

# PMSI's Patient Connection

pmsiforlife.com

Pottstown Medical Specialists Inc.

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## In a new partnership, MerckEngage.com gives you health tools with just a click

Free health support programs that offer a range of resources covering nutrition, physical activities, and treatment plan help are now available to Pottstown Medical Specialists Inc. (PMSI) patients, thanks to a new partnership forged between the practice and MerckEngage.com.



MerckEngage.com is a website sponsored by Merck Pharmaceuticals, the company that makes medications you may use regularly. It provides a convenient, easy, and no-cost way for PMSI patients to keep up-to-date on health topics, receive education and tips between office visits, and take advantage of easy-to-use

tools that can keep their healthy lifestyles on track. It supplies step-by-step guidance on things like meal planning (see recipe below).

It offers prescription savings cards for eligible patients taking certain Merck medications. And patients can talk one-on-one with a health coach ... all at no charge!

Here at PMSI, we do hope you're getting some form of regular exercise. Even a little is better than none! For those who are exercise beginners, as well as those who are veteran exercise buffs, MerckEngage.com lets PMSI patients access an activity planning tool that could make a difference in how you feel about, and what benefits you're getting from, an exercise routine.

If you're following a treatment plan suggested by a PMSI physician, MerckEngage.com supplies a simple tracking tool that lets you monitor your health condition on your own, as well as share progress updates with PMSI staff members at our various offices in Barto, Boyertown, Collegetown, Pottstown, Phoenixville, Royersford, and Stowe.

The next time you visit a PMSI office, ask your physician or a staff member about how you can take advantage of all MerckEngage.com has to offer.



***New, and created  
with you in mind!***

Welcome to PMSI's first patient newsletter. You can look forward to monthly editions with tips to improve your health. Visit our website, **pmsiforlife.com**, for more information.

**It's not too late to get your flu shot!** Immunizations are recommended by the national centers for Disease Control for everyone age 6 months and older. PMSI makes it quick and convenient to get yours.



## Tasty, Creamy Winter Squash Soup

**Directions** (Makes 4 servings.)

1. In a saucepan combine the squash, water, and brown sugar. Place the saucepan over medium-high heat and stir the mixture for 2 to 3 minutes.
2. Add the reduced-fat cream cheese and stir for 2 to 3 minutes or until melted.
3. Combine the cornstarch with the milk and add to the saucepan with the salt-free seasoning. Stir with a wire whisk for 4 to 5 minutes or until thickened.
4. Sprinkle each serving with cinnamon and nutmeg.

### **Ingredients**

- 12-oz frozen cooked squash, thawed
- 1 cup water
- 2 tsp brown sugar
- 2-oz (4 tbsp) low-fat cream cheese
- 1 tbsp cornstarch
- 1 cup nonfat or 1% milk
- 1/2 tsp salt-free seasoning
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg

