



The Rittenhouse Women's Wellness Center

Comprehensive Care Exclusively for Women

June 2014

Issue #42

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Thank you for your support!

Our Membership Program is rapidly growing!

We wrote to all of you this week that as a consequence of ongoing changes in healthcare and the increased demand on our practice of new patients seeking primary care, we are taking positive steps to **preserve**, and **enhance** the nature of your current primary care.

Our optional membership program covers non-covered services of your insurance and allows us to continue to deliver the standard of comprehensive, individualized care you have always expected, now with exclusive complementary healthy benefits. We want all our patients to know that whether they choose membership or not, Rittenhouse Women's Wellness Center will continue to provide them with excellent care.

"I love my physician, Dr. Mazzotti and want to support what The Rittenhouse Women's Wellness Center provides me. I realized I would still get outstanding care even if I did not join, but wanted some of the benefits of the membership. Already scheduled my workout! - Mary C.

"They are the best doctor's office in the Philadelphia area. I spend more than \$99 when I get my highlights done! I'm happy to support my practice and am looking forward to my free chemical peel. - Joanna B.

"Dr. Bullock has always been great and this will help us to keep our relationship strong. I am excited to start this new program with her and see how my 12 week weight mgmt program will benefit me in the long run!" - Connie P.

All members of Rittenhouse Women's Wellness Centers will be privileged to:

- Guaranteed same day sick appointment availability**
 - Extended appointment times, with the promise of unhurried care
 - Prompt responses sent through our secure patient portal network directly from the doctor within 24hrs
 - Returned phone calls from the doctor personally
- PLUS** Your choice of one complimentary annual healthy benefit service:
- Weight Management Program Membership
 - Mindfulness Meditation Session
 - Nutrition Assessment (If not covered by Insurance)
 - Personal training Fitness Session
 - Chemical Peel or Microdermabrasion at our Medical Spa, DermaCenter

"Our goal in medical care is to build a trusting bond with all of our patients that promotes health, wellness and disease prevention, and we are confident that with your support, this program can preserve these values for the long term. Thank you for your continued trust and support"

Attention Patients: Summer Friday Hours

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.

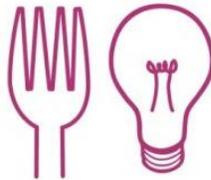
Our schedule starting June 20th, is as follows:

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



Food for Thought

By: Ashley Greenblatt, Certified Personal Trainer
at the Rittenhouse Women's Wellness Center



**FOOD
FOR THOUGHT**

Has your appetite for love made you gain unwanted weight? When we sink our teeth into a new relationship, we often neglect to mind our munchies. Upon entering the dating scene, nerves have a way of crushing any cravings for delectable dishes. Emotions have a peculiar way of affecting our eating habits, so here's the skinny on how to avoid eating your heart out:

The Dish on Dining Out. When a restaurant advertises dishes to be "endless, bottomless or all-you-can-eat," know that you are in for a potentially high calorie feast. While it may be a great value for the amount of mashed potatoes you can pile on your plate, it will translate into a lot of unnecessary calories. Enjoying a great bread basket, dressing-drenched lettuce, beer battered appetizers, decadent desserts, family-style portions and alcohol are definitely acceptable in moderation, however when dining with your honey fun and food can sometimes become synonymous. Try not to fall into this trap.

To read more, please visit our Wellness Blog at www.rwwc.com

Summer Recipes from our R.D.

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

Start your summer eating off light, with a zero oil salad dressing recommended by our Registered Dietitian, Theresa Shank.

Zero Oil Salad Dressing

Adapted from a Virginia Academy of Nutrition & Dietetics cook book

Ingredients:

- 8 oz no salt/low sodium vegetable juice
- Sea salt (to taste)
- Fresh black pepper
- 1 green bell pepper
- Half a shallot
- A handful parsley leaves
- 1/2 T spicy Dijon mustard
- Optional: Worcestershire sauce

Directions: Add all ingredients to a blender and puree until very smooth. Store in a bottle or jar, shake and use!



Medication Costs & Ways to Save

Are your medication costs burning a hole in your wallet? Brand-name medications can seem rather pricey and not worth the cost. Although there are a lot of medications out there to choose from, there are also several reasons for sticking with brand-names:

- There is no generic alternative OR
- The alternative isn't as effective for you

In these scenarios, it's important to know that **there are ways to save!** Our office does have samples of several different medications - you can ask for a sample of new medications you are starting - that way you will have a chance to see if the medication works for you and is worth paying for. A lot of pharmaceutical companies also offer discount cards for medications which we have available - some are always on display in our waiting rooms.



Staying healthy shouldn't mean breaking the bank; don't hesitate to talk to our MAs at your next visit and be well!

June Specials at DermaCenter

DERMACENTER MEDICAL SPA | JUNE SPECIALS

June

5 for \$800
VELASHAPE

30% off
IPL PACKAGE

40% off
LASER HAIR REMOVAL

* Limit one per customer. Cannot be combined with any other DermaCenter offer or coupon.
Not valid on purchase of gift certificates. Not valid on prior purchases.
Paper must be surrendered at time of purchase. No cash or credit back. Offer expires 6/30/14

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SAME DAY APPOINTMENTS | PARKING AVAILABLE

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Rittenhouse Women's Wellness Philadelphia & Main Line Primary Medical and Wellness
Care for Women by Women <http://www.wwc.com>

April 2014

March 2014

SLEEP IS GOOD

And you, when will you begin that long journey into yourself?

A Sunday well spent brings a week of content.

"CREATIVITY IS INTELLIGENCE HAVING FUN."

I saw that... *Karoly*

"BETTER TO BE THE ONE WHO SMILED THAN THE ONE WHO DRYTSMILE BACK."

This morning, with her, having coffee.

RWWC Wellness Wire on Twitter

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The RWWC Wellness Wire

On Trend, Up to the Minute, Inspirational, Tips & Trends for Nutrition, Fitness & Emotional Wellbeing

RWWC & DermaCenter Breaking News & Special Events

Our Own Wellness Specialists Personal and Clinical Health-care Recommendations & 'Must Reads'



@RittenhouseWWC

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.



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, osteopathic manipulation follow-ups, acupuncture follow-ups, as well as 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.

About Us

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

