



Exciting News: Access to Mobile or In-Office Infusions & Vitamin Shots

Have you heard the great news? Our Infusion room is open! We're excited to announce that our Infusion room is officially open and ready to support your health and wellness with a wide range of IV therapy options. Whether you're feeling under the weather, low on energy, or just in need of a boost, we offer infusions for:

- Cold & flu, stomach bugs, or hangovers
- Hydration, immune support & recovery
- Headaches, jet lag & sunburn
- Beauty, energy, and mood (including depression)
- HER wellness, COVID support, and more

Talk to your provider or call our office to find out if IV therapy is a good fit for you!



CONCIERGE **iv** MD
Recharge. Revitalize. Renew.

Healthcare Provider Spotlight



Nathaniel D. Kwok, M.D.

Meet Dr. Nathaniel Kwok — Now Welcoming New Patients!

We're thrilled to introduce Dr. Nathaniel D. Kwok, a compassionate and skilled Internal Medicine physician who is passionate about partnering with patients throughout every stage of their health journey. Dr. Kwok offers the full spectrum of primary care, from managing chronic conditions to promoting long-term wellness—with a special focus on prevention and lifestyle-based care.

He brings a unique background in computer science and medical research, which allows him to thoughtfully integrate technology into highly personalized care. Dr. Kwok completed his medical training at Weill Cornell Medical College and his residency in Internal Medicine at Centennial Medical Center in Nashville.

Originally from California, he's excited to build a community here in South Florida. When he's not seeing patients, you might find him playing racket sports, brushing up on his Spanish, or enjoying fantasy sports with friends.

A Message From Our Office Manager



Our Office Manager, Dawn, has helpful tips to make check in a breeze at your next appointment.

Here's what to bring with you:

- A photo ID
- Your insurance card(s)
- A list of all medications (or bring them with you)
- Any medical records, especially if you're a new patient

- A list of allergies, if any
 - Your pharmacy's name, number, and address (local & mail order)
 - A list of questions for your provider
 - A basic understanding of your insurance coverage—especially which labs or imaging centers to use to save money
 - Names and contact info of anyone we can speak to on your behalf, if needed
 - Your living will or Power of Attorney (if you have one)
 - Paper and pen to jot down important info during your visit
- Being prepared means less stress and a more efficient visit. If you're unsure about anything, feel free to call us ahead of time!

October Health Tip:

Flu season is here! Now's the time to boost your immunity-get your flu shot 📌, stay hydrated 💧, wash hands regularly and don't forget to rest.

Prevention goes a long way.





Healthy Living: What Medicare Pays for at a Skilled Nursing and Rehab Facility



Medicare Rehab Options After a Health Setback Recover Stronger: Medicare Part A -Covered Physical Therapy

Recovering from a serious illness, surgery, or unexpected health setback can be challenging—especially for older adults who want to regain strength, independence, and confidence in their daily activities. For Medicare beneficiaries living in Juno Beach, Palm Beach Gardens, North Palm Beach, Jupiter Island, and Jupiter, The Waterford Skilled Nursing & Rehab offers a trusted local option for short-term rehabilitation with personalized daily physical therapy. Their experienced rehabilitation team works one-on-one with each patient to improve mobility, rebuild muscle strength, restore balance, and support a safe return home. Whether recovering from a hip replacement, cardiac event, fall, or prolonged hospitalization, patients receive targeted therapy designed to speed recovery and enhance quality of life.

Q: Will Medicare pay for a stay in skilled nursing or rehab?

A: Yes, Medicare Part A can help cover the cost of a skilled nursing or rehab stay—but only if certain rules are met. Medicare's goal is to help you recover after a hospital stay when you still need medical care or therapy to get stronger. It does not cover long-term care if you only need help with daily activities like dressing, bathing, or eating.

Just a Friendly Reminder:

- We offer same-day sick appointments for your urgent health needs.

Age-Related Screenings to Discuss With Your Primary Care Physician

- Ages 20–39: Blood pressure check, cholesterol screening, Pap smear (women), STI testing as needed.
- Ages 40–49: Mammogram (women starting at 40–45), diabetes screening, colon cancer screening (starting at 45), eye exam every 2–4 years.
- Ages 50–64: Colonoscopy or alternative colon cancer tests, bone density testing (women 65+, earlier with risk), prostate cancer discussion (men 50+), annual skin exam.
- 65 and older: Annual wellness visit, hearing and vision tests, osteoporosis screening, fall-risk assessment, vaccinations (flu, shingles, pneumonia, Tdap booster).

