HealthCoach

Timely, trusted advice from Outer Banks Health



Know Your Numbers Before the New Year

As the year winds down, knowing your numbers is one way to stay connected to your health and feel prepared for the year ahead. Understanding measures such as cholesterol, A1C, weight, BMI and blood pressure can give you a clearer picture of your health and help you make informed choices about how you want to feel throughout the holiday season. Blood panels such as enzyme function and vitamin levels can also provide valuable insight. With a better understanding of where you stand, you can head into the new year feeling confident and ready for all the activities, celebrations and traditions ahead. After all, good health could be one of the greatest gifts of all.

Knowing your numbers can help prevent a life-changing health event. Make plans in 2027 to talk with your primary care provider about the preventive care plan that is right for you.

Call the Primary Care Access Line today.
(252) 449-4540

In need of a primary care provider? Outer Banks Health is accepting new patients. Call the Primary Care Access Line today at **(252) 449-4540** to get connected with a provider that best fits your needs. OBH also offers free screenings through its mobile health vehicle, the Health Coach. See the back of this newsletter to find out where the Health Coach vehicle will be next. Your health is a gift worth giving yourself.

Staying Healthy Through the Holidays

Enjoy holiday festivities and maintain healthy habits! Instead of trying to be perfect, restricting foods or postponing healthy habits, focus on making balanced choices that support your well-being. Here are three practical tips you can use this holiday season.

- **Be mindful of portions!** Noticing how much you put on your plate helps your body recognize when satisfaction is met, and supports blood sugar regulation and digestion and helps prevent overeating. Don't fret if you eat more than usual at one meal. Simply return to your normal routine at the next meal.
- **Stay active!** Physical activity supports your circulation and blood pressure, digestion and energy. Take a walk after a meal, play with the kids, clean the house — just keep moving!
- **Stay hydrated!** Busy schedules, travel and a variety of food and drinks can make it easy to forget about water. Staying hydrated can help you feel energized, support sleep, digestion and mood.

Looking for a simple way to navigate health and well-being information? Head to ThriveOBX! Explore digestible information and resources, including Nourish Guidelines and healthy recipes, by scanning the QR code or visiting www.ThriveOBX.com.



Mike Miller's Unexpected Lifesaving Blood Pressure Check

Hear from Outer Banks local Michael "Mike" Miller about a startling wake-up call from a blood pressure check during a regular appointment at Outer Banks Health Orthopedics & Sports Medicine. Now 40 pounds lighter and focused on managing his health, Mike emphasizes the importance of regular checkups and knowing your numbers!

To read Mike's story, scan the QR code or head to www.OuterBanksHealth.org/MikeMiller.

The content in Health Coach *is not intended for diagnosing or prescribing. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.* Health Coach *is published bimonthly by Outer Banks Health, which is a part of ECU Health and Chesapeake Regional Healthcare.*

Outer Banks Health™

November/December 2026

Education, Support and Community Events

Prenatal Resources & Education

OBH offers free resources to support families throughout pregnancy and beyond. These classes provide resources for every stage of the journey. Scan the QR code to register for classes or learn more.

Prenatal Yoga Class

Tuesdays: Nov. 3, 10, 17, 24 & Dec. 1, 8, 15, 22 | 5:30 p.m. – 6:45 p.m.
OBH Medical Office Building, Seahorse Room | 4810 S Croatan Hwy, Nags Head

Childbirth Education Classes

Wednesdays: Nov. 4 & 18 and Dec. 2 & 16 | 5 p.m. – 7:30 p.m.
OBH Medical Office Building, Port Room | 4810 S Croatan Hwy, Nags Head

Stroke Support Network

Outer Banks Health offers a free support group for stroke survivors and caregivers. For more details and to register, contact Robin South, RN, at 252-449-4554 or by email at Robin.South@outerbankshealth.org.

Tuesdays: November 3 and December 1 | 11 a.m. – noon
OBH Medical Office Building, Port Room & Virtual | 4810 S Croatan Hwy, Nags Head

Menvember Event: More than the Mustache...An Evening on Men's Health

GO SHAVELESS MENVEMBER FOR MEN'S HEALTH

Grow your best beard or mustache for men's health! Join Dr. Amanda Pond, urologist; Dr. Charles Shelton, radiologist; and Dr. Michael Reddy-Miller, hospitalist, for an informative session on men's health and well-being. Topics will include new procedures offered at OBH, advances in prostate screening and cancer treatment, and how collaborative specialty care has helped improve outcomes for patients on the Outer Banks, where the mortality rate is now below state and national rates. Learn about screenings and how to stay healthy at every age. Scan the QR code to reserve your spot.

Monday, November 9 | 5:30 p.m. – 7 p.m.
3 Tequilas Mexican Restaurant | 804 S Croatan Hwy, Kill Devil Hills

Family & Friends CPR

Join Becca Eilert, RN, for this American Heart Association CPR course. Learn adult Hands-Only CPR, CPR with breaths, AED use and how to respond to choking emergencies. Child and infant CPR may be covered if time allows. Space is limited. Scan the QR code to register.

Tuesday, November 17 | 5:30 p.m. – 6:30 p.m.
OBH Medical Office Building, Seahorse Room | 4810 S Croatan Hwy, Nags Head

Support for Cancer Patients and Their Caregivers

OBH offers free support groups for those affected by cancer. For more information and to register, please contact Janet Creef, LCSW, by calling 252-449-2314 or by email at Janet.Creef@outerbankshealth.org.

Cancer Patient Education Series

Wednesday, November 4: Adopting Mindfulness | 3 p.m. – 4 p.m.
Wednesday, December 2: Self-care | 3 p.m. – 4 p.m.

Coping with Cancer Support Group

Wednesdays: November 11 and December 9 | 11 a.m. – noon

Breast Cancer Support Group

Wednesdays: November 18 and December 16 | 11 a.m. – noon

Caring for the Caregiver

Wednesdays: November 25 and December 23 | 11 a.m. – noon
Cowell Cancer Center | 4927 S Croatan Hwy, Nags Head

The Blood Connection Blood Drives

Nov. 20

Dec. 19

The Blood Connection will be hosting community blood drives on the Outer Banks. Walk-ins are welcome; appointments take priority. To make an appointment, scan the QR codes or visit thebloodconnection.org. All donors will receive an e-gift card. OBH team members: present your badge at arrival.

Friday, November 20 | 8 a.m. – 1 p.m.
Outer Banks Health | 4800 S Croatan Hwy, Nags Head
Saturday, December 19 | 10 a.m. – 3 p.m.
Outer Banks Family YMCA | 3000 S Croatan Hwy, Nags Head

Walktober Community Celebration

Celebrate all of the hard work, competition and steps you took this past October, or, Walktober! Recognize category winners, enjoy fun activities and a featured group walk. This free community event is open for all, and details are listed on www.ThriveOBX.com/Walktober.

Saturday, November 7 | 1 p.m. – 3 p.m.
Dare County Parks & Recreation | 602 S Mustian St, Kill Devil Hills

Power of Art Expression Workshop

Nov. 19

Dec. 10

Enjoy free workshops for cancer patients, caregivers and survivors. Space is limited. Register at DareArts.org/workshops to reserve your spot.

Wednesdays: November 18 and December 16 | 2 p.m. – 4 p.m.
Cowell Cancer Center Education Room | 4927 S Croatan Hwy, Nags Head

Namaste with the Sharks



Join us for a free yoga class in the aquarium! Open for all, the gate opens at 5:15 p.m. Please bring a yoga mat and water. This class fills up quickly! Scan the QR code to register. Questions? Call 252-449-4529.

Thursdays: November 19 and December 10 | 5:30 p.m. – 6:30 p.m.
NC Aquarium on Roanoke Island | 374 Airport Rd, Manteo

FIT Colon Cancer Screenings & Flu Vaccines

Individuals aged 50–75 will be offered an at-home fecal immunochemical test (FIT) kit used to screen for colon cancer. Kits can be picked up; individuals must attend the Monday event to receive individual results. Flu vaccines will also be available for ages 18–64. Walk-ins are welcome if appointments are available. Screenings will take place on the Health Coach vehicle. Scan the QR code to reserve your spot. Questions? Call 252-449-9183.

FIT Pickup: Friday, Dec. 4 | Drop-off: Monday, Dec. 7 | 10 a.m. – 1 p.m.
Manteo Library | 700 Hwy 64/264, Manteo

Walk with a Doc

Join Outer Banks Health providers every other weekend to walk & talk all things health! Visit outerbankshealth.org/events for details, including locations & times.

Community Flu Vaccines & Wellness Screenings

Outer Banks Health is offering free flu vaccines to individuals ages 18–64. Ages 65+ will need to see their provider or pharmacy for the higher-dose flu vaccines. Walk-ins are welcome if appointments are available. Time permitting, we will offer free wellness screenings, which include: blood pressure (BP), heart rate, cholesterol, blood sugar and body mass index, as well as health coaching. All screenings will take place on the OBH Coach vehicle in the parking lot. Scan the QR code to register. Questions? Call 252-449-9183.

Monday, November 2 | 10 a.m. – 1 p.m. **Flu vaccines & BP checks only*
Baum Senior Center | 300 Mustian St, Kill Devil Hills
Friday, November 6 | 10:30 a.m. – 1 p.m. **Flu vaccines only*
Outer Banks Family YMCA | 3000 S Croatan Hwy, Nags Head
Tuesday, November 10 | 4 p.m. – 6 p.m. **Flu vaccines only*
Outer Banks Health Hospital | 4800 S Croatan Hwy, Nags Head
Thursday, November 12 | 11:15 a.m. – 1 p.m.
Baum Senior Center | 300 S Mustian St, Kill Devil Hills
Monday, November 16 | 1:30 p.m. – 4 p.m. **Flu vaccines only*
Community Care Clinic of Dare | 425 Health Center Drive, Nags Head
Tuesday, November 17 | 4 p.m. – 7 p.m. **Flu vaccines only*
First Flight Winter Market at Aviation Park | 103 Veterans Dr, Kill Devil Hills
Thursday, November 19 | 9 a.m. – 11 a.m. **Flu vaccines & BP checks only*
Town of Duck | 1200 Duck Rd, Duck
Thursday, November 19 | 12:30 p.m. – 3:30 p.m. **Flu vaccines & BP checks only*
Town of Kitty Hawk | 101 Veterans Memorial Dr, Kitty Hawk
Tuesday, December 1 | 4 p.m. – 6 p.m. **Flu vaccines only*
Outer Banks Health Hospital | 4800 S Croatan Hwy, Nags Head
Friday, December 4 | 10 a.m. – 1 p.m. **Flu vaccines only*
Manteo Library | 700 Hwy 64/264, Manteo

Lunch & Learn: MyChart Informative Session & Flu Vaccines

Lunch & Learn

Flu Vaccines

As a patient at Outer Banks Health, you have access to MyChart, a free online patient portal. Join us to learn more about the platform and connect one-on-one with our MyChart Digital Literacy Team for support with troubleshooting, setting up or activating your MyChart account and learning about helpful features and tools to better manage your care both locally and with your specialists. Flu vaccines will be available for those 18–64. Walk-ins are welcome if appointments are available. Scan the QR codes to register. Questions? Please call 252-449-4529.

Friday, November 6 | 10:30 a.m. – 1 p.m.
Flu Vaccines: 10:30 a.m. – 1 p.m.
MyChart Table in Lobby: 10:30 a.m. – 11:30 a.m.
Lunch & Learn: 11:45 a.m. – 12:45 p.m.
Outer Banks Family YMCA | 3000 S Croatan Hwy, Nags Head

National Diabetes Month Health Fair and Lunch and Learn

Join us for a Lunch & Learn featuring a healthy meal and a conversation with OBH Hospitalist Dr. Michael Reddy-Miller about setting achievable, personalized health goals and making lifestyle choices that can help prevent type 2 diabetes. Connect with local nonprofits and agencies, including the Dementia Friendly Coalition, Children & Youth Partnership and Dare County Sheriff's Office. Unwanted prescriptions and animal medications can be collected for safe disposal. Information and support for Advance care planning, free flu vaccines for adults ages 18–64 and wellness screenings will also be available. Scan the QR code to register.

Thursday, November 12 | 11:15 a.m. – 1 p.m.
Baum Senior Center | 300 S Mustian St, Kill Devil Hills

Tree of Hope Lighting

OBH Tree of Hope is a special evening of remembrance, strength and hope for all patients and their loved ones. Hear inspiring stories from patients, families and healthcare heroes, enjoy music from the First Flight Middle School chorus, create a hope bracelet and honor someone with a luminary. Luminaries can be purchased by scanning the QR code. Questions? Call 252-449-5933.

Tuesday, December 15 | 6 p.m.
Outer Banks Health Hospital | 4800 S Croatan Hwy, Nags Head

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