



January 2020

Dear Community Supporter,

On behalf of our employees, physicians and volunteers, we wish you a very Happy New Year from all of us at Tahoe Forest Health System.

Putting patients and families first is our highest priority, and last year we celebrated our 70th anniversary of taking care of our community. This is very special to us, and we're grateful for the opportunity to serve the health care needs of you and your family, and proud to be your local health care provider.

One important announcement to share is that the *Truckee Tahoe Medical Group* (TTMG) will merge with Tahoe Forest Health System's primary care services on March 1, 2020.

This is an exciting new partnership, as TTMG has been an excellent and trusted health care provider in our region for more than 60 years. The TTMG offices and clinic locations, services, staff and physicians will remain the same, with the same hours, insurance carriers and office phone number. Our common goal is to provide excellent primary and urgent health care to you, right here at home.

January is often the time when we think about ways to improve our health, wellness and perhaps begin a new exercise routine after the indulgences of the holidays.

There are many ways Tahoe Forest Health System can help you achieve your health goals with new programs and tools created just for you, some offered free of charge.

We have wellness professionals who are certified and trained in effective weight loss techniques and nutrition counseling. There's also health coaching, smoking cessation, stress reduction, biofeedback, caregiver support, cardiac rehab programs, pre and post-natal classes, diabetes management and prevention and much more. For details, go to tfhd.com, or call the *Center for Health* at (530) 587-3769.

As always, my goal is to continually improve outreach and communication directly to you. We believe it's important to keep you informed about health care programs and services right here in our community that may benefit you, and I welcome your feedback on any topic at any time.

If you ever have a question or concern, please feel free to contact me at info@tfhd.com.

My sincere best to you and your family in the year ahead!

A handwritten signature in black ink, appearing to read "Harry Weis".

Harry Weis
President & CEO
Tahoe Forest Health System