



### **Welcome to Erika Ledder Inzano, LCSW**

We would like to introduce you to the newest member of New Providence Internal Medicine Associates. Erika Inzano joined us earlier this year. She is here to provide counseling services to our patients that need them. Erika Ledder Inzano, LCSW brings 20 years of experience working with families. Erika uses a blend of cognitive and behavioral therapy techniques to support families through life's many transitions including: parenting, aging, grief and loss, divorce and blending families, as well as personal struggles of anxiety, depression, and emotion management. Her services compliment your medical care as you cope with a new or chronic medical diagnosis and work toward overall health and well wellness. In her free time, she enjoys spending time with family and friends, reading, and doing yoga.

### **PCMH**

We at New Providence Internal Medicine Associates are proud to be a Patient Centered Medical Home (PCMH). This is a special certification that we received after meeting rigorous criteria by the National Committee for Quality Assurance (NCQA). Practices that are PCMH certified will deliver high quality care by pro-actively reaching out to our patients. This leads to improved patient experience, better health outcomes and lower costs. This will hopefully mean fewer trips to the emergency room and fewer hospitalizations. We will endeavor to monitor your healthcare and reach out to you when needed to provide you with the excellent care you need to stay healthy using a team based approach. You will have a healthcare provider that will manage your healthcare and direct others in how to best help you.

### **Influenza Vaccine**

The upcoming Flu season sounds like it is so far away. Should we be concerned now? Well, the influenza vaccine manufacturers are. They have been planning and producing the next flu vaccine for delivery in August for the upcoming flu season. The vaccine this year will be made with newer FDA approved techniques that should mean a safer and more effective vaccine than what we have had in previous years. The Centers for Disease Control (CDC) recommend all individuals over the age of 6 months to be immunized for influenza, especially if you have conditions such as diabetes, asthma or emphysema. This viral infection is easily spread and at the very least will make you feel very ill for about a week or more. At its worst, it can lead to hospitalizations and death. It is our goal to protect as many of our patients as we can so we can keep you healthy and those you will come in contact with during this upcoming flu season. Please call to get your flu shot today.