

JEFFERSON COMMUNITY

# Health & Life



FAIRBURY CLINIC

## COMMUNITY CONNECTION

*Inspiring a  
Lifetime of  
Health*

Volume 1, Issue 2

Fall 2023

*Inspiring healthy  
living by providing  
exceptional health  
and life services  
for every person,  
every time.*

### It's not too late to beat the Flu!

It's not too late to get an influenza vaccine! Influenza vaccinations may be given at a clinic visit or you may schedule an appointment specifically for an influenza vaccination.

If you are making an appointment for a clinic visit, please let the scheduler know you would like an influenza vaccine at that appointment. Or to make a specific influenza vaccine appointment, call 402-587-5188. Please be prepared to leave your name, and a phone number where you can be reached.

When you arrive for your appointment, please check in at the registration area.

To receive your vaccine, please wear clothing which allows easy access to your arm. Bring your health insurance card and a photo ID. Most major insurances and Medicare cover the influenza vaccine. There will be a fee the day of your vaccination if you are a private pay patient.

If you have questions or need more information, please call JCH&L's vaccine line at 402-587-5188.

### Fighting Breast Cancer Takes Everyone! Get screened

*To schedule an appointment, please call 402-729-6841.*

October is breast cancer awareness month. For a screening mammogram you do not need a referral or order from your health care provider. Ask your health care provider what is recommendation for you for screenings. Some factors are your age, health history and family history. Don't wait, call today!

JCH&L Radiology offers 3D digital mammography. Also check out our Women's Health Day, which allows women to get their mammogram, annual lab work, DEXA scan if needed, and annual wellness screening all in about 3 hours. In addition to their medical services, they receive a free breakfast and a hand massage or mini-manicure.



# Our Providers

At JCH&L Fairbury Clinic we have 5 Doctors- Sean Flor, M.D., Madhav Narayan, M.D., Craig Shumard, M.D., Rebecca Stroklund, D.O. and Brett Wergin, M.D. 4 Family Nurse Practitioners- Kirisha Afuh, FNP-C, Carolyn Ferguson, FNP-C, Megan Knutson, FNP-C and Keegan Williams, FNP-C. 2 Physician Assistants- Bryce Taylor, PA-C and Kensly Williams, PA-C. Our providers are passionate about helping our patients and want to work in a rural area to make a difference. Same day appointments available. **Accepting new patients!**



Dr. Flor



Dr. Narayan



Dr. Stroklund



Dr. Shumard



Dr. Wergin



Kirisha  
Afuh



Carolyn  
Ferguson



Megan  
Knutson



Bryce  
Taylor



Keegan  
Williams



Kensly  
Williams

## Do you have questions?

### Q: Can I get my CDL/DOT exam completed at the clinic?

A: Yes, Dr. Flor, Dr. Shumard and Dr. Stroklund are all Certified Medical Examiners and can do these exams. You can schedule by calling the clinic at 402-729-3361 and pressing option 1.

### Q: What if I am out of refills on my prescription?

A: Please call your pharmacy at least 5 days prior to running out of your medication. This allows the pharmacy to process your request and send this to your provider to approve. If you have not been seen in 1 year or more by your provider please call 402-729-3361 opt. 1 to schedule your appointment.

### Q: Why was my yearly labs not covered at 100% under wellness?

A. When you have a chronic condition such as Hypertension, Diabetes, or problems with your cholesterol, it is an insurance requirement to add that diagnosis when submitting to insurance. That then makes the test diagnostic.

**Diagnostic Test:** A test that is used to help determine a condition for a patient based on symptoms. This can also be used to monitor a current diagnosis or chronic health condition. For example, if a patient has a diagnosis of high cholesterol and the provider orders a cholesterol panel to check levels, this would be a diagnostic test. This would not be covered as wellness under a screening benefit.

**Screening Test:** A test ordered by a provider when no signs or symptoms of a disease are present. For example, when a provider orders a screening cholesterol panel on a healthy patient, insurance would cover this as wellness under their screening benefits

### Q: I am interested in seeing one of the specialists — what do I have to do?

A: Specialty clinics do require a referral from your family medicine provider. We encourage you to see your family medicine provider first to discuss why you are interested in seeing a specialist. They can help you determine if that is appropriate.

# Men's Health Consultations

To schedule an appointment, please call 402-729-3361, option 1.

## Privacy is our Top Priority

Have you had questions regarding the following topics or wanted more information about something specific to Men's Health?

- Low libido (sex drive)
- Insomnia
- Depression/anxiety
- Erectile dysfunction
- Male pattern hair loss
- Enlarged prostate
- Weight loss
- Urinary incontinence
- STI testing/concerns
- Alcoholism
- Infertility
- Scrotal pain/masses
- Smoking cessation
- Fatigue (low energy)



Bryce Taylor, PA-C, will consult with you about your Men's Health needs.

Consultations are offered monthly for Men's Health topics and covered by most insurances similar to other routine office visit appointments. Copays and deductibles may apply depending on your insurance carrier. Lab services may be subject to deductibles.

## Aesthetics Available at JCH&L

Aesthetic treatments are available at Jefferson Community Health & Life, with services provided by Kirisha Afuh, FNP-C. JCH&L is now accepting appointments for free consultations. To make an appointment for a consultation or treatment, please call 402-729-6851. JCH&L offers both cosmetic and therapeutic injections.



Cosmetic neurotoxin injections can relax the muscles and makes lines or wrinkles less noticeable on areas of the face and neck associated with facial expressions or pain. Areas most frequently treated are around the eyes, forehead and lips.

Cosmetic injections (removing or reducing wrinkles) are typically not covered by insurance. For cosmetic injections, payment is required the day of treatment. JCH&L will offer a Cosmetic Neurotoxin Loyalty card program. Free consultations are offered for cosmetic services. At your consultation, you can discuss your needs, procedure recommendations and costs.

Therapeutic neurotoxin injections may be covered by some insurances for certain medical conditions. Therapeutic neurotoxin injections for medical treatment will typically be referred by a health care provider.

Afuh received certificates through Aesthetics Medical Educators Training and the American Academy of Facial Aesthetics. Her training included hands-on work with patients.

To make an appointment, call 402-729-3361, option 1.

## Patient Portal

JCH&L Patient Portal Web address: <https://jchealthandlife.ighealth.com>

Current patients at least 19 years of age with a social security number on file can use the self enrollment link: <https://jchealthandlife.ighealth.com/self-enroll/>

If you have questions, please call 402-729-3351 and ask for Patient Portal information.

For Release of Health Information requests and authorized representative requests, please call the JCH&L release of information line at 402-587-5221.

2200 H St. P.O. Box 277  
Fairbury, NE 68352

## Scheduling

To schedule an appointment, please call 402-729-3361, and choose option 1.

When calling for an appointment you may be asked who your primary care provider is. If you do not have a primary care provider please consider choosing one of our providers. You may always see another provider when needed if your primary care provider is not available. We have same day appointments available. If you have an immediate need we should be able to get you in with a care provider.

If you are scheduling for a visit due to illness you will be asked your symptoms. You may be asked to park on the Southwest side of the clinic and enter through our Negative Pressure area if you have two or more symptoms of illness which have been going on for 5 days or less or if you have tested positive for COVID. If your symptoms are outside of those criteria, you can enter through the main entrance but will be asked to wear a mask during your time inside for the protection of our staff and other patients.

## New Appointment Reminder System

We are working on the implementation of a new appointment reminder system that will send phone call or text message reminders and will allow our patients to communicate back with us via text message in certain instances.

## Have a question for your provider or the nurse?

The Patient Services department at the Fairbury Clinic is a team of nurses that are ready to help you. These friendly nurses will assist you with any needs that may arise while you outside of the clinic and can help with questions such as:

- ◆ Am I up to date on my immunizations?
- ◆ Do I need to see my doctor?
- ◆ What is this medication and what is my dose?
- ◆ Can I get a handicap permit?

For medication refills we recommend that you call your pharmacy, they will send us a request electronically. However, if you have contacted your pharmacy and still have question or problems, please contact us.

**Nurse Injection Hours:** M-Th 9:30 a.m.- 11:45 a.m. and 2:00 p.m. – 4:15 p.m. & Fri. 9:30 a.m.- 11:45 a.m. and 2:00 p.m. – 3:30 p.m.

**When you have questions, JCH&L Fairbury Clinic's Patient Services Department is ready to find you answers. Call 402-587-5181 OR 402-729-3361, ext. 5023.**

## Important Dates

- ◆ Women's Health Days: Nov. 21
- ◆ Aesthetics: Oct. 26, Nov. 9, Nov. 21, Dec. 5, Dec. 22, Dec. 29
- ◆ Men's Health Consultation Days: Oct. 24, Nov. 20
- ◆ National Rural Health Day: Nov. 16, stop by the Fairbury Clinic to celebrate the Power of Rural