



Physical Therapy – A Pathway to Healing

Have you ever wondered why your doctor prescribes physical therapy instead of just handing you a pill? Physical therapy isn't just about exercises and stretches; it's a personalized roadmap to recovery, tailored to address your unique needs and challenges.

- cardiopulmonary conditions, such as chronic obstructive pulmonary disease (COPD) and cystic fibrosis (CF)
- conditions that affect the hand, such as carpal tunnel syndrome and trigger finger
- musculoskeletal dysfunction, including back pain and rotator cuff tears
- neurological conditions, such as stroke, Parkinson's disease, multiple sclerosis, and traumatic brain injuries
- pediatric conditions, including cerebral palsy and muscular dystrophy
- sports-related injuries, such as concussion and tennis elbow
- female health and pelvic floor dysfunction, including urinary incontinence and lymphedema
- skin conditions or injuries, such as burns, wound care, and diabetic ulcers



Hidden Perks of Libraries

From browsing seed catalogs for your next gardening project to swapping tools with your neighbors, libraries today offer a treasure trove of services for your overall health and wellness that extend far beyond the realm of literature.

Seed Catalogs

Some libraries are allowing patrons to take packets of seeds from a vast and often specialized catalog to plant in their own gardens to promote biodiversity and self-sufficiency.

The Tool Swap

Many libraries now offer a collection of tools ranging from power drills to pressure washers, available for patrons to borrow free of charge, which is great for your financial health.

Computers and Digital Services

Libraries bridge the digital divide by providing free computer access and internet services to all. This access allows patrons to apply for jobs, gives them the ability to access social services, and even improve health literacy.

Museum Passes

Expanding your mind is good for your mental and physical health. Free museum passes at libraries open doors to immersive experiences that inspire curiosity and ignite the imagination.

BENEFIT SPOTLIGHT

Where to Go for Care

We have so many options for medical care these days that it is important to understand the types of care, when it's appropriate for each type, how long it may take to get care, and how much that care may cost.

Nurse Lines – Offers quick answers to a health issues that don't require immediate medical treatment, such as questions about your symptoms or self-care/home treatments. Typically free as a part of your medical insurance and available 24/7.

Telemedicine – For minor illnesses and ailments such as cold & flu symptoms or urinary tract infections — virtually. Typically copays or flat fees apply.

Primary Care Center – Routine care, preventive services, or treatment of current health issues. Appointments required; wait times vary. Copays and/or coinsurance typically applies.

Urgent Care Center – Not a true emergency. Treatment for non-life-threatening injuries and illnesses like minor broken bones, infections, or burns. Subject to copay and/or coinsurance and can be more costly than a primary care center visit.

Emergency Room – For a serious life-threatening condition such as heavy bleeding, chest pain, or severe head injuries. Visits are often far more costly and subject to copay and/or coinsurance.

