



You're Not Through Until Shot #2 (Unless J&J, Then You're Done!)

If you've had your first dose of Pfizer or Moderna vaccine, be sure to get your second dose too. The Johnson & Johnson vaccine requires only one dose. Most vaccination sites using the Pfizer and Moderna vaccines schedule you for your second dose at the time of your first. In case you aren't already scheduled for shot #2, [make your appointment](#). And if you have an appointment for shot #2, it's important you keep it (or reschedule if you need to) to give yourself the maximum protection (94-95% effective) against COVID-19 infection.

- You should get your second shot as close to the recommended 3-week or 4-week interval as possible. However, your second dose may be given up to 6 weeks (42 days) after the first dose, if necessary.
- You're not fully vaccinated until two weeks after your second dose. Keep masking and social distancing around everyone until then.
- After you are fully vaccinated, you can now safely be around others who are also fully vaccinated and masking is optional.



For the latest information, visit valleymed.org/PublicAdvisory.



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Washington's MyIR—Access Your Family's Immunization Records



MyIR™

MyIR.net gives you access to Washington state's vaccination / immunization records, including proof of COVID-19 vaccination. The site is especially useful for parents or guardians to get up-to-date records to

give to schools and for team sports. Manage immunization schedules and coordinate future recommended immunizations with your health provider. MyIR.net is fully supported on mobile devices. [Learn more or sign up here](#).

Translate Valley's Website into the Language that Works Best for You!



Now you can read valleymed.org in your favorite language using our new Google Translate menu.

Located on the right side of most pages on the website, select your preferred language from the Google Translate dropdown menu. The translations may not be perfect every time, but we hope this new feature makes it easier to find the services and information everyone needs. [Learn more about Valley's translation efforts](#).

The Perks of Being Fully Vaccinated — Less Risk and Greater Peace of Mind When Doing Things You Love



The possibilities of a return to favorite activities are now opening up, especially for those who are fully vaccinated.

[Check out some perks of getting back into action with less risk and more peace of mind!](#)

6 Essential Steps to Checking Yourself for Melanoma Skin Cancer



Melanoma is a type of skin cancer often responsible for more deaths than other types of skin cancers. It can appear anywhere on the body, even areas not exposed to the sun. Learn the early warning signs of melanoma, how to do a regular self-exam of your skin and help find melanoma early, when the disease is more curable.

[Find out here](#).

Leg Cramps or Weakness? It May Be Peripheral Arterial Disease



Pain, weakness or cramping in the calves, thighs or buttocks may be caused by blockages in the arteries to the legs called peripheral arterial disease, or PAD. Find out what you need to know about PAD, how to reduce your risk and how to get help if you need it—the earlier the better, in this two-part video series from vascular surgeons Don Harris, MD and Omar Dorzi, MD. [Learn more](#).

Let Go of Tension with 4 Minutes of Progressive Muscle Relaxation



Watch the latest Move with Mindfulness video with Donna Stephens for four minutes of tension release for the upper body which you can do seated or lying down. [Ahhh, ease the stress by trying this technique](#).

Reading with Your Child: Tips for Active Conversation While Looking at a Book



It's not just about the words on the page. Children's Therapy speech-language pathologists explain several reading prompt ideas to try with your child. [Make the most out of reading with your child](#).

Lactation Services Team Educates and Empowers Families to Feed Their Babies



All babies need to learn to eat, but some need extra help and attention. Valley's lactation team of board certified nurse

specialists support new parents in the Birth Center, NICU, Pediatrics, and all through the hospital. Lactation consultants continue to support families after they go home from the hospital through the Lactation Services outpatient clinic, available for both in-person and telehealth visits. [Learn more](#) about this team and where to get more info about getting ready for successful breastfeeding before your baby arrives.

You'll Get a MyChart Message When Your Online Statement Arrives



Most Valley MyChart patients have now transitioned to paperless billing. You'll get a MyChart message when your bill is ready to view. You can even pay your bill online.

Why paperless billing? Receiving your bill online keeps your private, medical information more secure; allows you to receive it faster; and is better for the environment.

If you've already made the choice in MyChart to receive paper statements, you'll continue to get them. Prefer to get a paper statement in the mail? You can do that now—[learn how here](#).

Would You Like to Make Positive Changes to Improve your Health? Now Offering FREE Personalized Health Coaching!



A health coach can help you manage a chronic condition, adjust to a life-changing health event like a stroke or heart attack, or guide you through

strategies to manage weight loss, improve your diet, address addiction or stop smoking. Through weekly phone calls and face-to-face visits via video chat or in person, you can work with a health coach to achieve your health-related goals. Ask your Valley primary care provider about a referral to the free program. [Learn more here](#).

Stroke Survivor? Attend the Most Active Stroke Support Group in the Area on May 11



Stroke survivors and caregivers, help lay the foundation for recovery and transition into life after a stroke. Get questions answered

and review educational topics with the UW Medicine Stroke Care team. Meets 2nd Tuesday each month. The next session is May 11, 6 - 7 PM, with guest speaker Bill Monroe, "What I Can't Do YET." [Learn more here](#).

Improve Your Health: Be a Thoughtful, Proactive Healthcare Consumer

Join us online for 60-minutes of information you can use to improve your health and be a thoughtful, proactive healthcare consumer. You'll also receive an overview of our Lifestyle Medicine programs including Healthy Foundations, Lifestyle 365, physical therapy and nutrition counseling, as well as specialized plans for those with pre-diabetes and diabetes. [Register now and get moving toward a healthier you!](#)

Attend a FREE HealthyCare Session



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Picture Yourself Vaccinated

COVID-19 vaccine now available to all community members ages 16 and up.

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or 425.690.5956

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Uh-oh Avocado?

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