



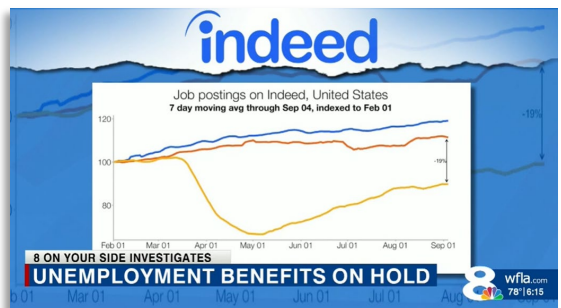
Your weekly dose of insights from CitiMED.

“Every problem is a gift—without problems we would not grow.”
– Tony Robbins

NEWS THAT MATTERS

Floridians receive second wave of federal unemployment aid while some still fighting for first

... “some in Florida are still fighting for a first round as their benefits remain caught up in the Department of Economic Opportunity’s systemic failure from earlier this year.”



TODAY’S TECH



Whether it’s Zoom, Teams or Facetime, virtual meetings are the new normal in today’s environment. Take a look at some helpful tricks that has helped our team go virtual.

SPOTLIGHT ON NEW SERVICE

CITIMED has stepped up to meet the needs of the community by providing fast, accurate, and convenient COVID testing options for South Florida residents.

Visit our testing site to learn more about these new services.



 <http://www.citimed.com/testing>



Your weekly dose of insights from CitiMED.

MOTIVATIONAL / TONY ROBBINS QUOTE

NEWS THAT MATTERS

Flu season is expected to come fast and strong this year. Here's what you need to know.

<https://www.sun-sentinel.com/health/fl-ne-flu-season-during-covid-pandemic-20200904-oebmviqgbbfbInsut27k2q3uve-story.html>

This might be your most important flu shot ever

<https://www.cnn.com/2020/09/08/health/flu-shot-influenza-prevention-wellness/index.html>

Strengthen your immune system and stay healthy with these helpful tips

<https://www.yahoo.com/lifestyle/strengthen-immune-system-stay-healthy-110000986.html>

4 vitamins that boost your immune system and how to get enough in your diet

<https://www.yahoo.com/lifestyle/4-vitamins-boost-immune-system-182658722.html>

Protecting our kids' mental health during COVID

<https://www.ocreger.com/2020/09/08/protecting-our-kids-mental-health-during-covid/>



Your weekly dose of insights from CitiMED.

MOTIVATIONAL / TONY ROBBINS QUOTE

ROTATING TOPICS / LIGHTER NEWS

- **Recipes for healthy meals or snacks**
- **Interesting statistics or infographics on health issues**
- **Easy exercise recommendations**
- **Include trivia questions and prizes for winners**
- **Health Tips at work (posture, eating, exercises at desk...)**
- **Word Puzzles (medical and legal terminology)**
- **Updates on any new statutes, legislations etc..**
- **Attorney Jokes – What’s the difference between a lawyer and a herd of Buffalo???**
The Lawyer charges more (Corny but puts a smile on your face)
- **Fun activities for kids at home while Covid**
- **Send some fun “did you know” questions about that day?**

SPOTLIGHT ON CITIMED

- **Informing firms of new services / tech features and other updates**
- **Informing firms of CitiMED’s new hires, who are the PARS (Patient Account Representatives) and what they do, nominating an employee of the month**