



Update 3-18-20

As you are all aware, we are navigating in uncharted waters with the arrival of the corona virus. We are following the guidelines of the Centers for Disease Control & Prevention (CDC) and the Minnesota Department of Health (MDH). Rest assured the health of our members and their families remains our top priority.

Please review the following details with regard to the Pipe Trades Family Health & Wellness Centers.

Effective Immediately and Until Further Notice:

- The PTSMN Vision Center will be closed for in-person appointments.
 - If you are awaiting an order for glasses they will be mailed to you directly.
 - Voicemail messages to the Vision Center will be monitored throughout the day

Most medical visits will now be telephone visits. The front desk staff will schedule you for an appointment as usual, and your physician or practitioner will call you

- If you need to have a blood test or vitals (weight, blood pressure, etc.), you may be directed to come to the Wellness Center for a brief visit for that specific purpose, at the physicians discretion

The PTSMN Clinicians will decide on a case-by-case if there is someone we need to see in person, but the default at this time will be telephone visits

- Medication refills will continue to be available; we will plan to bring them out to you in your car

We recommend that routine physicals and well child checks be postponed. We will also postpone visits for wart treatments, skin tag removals, and any other non-urgent procedures

Routine maintenance or non-urgent chiropractic visits will also be postponed. Each of the chiropractors will determine if there are any urgent patients that will require an in person visit during this period

- Routine maintenance or non-urgent physical therapy visits will also be postponed. The physical therapist will determine if there are any urgent visits that will require an in person visit during this period
 - Certain post-surgical patients will require ongoing in-person visits
 - Virtual visits from the physical therapists will also be available
- All classes including CHIP are postponed
- Health Coaching appointments will be handled via telephone or video
- Personal training may be handled via video appointment
 - We also have a new program available through the Powerhouse that will send daily video workouts to your phone. We will provide information on this service to interested members
- As stated previously, do not come to the Wellness Center for any reason if you have fever, cough, difficulty breathing or exposure to someone with COVID-19. Contact [Virtuwell.com](https://www.virtuwell.com) or the Health Partners Care Line **(612) 339-3663 or (800) 551-0859**.
- We have already begun the process of contacting patients to postpone visits or set up telephone visits. Please call the front desk with questions

regarding your appointments

As we move forward we will explore creating virtual groups for support, online cooking demos, virtual yoga & meditations, and podcasts on how to be healthy during this time. We want to do our best to keep members engaged in their health at a high level throughout this adversity.

[We will continuously monitor the ongoing situation and keep members notified of any changes.](#)

Thank you for your patience and understanding as we work through these difficult issues. From the CDC, the key goals for the US Healthcare system in response to this threat are to:

1. Reduce morbidity and mortality
2. Minimize disease transmission
3. Protect healthcare personnel
4. Preserve a functioning healthcare system

These specific recommendations should to be considered additive to the general population guidance on hand washing, social distancing and avoidance of unnecessary trips outside of the home for individuals.

In general and upon recommendation, the idea is to continue to move as much care as possible into non-face-to face settings and limit any in-person care to only that which is essential to avoid lasting harm for the patients and staff.

[Thank you again for your understanding and participation in these measures as the United States pulls together and addresses this pandemic – The Wellness Team](#)