



EHR

Electronic Health Records Bulletin

201 Monroe Street, Suite 1680, P.O. Box 30317 | Montgomery, AL 36130-3017

334-206-9470 Fax:334-206-3751 | Alabamapublichealth.gov/EHR | EHR@adph.state.al.us

AUGUST

2025 CureMD Updates & Reminders

❖ EHR CELEBRATION

EHR kicked the month of August off with a statewide Rollout celebration sponsored by Catherine Donald (Public Health Administrative Officer). This event was held to recognize and show appreciation for the hard work to all that worked on the new EHR Billing System in CureMD. The project was a huge success and has contributed to a significant increase in more revenue than anticipated.

❖ CureMD AVALON TRAINING

We are in the process of conducting AVALON training in all districts. The CureMD AVALON is Electronic Health Record mobile app that has replaced the Web Vaccine Roster. By using this app, users will be able to manage patient's appointments and schedules with a user-friendly approach. The East Central and Northern Districts recently had training on the usage of the app. Future trainings are forthcoming.

❖ CLERICAL STAFF

You are valued as an employee and are doing a great job getting patients in and out of the clinic in a timely manner. As a reminder, please:

- Please ensure that patient's name is spelled correctly in CureMD.
- Double check the patient's insurance and household size before releasing the patient to sub-waiting room.
- When creating username for the patient portal:
 - Do not allow the system to create username. Enter a username in the pop-up box. (Ex. JohnDoe@1) The system will inform you if the username already exists in the system. If so, change the next number in in sequence.
 - Refrain from using special characters. (Ex. If a patient's name is LaVon^ona, enter the name LaVonna). EHR is receiving numerous calls regarding receiving error messages when entering usernames.

"Your major line of communication with EHR and CureMD"

From the NEWSROOM OF ADPH...

#TAKE CARE OF YOURSELF

Stress is something we often joke about, but in reality it's no laughing matter. This time of year, in particular, presents a variety of challenges that can send your blood pressure skyrocketing. It's unbearably hot; school is starting back so schedules are getting overhauled and traffic is ridiculous; the holidays are approaching, and stores already have Halloween decorations out, which means it's just a matter of days before the Christmas trees appear; and it's unbearably hot.

These and so many other difficulties can come together and have a tremendous impact on our mental and physical health. Stress can complicate relationships and have a negative impact on work and health.

In other words, stress is a very real problem that we need to find very real solutions for.

Celebrating National Relaxation Day, which falls on August 15 every year, is not going to solve all your problems or remove all stress from your life. What it will hopefully do is give you a nice break, and maybe get you started on some tools that can help you minimize the negative effects of stress.

Healthy Ways to Prevent (and Cope with) Stress

- **Take Care of Your Body** --- Staying active, eating well, and getting enough sleep can make you feel better physically, which can improve how you feel mentally.
- **Connect** --- Talk with others about how you're feeling and what's causing stress in your life. Get tips from trusted friends and community organizations that may help you reduce stress.
- **Make Time for Yourself** --- Put down the phone, turn off the news, and go for a walk, read a good book, or just enjoy some good quality quiet time.

Relaxation Techniques

There are several things you can do to slow your mind and body down so that you can truly relax, including:

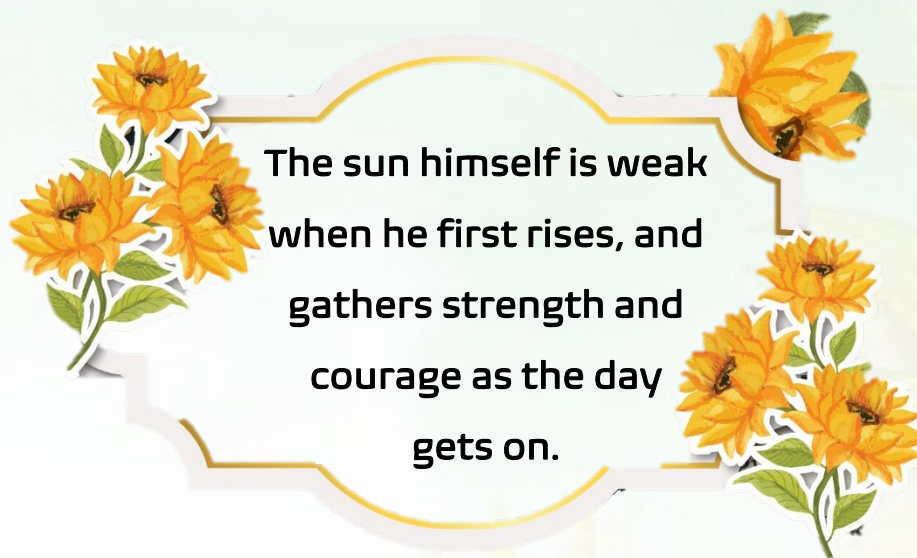
- **Breathing** --- Concentrate on taking long, deep breaths until you feel calm and relaxed.
- **Progressive Muscle Relaxation** --- Tense and relax your muscle groups one at a time from head to toe until your entire body is relaxed.
- **Meditation** --- Focus on a sound, a visual image, or a repeated word or phrase to help you slow down and lower your stress.

These tips are great and practical ways to help you relax, but we all find relaxation in different ways. Maybe it's a morning cup of tea or coffee on the porch; maybe it's an afternoon of fishing or biking; maybe it's a funny movie or some good music in your headphones. The important thing is to take some time today -- and every day --- to relax.

NOTE: If, at any time, stress threatens to overwhelm you or someone you know, and if you or that person begins feeling vulnerable or suicidal, please call [the 988 Lifeline](#), the national number for all mental health and suicide crises.

Resources

- [Alabama CredibleMind](#)
- [Managing Stress \(CDC\)](#)
- [Meditation and Mindfulness: What You Need to Know \(National Institutes of Health\)](#)
- [Stress Management \(Mayo Clinic\)](#)



Health Observances in August

- ❖ National Relaxation Day, (8/15)
- ❖ National Breastfeeding Month
- ❖ National Minority Donor Awareness Month

<u>HELPFUL LINKS YOU MAY FIND USEFUL</u>	<u>MINDSET BULLETIN BOARD</u>	<u>EHR CONTACT NUMBERS</u>
ADPH Districts & Health Departments ADPH Guide to Services Central Office Telephone Listing Map (Public Health Districts) CDC Vaccines VAERS		April Mullins EHR Director, 334-206-2905 Judy Dicks Nurse Manager., 334-206-2951 Monica Moore Research Analyst, 334-206-9484 Christine Long Admin. Asst., 334-206-9470 Email EHR@adph.state.al.us