

# Valley Medical Group Patient Newsletter

VALLEY  
MEDICAL  
GROUP

April 2025

## Helping you live better, longer

### Do you need a Measles Booster?

(If so, call your pharmacy for an appointment)

- YES for those born between 1957-1968 without knowledge of immunity or having received a "live" vaccine
- YES for unvaccinated adults and children >1 year old
- YES for an unvaccinated baby >6 months of age in area with an outbreak
- NO for those born before 1957
- NO for those individuals vaccinated after 1968
- NO for those who are pregnant or are immunocompromised

Please visit [vmgma.com](https://www.vmgma.com), Patient Information, Vaccine Information for the complete list of vaccine recommendations.



### Health Tip

It's tick season. What can you do? Wear light clothing for easier identification. Use insect repellent with DEET or Permethrin. Perform daily tick checks. If you find an engorged deer tick, call or send us a portal message for more information.

Need more information on tick repellants? Check out the fact sheet provided by the Massachusetts Department of Public Health: <https://www.mass.gov/info-details/tick-repellents>

### Did you know?

VMG now has the option for Self Check-in prior to your visits. Make sure you have turned on text or e-mail messaging so you can receive important notifications from our team. If you do not know if you have text messaging turned on, sign into your patient portal and look under My Profile and Notification Settings. If you're not on the patient portal yet, visit [vmgma.com](https://www.vmgma.com) and click on the link for the portal to sign up.

We have an on-call care team to answer your urgent medical needs when the office is closed, after 5pm every week days and after 12n on weekends. Just call your health center after hours to be connected.

While our regular hours are Mon-Fri 8-5, we offer late afternoon and weekend appointments for Urgent Care. Weekend care is available in our Greenfield and Northampton offices as follows:

- Saturday 8am-12pm Greenfield and Northampton Health Centers
- Sunday 8am -12pm Northampton Health Center
- Urgent care is for all patients of Valley Medical Group

We have a collection of valuable patient resources available under "Patient Information" on our [vmgma.com](https://www.vmgma.com) website.

### COVID Vaccine Information:

The CDC is recommending a second Covid vaccine (6 months after your fall vaccine) for patients 65 and older for the 2024/2025 season.



### Preventative Health Highlights

Colorectal cancer screening starts at age 45 years old. If you haven't been screened yet please let us know and we can get you the screening you need.

If you have diabetes and haven't had an eye exam this year please call for an appointment for a diabetic retinal screening. This easy test can provide early identification of eye disease, before vision changes occur.

Valley Medical Group:  
<https://www.vmgma.com>  
Google Translate app:  
<https://translate.google.com>  
For translation of health topics:  
<https://medlineplus.gov/languages/languages.html>