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Montgomery Medical

A family tradition of family medicine



July 2026 Edition

Healthy Tip: Water Safety: Swimming is a great way to stay active and cool off in the summer. As you and your family enjoy time at the pool or beach, remember that water safety should always come first. Here are some tips for your next aquatic adventure:

- Practice active supervision. Never leave children unattended near water.
- Use properly fitted life jackets. Inflatable toys or water wings are not substitutes.
- Enroll children in swimming lessons to build confidence and teach important skills.
- Establish clear rules, such as no running near a pool and no rough play in water.



New Medicare GLP-1 Coverage Options

On July 1st, Medicare is introducing the GLP-1 Bridge Program. GLP-1 medications prescribed solely for weight loss have historically not been covered by Medicare. This program is designed to help eligible patients gain access.

To qualify, you must have an existing Medicare part D plan and meet criteria based on your BMI and medical history.

You are not eligible if you already receive a GLP-1 through your Part D plan for an existing condition.

Call Montgomery Medical at 724-569-8100 or go online to schedule a consultation to help determine your eligibility.

Checkups Before Classrooms

As families prepare for the upcoming school year, it can be easy to forget to make health a priority. Annual wellness exams are essential, as they allow healthcare providers to:

- Assess overall health
- Track growth and development
- Review medical history
- Identify potential health concerns
- Ensure immunizations are up to date

Scheduling early helps you avoid the rush that often occurs during back to school season. Call us at 724-569-8100 or book online today for greater flexibility, and to ensure that any required physicals or forms are completed on time.



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Tick & Mosquito Bite Prevention

Warmer months bring an increased chance of tick and mosquito bites. A few simple tips can help lower your risk:

- Use insect repellent
- Wear long sleeves/pants in woody/grassy areas
- Check skin, clothes, children, and pets before going inside.

Use tweezers and pull straight up to remove any ticks. Most bites are mild and resolve on their own.

Seek medical attention if you experience symptoms such as a bull's-eye rash, fever, fatigue, or joint pain.

Grilled Fish Tacos

Ingredients:

- | | |
|--------------------------------|-------------------------|
| • 1 lb lean white fish fillets | Fish Taco Sauce: |
| • Salt & black pepper | • 1/2 cup sour cream |
| • 2 tbsp oil | • 1/3 cup mayonnaise |
| • 1 lime, juiced | • 1 lime, juiced |
| • 1 clove garlic | • 1/2 tsp garlic powder |
| • 1 1/2 tsp chili powder | • 1/2 tsp cumin |
| • 1 tsp ground cumin | • 1/4 tsp salt |
| • 8 white corn tortillas | • 1 tsp Siracha |

Instructions:

1. Season the fish with salt & pepper on both sides.
2. Whisk oil, lime juice, garlic, chili powder, cumin, & paprika together.
3. Marinate fish & sauce for 20-30 minutes.
4. Preheat grill & grill fillets 3-4 mins. on each side. Flip once.
5. Warm corn tortillas on grill for 15 secs. each side.
6. Allow fish to cool before gently breaking into pieces.
7. Serve on warm tortillas & top with desired toppings.



Honoring Our Employees



Sun Safety Trivia

James



Some medications can make you more sensitive to the sun

True False

Sunscreen only needs applied once to provide all day protection

True False

Protection from UV rays is necessary all year round

True False

Answers on Facebook the week of July 6th.

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