

# Sharp Rees-Stealy

## Your Partner in Employee Wellness

As one of the largest, most comprehensive medical groups in San Diego County, we offer services such as primary and specialty care, occupational medicine, laboratory, physical therapy, radiology, pharmacy and urgent care.

- ✓ Established in 1923
- ✓ More than 580 physicians at medical centers across San Diego County
- ✓ Most of the care you need under one roof
- ✓ Almost all health insurance plans accepted

### Customized wellness for your workforce

Employers who invest in employee wellness benefit from increased workforce productivity and reduced turnover. As your partner in wellness, Sharp Rees-Stealy offers free customizable webinars to educate and invigorate your employees, as well as virtual health fairs, culinary medicine cooking webinars and will work with your staff.

#### Nutrition

- Be Well Culinary Medicine: Interactive Cooking Webinars
- Healthy Eating on a Budget
- Navigating Through a Fast Food World
- Busy, Stressed, and Food Obsessed
- Nutrition Basics: Eat Better, Think Better, Feel Better
- Calorie Traps and Nutrition Mishaps
- Trending Now: Which Diet is Right for Me?
- Holiday Weight Management: Surviving Feasting Season

#### Fitness

- Maintaining an Active Lifestyle
- Beginning a New Exercise Program

#### Lifestyle

- How to Create and Maintain Healthy Habits During COVID-19
- Ten Steps to a Healthier You
- Practical Tips to Lose Weight and Keep it off
- Mindful Living: Strategies for Managing Stress
- Healthy Habits for Healthy Kids
- Optimizing Work from Home Health



Contact us today to schedule a free wellness presentation, customized to your organization by calling 858-262-6402.

# Convenient Care

## Options for Patients

### Video and Phone Visits With Your Doctor

Many Sharp Rees-Stealy doctors offer video and phone visits for certain medical conditions and follow-up appointments. By scheduling a video or phone visit, you can connect with your doctor from your home, office or anywhere that's convenient for you and your device. To learn more, visit [sharp.com/videovisits](https://sharp.com/videovisits).

### Manage Your Health Care with FollowMyHealth®

Access your personal health information anywhere, anytime using FollowMyHealth® — a secure, personal and easy way to manage your health care online. Schedule appointments, view test results, message your doctor and more — all from the convenience of your computer, tablet or smartphone. Visit [sharp.com/followmyhealth](https://sharp.com/followmyhealth) to get started.

### After-Hours Pediatric Appointments

After-hours pediatric care is available every day for those times when your sick child needs to see the doctor outside of regular office hours. To make an after-hours appointment, call **858-499-2701** after 2 p.m. on weekdays and any time on weekends and holidays. Children are seen by appointment in the Pediatric After-Hours Clinics in Chula Vista, La Mesa and Sorrento Mesa.

### Urgent Care Centers

When you need urgent medical care, we have five locations open, including weekends and holidays. View wait times at [sharp.com/urgentcare](https://sharp.com/urgentcare) and you'll also be able to save your spot.

### Virtual Urgent Care Visits

Meet with a Sharp Rees-Stealy doctor virtually when you need urgent care. 8 a.m. to 8 p.m. daily. Visit [sharp.com/get-care/virtual-urgent-care](https://sharp.com/get-care/virtual-urgent-care) to learn more.

Contact us today at **858-262-6402**.