

## By Your Side

Fall 2024



Headaches in Children: What You Should Know

Headaches can interfere with school, sports and other activities. Find out what triggers this common problem and the different treatment options that can help.

Learn more







**How to Talk to Your Doctor About Mental Health** 

Come Visit Us! Summit Health Fair Lawn and Bridgewater, NJ

<u>Learn more</u>

We're expanding! Our new state-of-the-art locations offer comprehensive primary and specialty care services in one convenient location.

> <u>Learn more - Fair Lawn, NJ (opened 9/16)</u> <u>Learn more - Bridgewater, NJ (opens 10/21)</u>

Mark Your Calendar for Medicare Annual Enrollment Period (AEP): Oct. 15 to Dec. 7.

Medicare can be confusing, but you're not alone. We can connect you to a trusted partner who will guide you through the various parts of Medicare and help you understand your options, costs and benefits.

Learn more

Flu shots are here! Are you seeing a Summit Health provider soon? Don't forget to get your yearly flu protection. You can also walk into any CityMD location and get immunized today.





## **Specialty Care Corner**



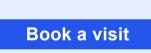
Clocking Vertigo: How Long Does Vertigo Last?



Beating Pericarditis: Strategies for Relief and Recovery

## Need care right away? CityMD is here.

From earaches to sprains and sports clearance forms, our urgent care partner CityMD is here when your back-to-school needs can't wait. Walk in or book an appointment.





## Resources on the go







Summit Health + CityMD app

Find a Summit Health provider







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