

CHECK-IN for a CHECK-UP WITH YOUR HOOSIER DOCTOR



Routine Health Care Still Matters

Many people have avoided routine health care due to the COVID-19 outbreak, which has led to medical emergencies and even deaths that could have been avoided.

Heart attacks, strokes, diabetes and other health issues won't wait for the coronavirus to run its course, and neither should you. Well visits, important screenings and vaccinations still need to be maintained by you and your family. Follow these guidelines to get the preventive treatment you need while doing your part to prevent further spread of COVID-19.

DO NOT avoid going to the ER out of fear of COVID-19.

DO NOT allow a health care concern to worsen.

DO NOT assume your doctor is too busy treating patients with COVID-19 to see you.

DO NOT be afraid to use telehealth for exams that can be safely and privately conducted over the phone or Internet.

DO go immediately to the ER for emergency treatment.

DO call your doctor to report any health care concerns.

DO follow through on regularly scheduled appointments per doctor's recommendations.

DO check with your doctor first before going into the office and let them suggest the next steps in your continued care.

While all Hoosiers are doing what they can to fight COVID-19, your everyday health is important, too. Contact your doctor and check in for your check-up today.

HOOSIER DOCTORS
are here for you!



ISMA is a professional association of over 8,500 physicians, residents and medical students. Learn more at [HoosierDoctors.org](https://www.HoosierDoctors.org).