

## ENHANCED SAFETY MEASURES for All In-Person Office Interactions

We have implemented the following protocols to be in compliance with the CDC & NYS COVID19 health guidelines.



### SOCIAL DISTANCING, SAFETY & CLEANING

Until we master the art of 'non-contact/remote' adjusting (haha) &/or rules of social distancing remain in place, these perimeters will be the '*new normal*' for **all** in person visits until further notice.

#### 1. Enhanced safety measures include:

- All patients will undergo a brief *health questionnaire* either by phone at the time of scheduling, an emailed form sent prior to the visit &/or in person at the time of each appointment.
- In cooperation with the NYS's executive order, **everyone is required to wear a face mask while in the office including during treatment.**
- Upon entering the office, every person will have their *temperature* taken as this can sometimes be an early sign of illness even if the person 'feels fine'. Anyone with a temperature reading higher than 100.4 degrees F will be asked to reschedule their appointment.
- ***Treatment Requirements:*** Since social distancing is not feasible especially during a chiropractic treatment, both the practitioner & patient **must wear a mask and ideally, light, loose fitting, long sleeve shirts, long pants & socks during the session. Gloves &/or use of hand sanitizer is also strongly encouraged.** If it is too hot to wear these items coming in, you may bring them with you (but wear the mask) and put them on in the treatment room just prior to your session. Thank goodness for air conditioning, lol :)
- Paper/disposable coverings will be used over the table and in treatment & a disposable gown/covering placed over the patient's clothing. Dr. Loda will be wearing gloves & disposable coverings for the session as well and only areas that may be in need of soft tissue work &/or ultrasound will be exposed for treatment.
- In addition to the treatment room, door knobs, light switches and community spaces (front desk, bathroom, foyer, etc) will also be cleaned in between sessions with our extended protocols.
- There are air purifiers and diffusers running at all times and hand sanitizer will be accessible to patients.

## 2. Minimizing the number of people in the office at one time by:



- Limiting the amount of hours for in person contact.
- Continuing to offer Virtual Telehealth Phone & Video Appointments.
- Providing more time in between appointments for patient entry/exit & enhanced cleaning protocols.
- Requesting that if you have another person assisting you (ie. driver), that they remain in the car during your session to minimize any unnecessary exposure risks.
- *Appointment Notification &/or Self Check In*
  - *Option 1:* Call us from the parking lot &/or if you arrive early, please wait in your car until we signal you to enter the main part of the office. If we don't answer right away, please leave a message so we know you've arrived.
  - *Option 2:* Use our brand new 'self-check in' feature from your smartphone.

### Patient Self Check-In

When you arrive for your appointment, you can give us a call from your car to let us know you're here OR do a self check-in from your smartphone. Here's how:

- **Step 1:** Look for this check-in sign posted on the outside entrance &/or on the office front door in the foyer.
- **Step 2:** Use your smartphone to access the check-in page by either visiting the URL web address listed on the sign ([inspiredhealth.janeapp.com/checkin](https://inspiredhealth.janeapp.com/checkin)) OR scan the QR code on the sign by pointing your mobile device's camera at the box of dots. Either way, you will then be taken to a check-in page.
- **Step 3:** Select your check-in option. Mobile number/text link; Email Address/email link or Online Health Portal ID/Password if already setup & you'll be sent a verification message depending on the method you selected.
- **Step 4:** Confirm Your Arrival & You're Done. We'll come out to get you for your appointment. :)

We thank you for your cooperation as this is an ongoing process. We will continue to modify and adapt our routines & services as necessary to provide you & your loved ones with the best possible care & support throughout this pandemic and beyond.

