

## Healthnetwork Pulse

June 2020

Friends,

We've all been putting things off for the past few months (did you get a haircut yet?). But now, as things settle into a new normal, there's no need to delay getting the medical care you need. All the top hospitals in our network are prepared to serve you, and we are here to help you get connected to the right place — not just for a major health crisis, but also for the smaller stuff.

For example, we can help you schedule:

- Virtual visits with specialists
- Elective surgeries
- Your annual Executive Health Physical

No matter what your health needs, please do not hesitate to call us at 866-968-2468 or [make a request online](#). We are here for you.

Thank you for your time and support.

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### Taking Your Health Questions Straight to the Top

Dr. Richard Lang is not only one of the preeminent authorities on Executive Health, he was also one of the very first physicians to partner with Healthnetwork almost 30 years ago. Earlier this year we sat down with Dr. Lang and asked him to address some of the common questions he is asked by his C-suite patients. Questions like:

- Should I take an aspirin every day?
- Is Intermittent Fasting helpful?
- Should I get a whole-body scan?

You can see [Dr. Lang's answers to these and more questions here](#).

*PHOTO: Richard Lang, MD, MPH, Chair of the Department of Executive Health at Cleveland Clinic*





### **My Telehealth Experience**

I'd heard about telehealth, but never done a virtual doctor's visit myself. Since Healthnetwork was how I got the appointment in the first place, I figured I would ask them if it might be possible to do the consultation virtually. They were 100 percent up for making it happen.

My experience with telehealth was so positive, I might be taking advantage of it even after all this COVID-19 stuff settles down. You get the benefit of a specialist opinion without the hassle of leaving your home. Why not? Read [Steve's story here](#).

### **It Was Just a Doctor's Appointment. Nan Didn't Think She Needed Help...**

When Nan Haver first heard about her access to Healthnetwork, her initial thought was, "Why do I need them to do something I am capable of doing myself? It's just a doctor's appointment."

But then a public speaking coach suggested she see a doctor about a tremor in her voice. That's when Nan realized how beneficial her Healthnetwork access actually was! [Read Nan's Story](#)





## Don't Miss our Spring Magazine

If you enjoy hearing directly from our partner physicians and reading stories from your peers within Healthnetwork, you won't want to miss our Spring 2020 magazine, featuring:

- Angel Alvarez
- Ronac Mamtani, MD, MSCE
- George Myers
- Kim Kotora, Healthnetwork's new VP
- Susie Papé

Catch up on these stories here in [our digital magazine](#).

**Healthnetwork Foundation** is a nonprofit whose mission is to improve medicine for all by connecting business leaders with leading hospitals to provide the best access to world-class care and increase philanthropic funding for medical research.

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