

How Can We Help You?

At Sharp Rees-Stealy, we understand that aging comes with unique needs and concerns. You can trust in us to provide extraordinary care and a range of resources — tailored to your specific community.

Our experts offer free virtual presentations on a variety of topics, including:

Nutrition

- Healthy Eating on a Budget
- Heart Disease: What is My Risk?
- Nutrition Basics: Eat Better, Think Better, Feel Better

Fitness

- Beginning a New Exercise Program
- Maintaining an Active Lifestyle

Lifestyle

- How to Create and Maintain Healthy Habits During COVID-19
- Understanding Medicare
- Ten Steps to a Healthier You
- Prescription Safety



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

Sharp Rees-Stealy accepts almost all health insurance plans.

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.

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 to get started.

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 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 to learn more.

Full-Service Pharmacies

We make prescription orders and refills easy and convenient for you by offering online ordering, home delivery, and curbside pick-up options. To refill a prescription, call any of our pharmacy locations or submit your request online at sharp.com/pharmacy. Online orders will be delivered to your home within three business days. Sign-up for TimeMyMeds® and coordinate five or more of your prescriptions to be ready on the same day each month at no extra cost, including free delivery.

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