



The Rittenhouse Women's Wellness Center

Comprehensive Care Exclusively for Women



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Rittenhouse Internal Medicine Achieves Highest Ranking for Quality Performance!

By: Maria Yudina, MD
Clinical Manager at the Rittenhouse Women's Wellness Center



We are pleased to announce that Rittenhouse Internal Medicine has achieved the 97th Percentile Rank in the Independence Blue Cross Program 'QPM'! The 'Quality Performance Measure' Program allows Independence Blue Cross (IBC) to evaluate the performance of practices who accept this insurance. IBC tracks preventative visits to make sure that our patients are properly and regularly referred for these preventative measures. This is the highest ranking given by Independence Blue Cross and it is because of our quality initiatives.

New Medical Director



The Rittenhouse Women's Wellness Centers is pleased to announce a new Medical Director of our Centers: Stephanie McKnight, M.D.

Dr. McKnight received her Doctorate in Medicine from Temple University School of Medicine and completed her Family Medicine residency at Lancaster General Hospital. During her residency, she received many certifications including: advanced cardiac life support, advanced life support for obstetrics and advanced trauma life support. She has also earned recognition from Hershey Medical as an outstanding resident teacher.

Membership Discounts



Rittenhouse Women's Wellness Center will be offering our members, exclusive discounts with our growing list of partners. Each month, we will announce and feature new partnerships and discounts for our members throughout the Center City and Main Line areas.

Membership Partners - Dental

Now RWWC members can receive their dental care from our partners:

Dental Arts Logan Square provides: teeth cleaning, cavity fillings, chipped tooth repair, crowns, bridges, bonding and more. **Members save 10% on all costs not covered by insurance***



Dr. Lynda Bard

Members receive 35% off services for uninsured patients



Dr. Amy James

Art of Smile provides: hidden braces (behind the teeth), Invisalign, and esthetic ceramic (tooth colored) braces.

**Members receive one complementary exam
Members save 15% on all out of pocket costs****

*Patients are responsible for co pay as well as deductible. % is taken off the amount not covered by your insurance. **15% will be taken off for patients with or without insurance. Insured patients are responsible for co pay as well as deductible. % is taken off the amount not covered by your insurance.

New Specialists Join Our Team

GYN Physician: Dr. Joanna Kakaty-Monzo



Dr. Joanna Kakaty-Monzo, D.O., is a board certified Obstetrician and Gynecologist with nearly 20 years of experience. She joins us from the Women's Health Care Group of Pennsylvania, Main Line Health's Division of Jefferson Health System at Lankenau Hospital as well as her own private practice located in King of Prussia, PA. Dr. Kakaty-Monzo is currently accepting new patients at both Philadelphia and Main Line locations.

Some services that Dr. Kakaty-Monzo will be performing are:

- Adolescent Care (ages 18+)
- Pelvic Pain
- Menopause Management
- Contraception (including placement and removal of IUD's)
- Minimally Invasive Office Procedures
- Fibroids
- Abnormal pap smears: colposcopy

...and more!

Plastic Surgeon: Dr. Benjamin Lam Consultations, Botox* & Juvederm* starting August 4th



Dr. Lam is Double board certified in General Surgery as well as Plastic and Reconstructive Surgery, Dr. Lam is a fellow of the American Academy of Cosmetic Surgery. As a recognized speaker on a national level, Dr. Lam is also the director of the plastic surgery residency at the Philadelphia College of Osteopathic Medicine. He has held the position of president in the American College of Osteopathic Surgeons - Plastic Surgery section. For nearly ten years, he has developed expertise in body contouring as well as numerous additional cosmetic surgery procedures. Dr. Lam is highly respected for his accomplishments and his techniques have been adopted by surgeons around the country.

Dr. Lam is available at our Pine Street office the first Monday of every month starting August 4th. He will be available for breast augmentation, breast reduction, body contouring and other *plastic surgery consultations* as well as Botox* and Juvederm* injections. Request an appointment today!

Staying Healthy While on Vacation

By: Kathryn Pontius, Certified Personal Trainer
at the Rittenhouse Women's Wellness Center



The last thing anyone wants to do while on vacation is think about working out. You are on vacation to take a break from the stresses in your life. You want a little rest without the work phone calls and constant stream of emails. You want some relaxation without feeling guilty about the gym membership you aren't using or all the calories you just consumed in your Pina Colada. But you also don't want to come back from vacation only to find your getaway added inches to your waist! It is possible to stay healthy and enjoy your vacation with a few helpful hints! Click tips to learn more!

Our Dietitian's Recipe Box

Roasted Sweet Potato, Quinoa and Kale Salad

By: Theresa Shank, Registered Dietitian
at the Rittenhouse Women's Wellness Center



The summer is a wonderful time to cool your taste buds off with a hearty and nutritious salad. Recently, I tried the Roasted Sweet Potato, Quinoa and Kale Salad recipe *inspired by Eat Yourself Skinny*. This salad is wonderful to have on hand for a Meatless meal, a quick lunch fix or a satisfying dinner with the addition of grilled salmon or chicken. Bursting with vitamin A, Vitamin C, dietary fiber and protein, this salad is definitely not a disappointment to your wasteline or your taste buds!

August Specials at DermaCenter!

DERMACENTER
MEDICAL SPA
medical spa | skin care services

AUGUST SPECIALS

\$75
HYDRATING
FACIAL

30% OFF
LASER HAIR
REMOVAL PACKAGE

BUY AN IPL PACKAGE
& GET 1 SKIN TIGHTENING FREE

A stylized illustration of a woman's face in profile, looking to the right. Her hair is represented by thick, black and white wavy lines. The background is a light blue and green gradient with white cloud-like shapes.

* Limited per customer. Cannot be combined with any other DermaCenter offer or discount. Not valid on purchase of gift certificates. Not valid on prior purchases. Offer must be purchased at time of purchase. No cash or credit back. Offer ends 8/31/14.

915 MONTGOMERY AVENUE, 4TH FL. | NARBERTH, PA 19072 | 610.617.7990
1632 PINE STREET | PHILADELPHIA, PA 19103 | 215.735.7990 | WWW.DERMACENTER.COM

SAME DAY APPOINTMENTS | PARKING AVAILABLE

Patient Reminder: Summer Hours Update

Between **June 20th-August 29th, every Friday**, the hours at the Rittenhouse Women's Wellness Center **will be adjusted to be 8:00am-3:00pm** instead of our regular 8:00am-6:00pm schedule. Our Monday-Thursday and Saturday hours will remain the same through out the summer.

Our schedule starting June 20th, is as follows:

Monday: 8:00am-6:00pm
Tuesday: 8:00am-8:00pm
Wednesday: 8:00am-6:00pm
Thursday: 8:00am-8:00pm
Friday: 8:00am-3:00pm
Saturday: 10:00am-3:00pm



Request Your Portal Information Today!

Our patient portal recently changed so that you now will be able to view your labs, print your radiology prescriptions, reference your visit summary, schedule routine appointments, request prescription refills, request referrals and more.

To request your new patient portal login and password, please email info@rwwc.com.



Patient Portal

Enhanced Features on the Patient Portal



The Rittenhouse Women's Wellness Center invites you to please access our secure online patient portal network in order to schedule appointments.

This means seamless access through the patient portal for scheduling sick appointments including annual and preventative exams-the portal can also be used to request refills, referrals, and send messages directly to your physician and the RWWC staff.

The Rittenhouse Women's Wellness Center provides primary care including routine gynecology, medical & aesthetic skin care, nutrition, fitness and emotional well-being exclusively for women. Our goal is to provide our patients with an integrated approach to health and well-being.

