



# How My Doctor Helps Me Stay Healthy



## Norma Jones

Aledade Mississippi ACO Patient

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**F**or over twenty years, I've been blessed to receive exceptional care from Dr. Chiarito, my primary care physician at Mission Primary Care Clinic in Vicksburg, MS. I'm a retired English professor, I'm a minister of the Presbyterian Church (USA), and I'm someone who's had plenty of engagement with the health care system over the last few years. This includes having my hip joint replaced and, recently, having surgery on my shoulder. With the help of Dr. Chiarito, I have also recently lost a significant amount of weight.

I remember meeting Dr. Chiarito, when she was still in medical school, observing at the Mission Clinic. In the years since joining the practice, Dr. Chiarito has been someone I depend on for my medical care. I have never had a better relationship with a doctor. Dr. Chiarito's warm, outgoing personality helps me know that my medical needs will be supported, and her personal touch with patients is noteworthy. Once, when I was in a skilled nursing facility, Dr. Chiarito came by to check on me, and she brought me some delicious figs from her garden!

In addition to Dr. Chiarito, I've also grown close to one of the nurses, Melody, who helps me take proactive measures to prevent future health problems. Examples of these measures include the flu and pneumonia shots I receive and the Prolia shots Dr. Chiarito prescribes for osteoporosis prevention.

I am enrolled in the Mission Clinic's Care Management Program. Mary, the Care Manager, helps address my unique health concerns and works in partnership with me to identify and implement ways I can positively impact my own health. She calls me once a month to check in, and we have a conversation about changes in my health as well as any health-related questions I may have. Her monthly phone call is a source of confidence and peace of mind. If there is something bothering me, Mary arranges an appointment for me right away.

**Because of the relationships I have with everyone at Mission Clinic, I feel confident asking questions, and I know I am receiving the best care.**

One example of Mary's dedication to managing my health stands out. After my shoulder surgery, my physical therapist had a few questions for my surgeon. Unfortunately, my physical therapist had trouble reaching him. Mary called the surgeon every day for a week, and she was able to get the answers needed to continue my physical therapy. Without getting the right physical therapy in a timely manner, my recovery could have been severely impacted.



I encourage everyone to have a primary care physician and build a relationship with their doctor and the rest of the practice staff. The Mission Clinic team has greatly improved my health, and they have positively impacted my life. Because of the relationships I have with everyone at Mission Clinic, I feel confident asking questions, and I know I am receiving the best care. Dr. Chiarito, Mary, and Melody are partners in my care, they help me get all the right information, and they determine the best plan for me. Mission Primary Care Clinic gives me a great sense of being personally looked after, and, with their help, I am confident many healthy years are ahead!