestyle and medical history, you may need to be screened for infections such as syphilis, chlamydia, HIV, as well as other infections.

Lung Cancer Screening

You should have an annual screening for lung cancer if you are 50+ AND you have a 20-pack-a-year smoking history AND you currently smoke or have quit within the past 15 years. Discuss with your provider.

**Every day
is another
opportunity
to live
healthier
and to be the
best version
of you.**



Get Connected to Your Health

Have you signed up for MyChart?

MyChart is Vidant Health system's free online patient portal and is a great way to stay informed about your health, connect with your physicians and nurses, and feel more confident in your health. There's even a mobile app so you can stay connected wherever you go.

- Schedule appointments and eCheck-in
- Initiate e-visits for minor conditions
- Request prescription refills
- Communicate directly with your doctor's office
- View test results, immunization records and physician notes
- See health information, treatment plans and discharge instructions
- Receive alerts and reminders
- Pay bills

Sign up today at VidantHealth.com/MyChart or visit any Outer Banks Medical Group office to receive your activation code. It's free and available for all Outer Banks Hospital and Medical Group patients.

Virtual Care Options

Can't wait until the doctor's office opens? Don't feel well enough to drive? Our virtual care options are convenient telephone or video appointments that do not require a physical exam. They're perfect for conditions that aren't serious but have the potential to derail your plans — like a cold, sinus infection, allergies and ear problems.

E-Visits through your MyChart patient portal account

If you have been seen by an Outer Banks Medical Group provider within the past 12 months and have a MyChart account, you can initiate an e-visit. An e-visit is a secure, inexpensive and convenient way to communicate with your provider about certain non-urgent conditions and receive a response within one business day. It costs \$15 per visit.

Simply log on to MyChart and select “e-visit” under the ‘Messaging’ menu. You’ll be asked to select a chief complaint (see examples below), provider and pharmacy and to enter demographic information, allergies and medications. After answering questions about your symptoms, your e-visit will be sent to your provider to review. For urgent needs, call your provider.

- Cough
- Sinus problem
- Urinary tract infection
- Conjunctivitis (pink eye)
- Back pain
- Diarrhea
- Headache
- Heartburn
- Vaginal discharge/irritation

VidantNow, our 24/7 online doctor video visits

VidantNow is perfect for conditions that aren’t serious but have the potential to derail your plans — like a cold, sinus infection, allergies and ear problems.

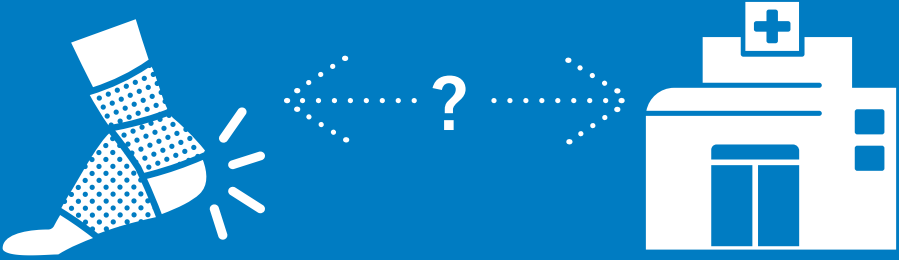
VidantNow lets you speak directly with a doctor 24/7 on any device that has internet access. It costs \$49, which is sometimes less than your office copay.

Visit [VidantNow.com](https://www.vidantnow.com) or call toll free **888-575-2522**.

Top 10 conditions treated:

- Sinusitis
- Upper respiratory infection
- Bronchitis
- Urinary tract infection
- Sore throat
- Cough
- Strep throat
- Influenza (flu)
- Conjunctivitis (pink eye)
- Cystitis

Urgent Care or Emergency Room?



Urgent Care

Minor injuries
& ailments

Emergency Room

Life-threatening
conditions



You're close to feeling better.

Knowing when to visit the Emergency Department and Urgent Care is important. To learn more, visit [TheOBH.com/Where-to-Go-for-Care](https://www.theobh.com/Where-to-Go-for-Care).

When to visit Urgent Care

If you are experiencing an illness or injury that is not life-threatening but shouldn't wait for a scheduled appointment with your primary care provider, Urgent Care may be the answer. Visit one of our Urgent Care facilities below:

[- The Outer Banks Hospital Urgent Care Center – Kitty Hawk, NC](#)

[- The Outer Banks Hospital Urgent Care Center – Nags Head, NC](#)

Visit Urgent Care if you experience any of the following:

- Cough
- Diarrhea
- Fever
- Flu
- Minor burn
- Minor cut
- Stomach pain
- Skin rash
- Sprain or strain
- Vomiting
- Wheezing

When to visit the Emergency Department

The Outer Banks Hospital offers 24/7 emergency care. If you are experiencing any of the following, seek emergency medical care at your closest emergency room or call 9-1-1:

- Broken bone
- Chest pain
- Drug/alcohol overdose
- Poisoning
- Seizure
- Serious burn
- Severe allergic reaction
- Stroke
- Sudden dizziness
- Trouble breathing

Advance Care Planning

You have the power to make your own decisions about your future healthcare, including end-of-life care, now. Advance care planning is a process that helps you decide what care you want or don't want if you are faced with a health crisis and are unable to communicate for yourself.

The best time to plan ahead is when you are well and not in a health crisis. If your choices for future healthcare are known, they can be respected.

Having a conversation with your healthcare provider(s) is a great place to start. Discuss your thoughts with your family, friends or those closest to you. These choices should be talked about with the people who would most likely be involved in making decisions on your behalf.

Advance directives may include any or all of the following:

- Healthcare Power of Attorney – must be signed, witnessed and notarized
- Living Will – must be signed, witnessed and notarized
- Medical Orders for the Scope of Treatment (MOST) – a doctor's order, signed by you and your doctor, kept with you at all times
- Do Not Resuscitate Order (DNR) – a doctor's order, signed by you and your doctor, kept with you at all times
- Advance Instructions for Mental Health Treatment – must be signed in front of two witnesses and a notary

We have an easy-to-use, and easy-to-understand form that combines the healthcare power of attorney and living will. See your doctor for the MOST and DNR forms.

- Contact the Advance Care Planning (ACP) Team about uploading your completed ACP document at AdvanceCare@VidantHealth.com
- Download an ACP toolkit at VidantHealth.com/AdvanceCare and get started

If you would like additional information, please email us at AdvanceCare@VidantHealth.com and we will have an experienced ACP coordinator reach out to you.

My Health Checklist

COVID-19 Vaccination

Annual Wellness Visit

My Screenings

My Immunizations

My Medications List

Have signed up for MyChart

My Advance Care Planning



We want you and your family to
live healthier, happier lives.

Thank you for choosing The Outer Banks Hospital
and Medical Group as your healthcare partner.