

ROBOTIC SURGERY AVITA WELCOMES GENERAL SURGEON JUSTIN DOBLE, MD P8

ELITE RUNNER. ELITE DOCTOR. AVITA'S RUNNING MEDICINE EXPERT p10



MEET ALLIE FIRST BABY BORN AT AVITA ONTARIO HOSPITAL **p5** Welcoming new providers to the Avita Team!

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new **PROVIDERS**



Justin Doble, MD General Surgery 1593 Olentangy Rd, Galion 710 Richland Mall, Ontario 419-468-7785



Samantha Brocwell, CNP Joint Replacement 715 Richland Mall, Ontario 419-709-8650



Pamela Grassick, CNP Family Medicine 130 Hill St, Bucyrus 270 Portland Way S, Galion 419-468-8323

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Avita also offers specialized pediatric services, includina:

- occupational therapy
- physical therapy
- speech therapy
- and much more

In Memory of a Beloved Doctor

Lawrence Leone, DO

April 19, 1958 – July 2, 2022

A truly amazing doctor is hard to find, difficult to part with, and impossible to forget.

We are grateful for Dr. Leone and his 33 years of selfless In the rare moments when Dr. Leone wasn't practicing service in Crawford County. He cared for countless patients throughout his medical career, which included guitar, walking for miles, hanging out 27 years as the medical director at Avita Home Health and Hospice (Home Care Matters). Throughout his practice, Dr. Leone served as a family medicine physician, the hospitalist director and inpatient rehabilitation medical director at Avita Galion Hospital, medical director at Magnolia Terrace, Orchard Park, and Maplecrest Assisted Living, and as an emergency room physician. He will always be remembered for his kindness, humor, and compassion for patients.

medicine, he enjoyed gardening, strumming on his on the beach, and spending quality time with family and friends.



Find The Right Pediatrician For Your Child

At Avita Health System, our pediatric team is expertly trained to care for children from newborns to young adults. As children grow and develop, it is vital that they are cared for by a pediatrician who understands their physical, emotional, and psychological needs. Having a pediatrician long-term helps provide exceptional care, making your child's healthcare experience better.

Since children are naturally wary of those they don't know, building trust and gaining familiarity between your child and





dam Bihl. MD[°] Family Medicine 567-307-7835



ather Kremin, DO

Pediatrics



Rvan Hohman, MD Pediatrics

Galion 419-462-3862 419-563-9865

Cheryl Clay, MD

Pediatrics

419-756-8511

their pediatrician is an important aspect to cultivating a healthy relationship. Through one-on-one interaction, your pediatrician will see more than what is in your child's chart on a computer. They will see your child as a person and have various interactions and conversations. This relationship provides your pediatrician with a better understanding of your child and allows for better decisions about their health care needs. When our care team understands your child's needs, they will receive the most efficient and effective care.



FALL2022

WE **WE BABIES**

At Avita, we want every mom to have the best birthing experience and every baby to be born in a safe, compassionate environment. That's why generations of new moms continue to trust us to deliver their babies. We use the most advanced technology and security features to keep you and your baby safe while maintaining a comfortable, home-like atmosphere. Our knowledgeable and caring staff, including three DAISY Award winners, go above and beyond to provide the best possible care for you and your little one.

Maternity Care at Galion and **Ontario Hospitals**

Avita's OB/GYN Team

Baby warmer

Our Galion Hospital

Maternity Unit has been providing services to Crawford County and the surrounding area for more than 80 years. We brought that same level of commitment to Richland County with the addition of the only LDRP (labor, delivery, recovery, postpartum) Maternity Unit in the region at Ontario Hospital earlier this year.

Allie FIRST BABY BORN AT AVITA ONTARIO HOSPITAL

Vleet

Jami and Grant were excited and nervous for the birth of their for our baby. From swaddling to breastfeeding, we left feeling that daughter, especially being the first to deliver in a new maternity wing. But the experienced staff at Avita Ontario Hospital calmed we were given the best possible their nerves by providing them with exceptional care. Jami had this start. We loved the pediatrician, to say about their birthing experience, "We had the honor of being Dr. Harriz, so much we have the first family to deliver at the new maternity ward at the Ontario continued seeing him. And the location of Avita Health System. I could never say enough about our room...oh my goodness. It was experience. On what would be one of the most memorable days of so spacious and comfortable. our lives, Avita's staff could not have done a better job of exceeding After sharing a few photos, I had our expectations on every level. My husband, Grant, and I are several friends comment that first-time parents and were admittedly pretty nervous. We were they couldn't believe how nice treated like family from the moment we walked through the doors. and BIG our room was. The food was also incredible. Nurses never left our side, but were never overwhelming. They did It was just a first-class experience all around. Today, Allie is thriving an amazing job educating us on everything from what to expect and is the sweetest, happiest little girl. We can't thank Avita enough at each new phase of labor and childbirth to how to best care for the incredible experience on the birth of our baby."









Gwendoline Fang, MD Ontario 567-307-7663

AVITA MATERN



Tyler Huggins, MD Galion 419-468-0111



Sherri Gillam, CNP Galion 419-468-0111



Ami Hay, CNP Galion 419-468-0111







Bucyrus





Women's Care



Allison M. Pruett, MD



Alyssa Sickle, MD



Michael J. Subit, MD

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Risk factors for heart failure include coronary artery disease, heart attack, high blood pressure, smoking, age, obesity, high cholesterol, and diabetes.

Heart Falure Cline

Pictured: Hannah McKee, CNP (left) and Errol Williams, MD with a patient

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Specialized Treatment for Congestive Heart Failure

Heart failure has been one of the leading causes of hospitalizations for decades, in fact, it was designated an emerging epidemic in 1997 due to a rise in hospital admissions. Fast forward 25 years – 6.5 million Americans are living with heart failure and the diagnosis is projected to increase 46 percent by 2030, according to the American Heart Association.

What is heart failure? It occurs when the heart isn't pumping an adequate supply of blood throughout your body. Your cells aren't getting the oxygen and nutrients that they need to function normally, which can damage your organs and lead to other heart conditions. Your heart is technically still working, but it is weak and struggling to keep up. Heart failure is a serious medical condition that often worsens over time, but expert treatment can help.

\bigotimes 6.5 million Americans are living with heart failure

failure treatment, which has been shown to relieve symptoms and slow or stop disease progression. Our team of expert cardiologists are committed to improving the quality and quantity of life for each patient. Our treatment is individualized and dependent on the symptoms and severity of illness, but may include patient education, lifestyle changes, medication management, therapy, and minimally-invasive surgery. With one-on-one

The Avita Heart Failure Clinic provides dedicated heart

heart failure treatment, we aim to improve patient health outcomes and reduce hospital readmissions.

Do I Have Heart Failure?



Common symptoms include:

- Fatigue
- Weakness
- Shortness of breath
- Swollen legs, feet and abdomen
- Fast or irregular heartbeat
- Dry cough or wheezing

Avita Heart Team



Michael Davis, MD, MBA Medical Director of Cath Lab Services Interventional Cardiology Vascular Medicine



Ernest Gumprecht, MD General Cardiology



James Kim, MD



Wisam Martini, MD Interventional Cardiology Vascular Medicine



Joseph Mayo, MD, PhD Interventional Cardiology



William Polinski, DO, PhD General Cardiology



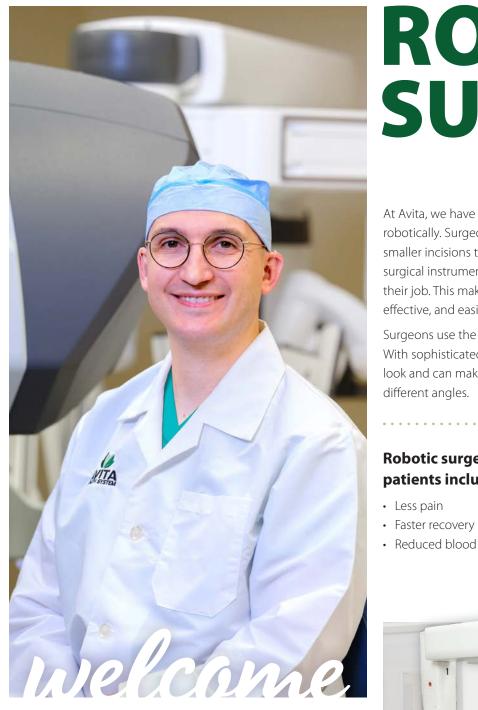
Errol Williams, MD General Cardiology



Hannah McKee, CNP General Cardiology

To schedule an appointment at the Avita Heart Failure Clinic, call 419-462-4600.

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JUSTIN DOBLE, MD - GENERAL SURGERY

Dr. Doble earned his Medical Doctorate from the University of Utah School of Medicine. He completed a residency in general surgery and an academic research fellowship in minimallyinvasive and bariatric surgery at Penn State Milton S. Hershey Medical Center. Dr. Doble continued his training at The Ohio State University with a fellowship in minimally-invasive surgery with an emphasis on hernia/abdominal wall reconstruction and advanced surgical endoscopy.

Dr. Doble's offices are located at 1593 Olentangy Rd, Galion and 710 Richland Mall, Ontario. To schedule an appointment, call 419-468-7785.

ROBOTIC **SURGERY** at Avita

At Avita, we have several procedures that can be performed robotically. Surgeons that practice robotic-assisted surgery use smaller incisions to access the surgery site. This is because the surgical instruments on the end of the robot need less space to do their job. This makes robotic-assisted surgery less invasive, more effective, and easier on patients compared to traditional surgery.

Surgeons use the robot as an extension to their hands and eyes. With sophisticated cameras and jointed wrists, they get a closer look and can make smaller, more precise cuts while working at different angles.

Robotic surgery can provide several benefits to patients including:

- Less pain
- Smaller scars
- Lower risk of infection
- Reduced blood loss
- Shorter hospital stay





Surgeons who perform robotic surgery at Avita:

- Anne Clark, DO
- Adam Clemens, MD
- Justin Doble, MD
- Stephen Fisher, DO
- Tyler Huggins, MD
- Daryl Sander, MD
- Edroy McMillan, MD*
- Alyssa Sickle, MD*

• Thomas Smith, DO

• David Zaghlool, DO

Elizabeth Chung, MD*

Michael Subit, MD*

*Independent provider



Dr. Thomas Smith, demonstrates how providers operate the da Vinci robot control station.

MINIMALLY-INVASIVE ROBOTIC SURGERIES AVAILABLE AT AVITA

- Hernia repair
- Prostate surgery
- Removal of cysts or lesions
- Radical lymph node dissection
- Kidney removal
- Gastric bypass and gastric sleeve
- Gallbladder removal
- Hysterectomy
- Removal of fallopian tubes and ovaries
- Colon surgery
- Dividing intestinal adhesions

Your surgeon can go over robotic-assisted surgery options and help determine what's best for you.

Elite Runner. Elite Doctor.

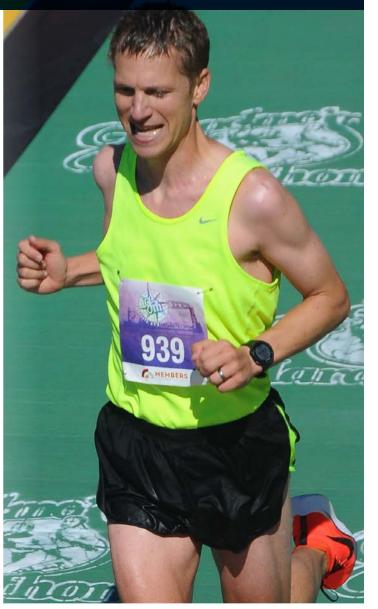
Dr. Jeremy Riehm first became interested in sports medicine while on a NCAA Division I track scholarship. After sustaining several injuries as a college athlete, he became fascinated with human anatomy and physiology, which ultimately led him to attend medical school at Ohio University. Early in his career, Dr. Riehm developed a burning passion to master interventions that would help his future patients excel. This remains a core value in his sports medicine and orthopedic practice today.

Throughout the years, Dr. Riehm has continued to do the one thing that led him to this career in the first place—RUN. Riehm has competed in 19 marathons and hundreds of other races across the United States and abroad. One of his goals is



to run a marathon (26.2 miles) in every state and continent! In 2021, he won 1st place at the Shawshank Hustle 7k (Mansfield) and Avita's "Moving Hearts and Soles 5k" – a challenging feat as both events started only an hour apart and were a 20-minute drive from each other! More recently, on his 40th birthday, Dr. Riehm clocked a marathon time of 2 hours and 32 minutes, which landed him a qualification to the World Marathon Majors Masters Championship. He will be flying to England to represent the United States at the London Marathon in October.

Dr. Riehm attributes much of his success to the inspiration he has been able to garner from others. While racing at the 2019 Berlin Marathon in Germany, he remembers the excitement and privilege it was to be starting steps behind world class athletes. Being in the presence of individuals who have shown such dedication, grit, and discipline in their sport certainly has made a deep impact. He told us that "Running is about setting a goal for yourself, no matter how



arduous or how long it takes and believing in yourself enough to see it through."

After 2019, Dr. Riehm considered retiring from elite-level competitive running given the time constraints that come from having a young family and working as a full-time physician. As he looked back on his most memorable races and life seasons, Dr. Riehm recalls times of both joy and challenge. However, the most challenging feat was yet to come

In January, 2020, his unborn son, Noah, was diagnosed with a severe, life-threatening congenital heart defect that would lead him to have three open heart-surgeries by the time he went to preschool. The diagnosis hit the Riehm family like a 50-foot tidal wave as they tried to sort out all the details, emotions, and new found-realities. Despite the uncertainty, Dr. Riehm picked up his running shoes, and set to sort it all out on the running trail. With each heavy step, he found meaning in his family's challenge and a new perspective on the sport. Every run soon became less about hitting certain mile splits, and more about spending

that time with God, thinking about his family, his patients, and how he could more directly reach others.

As a physician, Dr. Riehm wants to continue applying these passions in his



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clinic. Fulfillment in his career comes from being able to connect with patients, develop mutual goals, and overcome hurdles. Dr. Riehm encourages each person to find their own special interests to maintain physical, mental and spiritual wellness. Finally, he states, "it's a team effort" and considers it a great honor to work along well-trained assistants, athletic trainers, therapists, and fellow physicians to provide the highest guality musculoskeletal care.

Orthopedic & Sports Medicine Providers







Consistency is key. Choose a running program that works for you and your lifestyle. Enjoy the great health benefits!



Find the right shoes for your feet. Are you flat-footed? Do you have a high foot arch? The right shoes encourage safe and effective running form.



Follow the 10% rule. Do not increase your weekly mileage or intensity by more than 10% each week. Running "too much, too soon, and too fast" can lead to injuries.



Diet matters. The running athlete needs to keep up with caloric demand. Don't skip breakfast and be mindful of the quality of the food you eat, not just the quantity.





Get rest. A balanced stress/rest cycle can reduce injuries.

Strength training. A strong core helps your muscles, bones, tendons, and ligaments work together more efficiently while running and decreases injury risk.

For more information, visit avitahealth.org/services/orthopedics



Prediabetes is a condition where your blood sugar levels are higher than normal but are not quite high enough to be diagnosed as type 2 diabetes. While prediabetes can eventually lead to type 2 diabetes, it can be prevented with lifestyle and diet changes. Eating healthy foods, being more physically active, and staying at a healthy weight can bring your blood sugar levels back to normal and delay or prevent type 2 diabetes.

Prediabetes Risk Factors

There are usually no signs or symptoms of prediabetes, so it's important to talk to your primary care doctor if you have any risk factors, including:

- Being overweight
- 45 years or older
- Having a parent or sibling with type 2 diabetes
- Physically active less than 3 times a week
- Smoking

Our Endocrinology Team 270 Portland Way S, Galion, OH 44833 419-462-4656

- Signs of Type 2 Diabetes
- Excessive thirst
- Urinating more than normal
- Being more hungry than normal
- Losing weight without trying
- Changes in vision
- Changes in skin (dryer than usual or slow healing wounds)

If you have signs of type 2 diabetes, you should reach out to your primary care provider. Your provider can order diagnostic testing, offer education, and discuss treatment options. If symptoms worsen and complications arise, your provider may refer you to an endocrinologist for complex treatment or intervention.

Learn more at avitahealth.org/services/endocrinology



Source: https://www.cdc.gov/diabetes/basics/prediabetes.html

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did you know?

Roughly 96 million American

adults – more than 1 in 3 –

have prediabetes. Of those,

over 80% are unaware

they have it.



Friends and donors of Avita Health System and the Avita Health Foundation gathered on April 6 at the Galion Theatre for the annual Society of 1906 celebration. The Foundation presented their prestigious Esteemed Physician and Visionary Awards. These are the highest awards presented to an Avita physician, and community benefactor and volunteer.

The Esteemed Physician Award is presented to an Avita Health System physician who consistently achieves high standards in the practice of medicine, is looked upon as a role model by his or her colleagues, patients, and peers, and demonstrates commitment to the community.

The Visionary Award is bestowed upon a benefactor of Avita Health System and pays tribute to the recipient's generosity, dedication, hospitality, and civic vision. The recipient personifies humanity, compassion, and the essence of philanthropy and inspires others to help advance the mission of Avita Health System and the Avita Health Foundation.



Dr. Donald We



Dr. Donald Widma



Dr. Joseph & Susan Shadeed 2021 Visionary Award

Dr. Scott Foster 2021 Esteemed Physician Award

Dr. Donald Wenner

2021 Esteemed Physician Award - Posthumously

Dr. Donald Widman

2021 Esteemed Physician Award - Posthumously





To learn more about this year's award recipients, watch their videos, and make a nomination for 2022, scan the QR code or visit avitahealth.org/foundation/society-of-1906



AVITA MEDICAL PROVIDERS by specialty

Omar Ahmad, MD - Neurology

Lynne Werth, MD.

Mark Wood, DO

Audiology

Ann Cola-Schuh, Au.D

Galion. .. 419-468-0547 .419-775-1091, opt. 3 Ontario. Emily Pickett, Au.D419-775-1091, opt. 3 Lynnette Roth, Au.D........419-775-1091, opt. 3

Bariatrics

Cardiology

Michael Davis, MD	419-462-4600
Ernest Gumprecht, MD	419-462-4600
James Kim, MD	419-462-4600
Wisam Martini, MD	419-462-4600
Joseph Mayo, MD	419-462-4600
William Polinski, DO	419-462-4600
Errol Williams, MD	419-462-4600
Hannah McKee, CNP	419-462-4600

Ear, Nose, & Throat

Michael Bar	rat, MD	419-775-1091
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Endocrinology

Todd Darmody, MD	419-462-4656
Sarah Beattie, DNP	419-462-4656

Family Medicine

Edward Adkins, MD	419-529-6195
Melissa Becker, MD	419-522-0948
Adam Bihl, MD	567-307-7835
Harold Brown, DO	567-307-7860
Fereshte Khavari, MD	419-492-2200
Amanda Kovolyan, MD	419-563-9855
G. David Long, MD	419-529-6195
Sarah Metzger, MD	419-468-0796
David Stormont, MD	419-462-3425

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Brandi Blanton, CNP	419-563-0300
Julie Burkhart, CNP	. 419-522-0948
Amber Campbell, CNP	419-529-6195
Megan Crowley, DNP	567-560-3792
Charlie Davis, PA-C	. 419-709-8640
Sarah Eshelman, CNP	.419-468-4220
Melodie Fagan, CNP	419-563-9855
Patty Fleming, CNP	419-529-6195
Pamela Grassick, CNP	
Wendy Kerr, CNP	419-462-4505
Jacob Kessler, CNP	419-462-3425
Jenna Miller, CNP	419-462-4558
Natalie Roby, CNP	. 419-522-0948
Trish Trubachik, CNP	419-492-2200
Rob Wisner, PA-C	419-462-4560

.419-709-8640

.419-468-4220

Gastroenterology & Hepatology

William Emlich, Jr., DO... ..419-526-4266

General Surgery

Stephen Fisher, DO	419-468-7785
Justin Doble, MD	419-468-7785
P. Stephen Novack, DO	419-468-7785
Daryl Sander, MD	419-468-7785
Thomas Smith, DO	419-462-3839
David Zaghlool, DO	419-468-7785

Geriatrics, Hospice, & Palliative Care

Amanda Kovolyan, MD. ..419-563-9855 Rebecca L. Strickland, MD. ...419-563-0300 Mark Wood, DO .419-468-4220 .419-468-4220 Jason Atwell, CNP. ..419-563-0300 Brandi Blanton, CNP. ..419-563-9855 Melodie Fagan, CNP...

*Independ	lent providers

Home Health & Hospice

Avita Home Health & Hospice

Infectious Disease

Nancy Crum, MD. .419-468-0965

Internal Medicine

James Goudy, II, MD	419-468-8323
Eric Haus, DO	419-462-4561
Andrew Lee, MD	419-468-0449
John Nirmalnath, MD	419-462-4561
Anil Paul, MD	419-522-3751
R. Todd Strickland, MD	419-563-0300
M. Ursachi, MD	419-468-0596
Nyan Win, MD	419-563-9329

Joint Replacement

Scott Foster, MD	419-709-8650
Robert Kalb, MD	419-562-5281
James Kerbs, MD	419-468-7059
Kyle Randall, MD	419-709-8645

Nephrology

Nhan Luu MD	
INHAH LUU, MD	

Neurology

Omar Ahmad, MD	419-462-4630
Steven Benedict, MD*	419-462-4630
Melany Raedy, DO	419-462-4630
Brittani Atwood, CNP	419-462-4630

Neurosurgery

Joel Siegal, MD*	
Joer Siegui, MD	

OB/GYN

John Bailey, MD	. 419-468-0111
Anne Clark, DO	.419-563-9875
Gwendoline Fang, MD	567-307-7663
Tyler Huggins, MD	. 419-468-0111
Sherri Gillam, CNP	. 419-468-0111
Ami Hay, CNP	. 419-468-0111

Women's Care

Elizabeth Chung, MD*	567-307-7869
Edroy McMillan, MD*	567-307-7869
Allison Pruett, MD*	567-307-7869
Alyssa Sickle, MD*	567-307-7869
Michael Subit, MD*	567-307-7869

Occupational Medicine

Robert Kalb, MD	
Brooke Dicus, CNP	419-468-0630
Trisha Kinstle, CNP	419-342-1490
Holli Pfeifer, CNP	

Oncology

.419-462-3470 Renu Soni, MD

......419-462-4537419-462-4537

......419-462-4556

Medicine

Robert Dawson, MD	419-468-7059
Scott Foster, MD	419-709-8650
Robert Kalb, MD	419-562-5281
James Kerbs, MD	419-468-7059
Kyle Randall, MD	419-709-8645
Jeremy Riehm, DO	567-307-7595
Ryan Wagner, MD	419-562-5281
Thomas Zuesi, DO	419-468-7059
Samantha Brocwell, CNP	419-709-8650
Laurie Cullen, PA-C	419-468-7059
Jordyn Hatcher, CNP	419-709-8645
Chad Miley, CNP	419-709-8650

Pain Management

Arjun Sharma, MD* .419-462-4547

Pediatrics

Cheryl Clay, MD. Howard Eckstein, MD Rob Harriz, MD..... Ryan Hohman, MD..... Heather Kremin, DO.. Andrew Lee, MD..... Lindsey Wolf, CNP......

Physical Medicine & Rehabilitation

Christopher Cannell, David Fitch, DO

Plastic & Reconstructive Surgery

Walter Bodjanac, DO. Teresa Ghazoul, MD... Podiatry

Samantha Bark, DPM

Michael Swiatek, DPM

Psychology

Aaron Becker, PsyD.

Pulmonary Medicine & Critical Care

Guillermo Amurao, M James D. Heddleson Daniel Iltchev, MD..... Satyasagar Morisetty,

Rheumatology

David Stainbrook, Jr., DO.

Sleep Medicine

Daniel Iltchev, MD* .. Satyasagar Morisetty, Tiffini Pinion, CNP

Spine Services

David Fitch, DO
Robert Kalb, MD
Joel Siegal, MD*
Ryan Wagner, MD

thalmology
ew Hendershot, MD* Tandon, MD*
ometry
Walker, OD
opedics & Sports N
rt Dawson, MD
Foster, MD
rt Kalb, MD
s Kerbs, MD

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419-468-0449

MD	419-468-7059
	419-709-8645

	419-468-7059
Λ	419-462-3465

. 419-522-0948

1D	419-462-4588
DO	419-462-4588
	419-462-4588
, MD	419-462-4588

...567-307-7605

	419-462-4588
, MD*	419-462-4588
	419-462-3340

...419-709-8645 . 419-562-5281 . 419-775-7440 419-562-528

Therapy Services

Physical Therapy & Occupational Therapy

Avita Pediatric Therapy C	enter
Avita Therapy & Sports M	ledicine
Crestline	
Bucyrus	
Galion	419-468-9194
Galion Hospital Inpatient Rehab	
Avita Summit Therapy	
& Performance Centers	
Workwell Occupational H	lealth Services

Adult Speech Therapy

Bucyrus	
Galion	
Ontario	419-775-1091, opt. 3

Pediatric Speech Therapy

Avita Pediatric Therapy Center	
	.419-468-0570
Bucyrus Pediatrics	.419-468-0570
Ontario Pediatrics	.419-468-0570

Thoracic Surgery

Barry Zadeh, MD*419-462-4541

Urology

Adam Clemens, MD	419-468-0732
Tracy Fulton, CNP	419-468-0732
Sean Hart, CNP	419-468-0732

Vascular & Endovascular Services

Michael Davis, MD	419-462-4600
James Kim, MD	419-462-4600
Wisam Martini, MD	419-462-4600
Barry Zadeh, MD*	419-462-4541

Wound Care

Walter Bodjanac, DO	419-462-4597
Barry Zadeh, MD*	419-462-4541
Heather Auck, CNP	
Galion	419-462-4597
Galion Bucyrus	

PROVIDER REFERRAL LINE 419-468-0961



269 Portland Way S, Galion, OH 44833

BUCYRUS HOSPITAL GALION HOSPITAL ONTARIO HOSPITAL



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MyChart DIDYOU KNOW? MyChart helps you connect

MyChart helps you connect with your health!

MyChart is **FREE** and easy to use. It gives you online access to your medical record anytime, anywhere!

To sign up, scan the QR code or go to avitahealth.org/mychart/signup

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> Access test results

Message my

provider

Request medication

refill

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