



EHR

Electronic Health Records Bulletin

"Your major line of communication with EHR and CureMD"

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JANUARY

2025 CureMD Updates & Reminders

❖ CureMD's Billing Upgrades

- A great big "Thank You" to Houston, Coffee, and Pike County Health Departments for agreeing to jump start the piloting of the new CureMD's Billing Upgrades. We appreciate the valuable suggestions and feedback provided as we move forward with this training process. The entire Southeastern District completed the Billing Upgrades and Rollout in October 2024.
- The East Central District went live with the Billing Upgrades in November 2024. We would like to thank them as well for their efforts and valuable input as we continue to move forward.
- The Southwestern District is now in the training phase and will Go-Live starting February 3, 2025.
- For West Central, Northeastern and Northern Districts, please continue current processes. EHR will notify you as dates are set for your training and rollout.

❖ Clerical Staff

- As we phase into the new CureMD Billing Upgrades, please scan the entire (front/back) Insurance Card and Driver's License. **Do not crop the cards.** It is important that all the information on the cards is captured.
- When a patient opts in for the patient portal, please remember to click "Create Patient Portal". We are seeing an increase of the patient portal not being created after capturing email addresses.

- ❖ **Nurses Requiring Inventory Access** - Please send the request to the EHR email address. When sending the request, please include the employee's name, username, and the county(ies) where access is needed. When the request is approved by CureMD, you will be notified. This process normally takes 24 to 48 hours to process.

❖ **2025 EHR Training**

- **February 14 | March 21 | April 11 | May 16 | June 20 | July 18 | August 15**
- To request special training outside of these scheduled dates, please contact the EHR department via email @ EHR@adph.state.al.us to accommodate your request.
- Contact Christine Long at 334-206-9470 to register.

JANUARY HOLIDAYS & HEALTH OBSERVANCES

- ❖ New Year's Day, (1/1)
- ❖ Inauguration Day, (1/20)
- ❖ Martin Luther King Jr. Day, (1/20)
- ❖ National Blood Donor Month
- ❖ Cervical Cancer Awareness Month
- ❖ National Birth Defects Prevention Month
- ❖ National Radon Action Month

**"A negative mind will never
give you a positive life."**

Recipe for **Kindness**

INGREDIENTS

2 heaping cups of PATIENCE
1 heart full of LOVE
2 hands full of GENEROSITY
1 head full of UNDERSTANDING
a dash of LAUGHTER

DIRECTIONS

Sprinkle generously with kindness.
Add plenty of faith and mix well.
Spread over a period of a lifetime and
serve everyone you meet.

be kind - it's free!

HELPFUL LINKS YOU MAY FIND USEFUL

[ADPH Districts & Health
Departments](#)

[ADPH Guide to Services](#)

[Central Office Telephone
Listing](#)

[Map \(Public Health Districts\)](#)

[CDC Vaccines](#)

[VAERS](#)

January Riddle

I have many keys, but no
locks. I have space, but no
rooms. You may enter, but
you may not go outside.
What am I?

(Answer: A keyboard.)

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Improve Your Health by Becoming More Physically Active in 2025

As 2025 begins and many Alabamians resolve to lead a healthier life, a new “For Every Body” campaign of the Alabama Wellness Alliance is a resource which encourages healthy lifestyle behaviors and access to resources for all Alabamians, regardless of age, race, size, or ability level. Realizing that everyone can take small steps towards better health, the campaign encourages participation in healthy lifestyle behaviors that include being physically active in ways you enjoy.

Physical activity improves health by increasing energy, relieving stress, building strength, and reducing the risk of heart disease, cancer, and other chronic conditions. You are encouraged to utilize the [“For Every Body” campaign materials](#) which provide information and graphics in both English and Spanish.

Before beginning a program to increase physical activity, check with your healthcare provider if you are not accustomed to being active. Some practical suggestions for increasing your physical activity include:

- Find where physical activity fits into your daily routine and make time for it.
- Take small steps towards increasing activity.
- Start slowly. Change one habit at a time.
- Get up and move every hour.
- Find a partner and work with your partner to motivate and cheer each other on.
- Find an activity that you want to do, not have to do. Choose an activity that’s fun!

Experts recommend that adults get at least 150 minutes of moderate-intensity physical activity per week. This time can be broken up into smaller amounts.

Walking more is an easily accessible way for many people to add physical activity to their day. The Centers for Disease Control and Prevention (CDC) offers the following tips to increase walking.

- Instead of sitting and waiting while your child is at sports practice, walk around the field.
- Walk your dog a little farther than you normally do.
- Find a convenient path near your home or work. Set specific times to walk there and walk to routine destinations.
- Host a virtual walking meeting. Walk and talk over work problems with your co-workers for the first 20 minutes.
- Make a walking date with a friend or family member. Skip the flavored coffee and do a loop around a park or the neighborhood instead.
- Take a walking lunch break. Keep walking shoes and socks in your car or filing cabinet.
- If you normally walk outside but the weather is bad, head to the local mall for a climate-controlled walk.
- Stop circling parking lots looking for a close spot. Park further away and walk briskly to your destination. You could get a few more minutes of physical activity by walking around the entire parking lot before going inside.
- At airports, walk to your concourse instead of taking a shuttle or tram.

While January is typically the coldest month of the year in Alabama, it is still a good time to increase your physical activity levels. If going outdoors, the chilly air and lower humidity can be invigorating, but be sure to dress properly by wearing layers.

Regardless of the season, any amount of physical activity is good for your health because it can help improve sleep and reduce anxiety by releasing endorphins which promote feelings of happiness and well-being. The CDC lists additional benefits of regular physical activity as helping with balance, type 2 diabetes, many kinds of cancer, bone and muscle strength, lowering blood pressure, and keeping your mind sharp. So get moving! More information is available at our [Nutrition and Physical Activity website](#).

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