

Jose F Alvarado and Associates

Spring 2026 Newsletter



It has been a year of significant growth and change at Jose F. Alvarado and Associates.

While we were sad to leave our original location at 1208 Pemberton Drive, we are excited to continue serving our patients in our new office at 600 Glen Avenue, Suite 103, Salisbury, Maryland 21804.

Our new space has allowed us to expand from six to ten exam rooms, improving access and efficiency for our patients. We are now able to offer both sick and well visits within the same building while maintaining separate waiting areas and designated exam rooms for each, ensuring a safe and streamlined experience.

We remain committed to enhancing the care we provide and are actively exploring opportunities to expand our services to better meet the needs of our patients and families.

Telehealth Platform Update: Transition to Remedy Connect (Effective April 1)

We are excited to introduce an upgrade to our telehealth services:

- Transitioning from Anytime Pediatrics to **Remedy Connect**
- Seamless integration with our electronic health record system (**Office Practicum**)
- No app required—join visits via a secure link sent by text or email
- Ability to schedule **group visits**, allowing multiple family members to join from different devices and locations
- Enhanced connection quality and overall reliability for a smoother visit



Triage Services Partnership with Hello Pediatrics

We are enhancing our after-hours and triage support through a new partnership:

- Transitioning triage services to **Hello Pediatrics**
- Option to convert triage calls into a **Telehealth Virtual Visit** with a **Hello Pediatrics pediatrician** for immediate care
- Patients can access the triage services either by calling our office number directly or by using the Hello Pediatrics website directly or via links to Hello Pediatrics on our website and social media
- Helps avoid unnecessary **Emergency Room or Urgent Care visits**
- Visits are billed at **primary care (PCP) rates**, not ER rates (per insurance guidelines)
- Families may choose to receive **nurse triage advice only**, without converting to a telehealth visit and follow up with our office the following day.
- If a concern is not appropriate for telehealth, patients will be guided to the **most appropriate level of care**:
 - Emergency Room
 - Urgent Care Center
 - On-call provider from our office for further guidance



Office Portal Updates:

Portal Registration

- Our office will be sending new patient portal registration emails in the coming weeks.
- We encourage all patients and families to register and maintain an active portal account.
- If you experience any difficulty registering or accessing your account, please contact our office for assistance.

Patient Portal Utilization

- We encourage all patients and families to actively use our office patient portal.
- Our goal is to increase the percentage of patients who are registered and actively using their portal accounts.

Convenient Access to Health Information

- Parents have immediate access to their child's vaccination records through the portal.
- Patients can securely view lab results, medication lists, and visit summaries at any time.

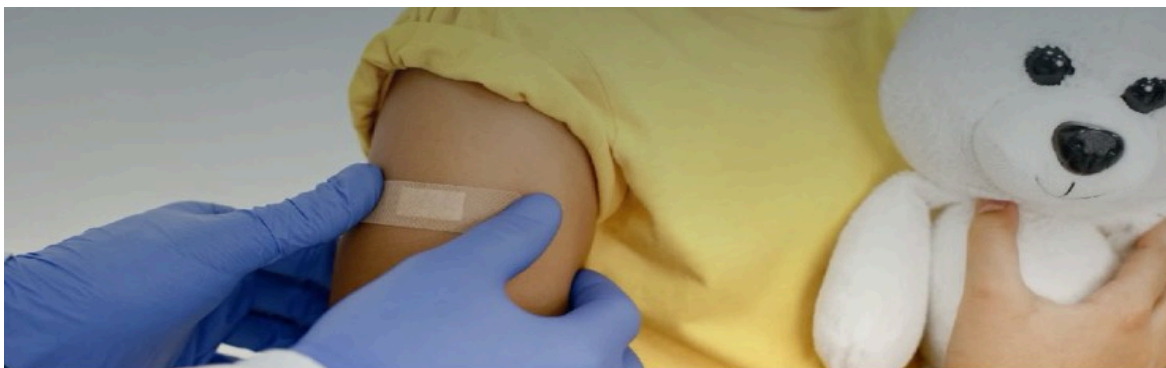
Medication Refill Requests

- *We request that all prescription refill requests be submitted through the patient portal.*
- The portal allows patients to select the exact medication needed, helping to reduce communication errors and improve processing efficiency.

Pre-Visit Forms and Questionnaires

- Completion of visit forms, screenings, and questionnaires through the portal will be available soon, with implementation anticipated in Summer 2026.
- This initiative is designed to streamline the check-in process, reduce paperwork, and improve overall efficiency for both patients and staff.





The science hasn't changed... And neither have we.

Our commitment to your child's health and safety remains the same. We continue to support the American Academy of Pediatrics vaccination schedule. All AAP recommended vaccines remain available and covered for your child. We welcome your questions and we're proud to partner with your family to keep your child safe and thriving.



Jose F. Alvarado and Associates

Vaccine Information Resources:

American Academy of Pediatrics



Children's Hospital of Philadelphia Vaccine Education



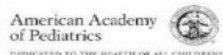
AAP Recommended Immunization Schedule

Children Birth Through 6 Years Old

	Birth	1 month	2 months	4 months	6 months	8 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years
RSV	✓	1 dose during RSV season				✓ 1 dose during RSV season for those at high risk *						
HepB	✓	✓										
RV			✓	✓	✓							
DTaP			✓	✓	✓			✓				
Hib			✓	✓	✓		✓					
PCV			✓	✓	✓		✓					
IPV			✓	✓	✓							
COVID-19					✓	Recommended for age group						✓ As recommended**
Influenza					✓	Yearly						
MMR							✓					
Varicella							✓					
HepA							✓	Dose 2: 6 months after dose 1				

For more information, visit [healthychildren.org/immunizationschedules](https://www.healthychildren.org/immunizationschedules).

*<https://www.healthychildren.org/rsv>
 **<https://www.healthychildren.org/covid-19>

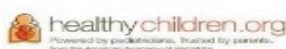
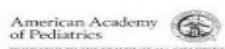


AAP Recommended Immunization Schedule

Adolescents 7 Through 18 Years Old

	7 years	8 years	9 years	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years
MenACWY					✓							✓
MenB							Recommended for some teens				✓	
Flu	✓	Yearly										
HPV (3 doses if given after age 15)			✓ 2 doses recommended									
Tdap					✓							
COVID-19	✓	As recommended for age group										

For more information, visit [healthychildren.org/immunizationschedules](https://www.healthychildren.org/immunizationschedules).



School Excuse Notes:

- Public school systems in Wicomico, Worcester, and Somerset Counties are increasingly requesting that excuse notes be sent directly from our office via email.
- We anticipate that additional school systems will adopt similar requirements in the coming school years as there have been concerns regarding parents altering provider excuse notes.
- Our staff will be happy to send a school excuse note directly to your child's school as long as they have had an associated visit to justify the medical excuse.
- If your child does not improve in the time frame discussed with your child's provider at the visit then follow up visits may be needed for further evaluation and to extend medical excuses.



Importance of Sports Physicals:

— **As of August 1st 2024 we require that your child have had a well child visit within the past 90 days in order to complete sports physical forms without a new visit.**

— Sports physical forms can be completed at time of Well Child check for no additional fee

— If your child has not had a WCC exam in the past 90 days then you will be asked to schedule a sports physical to document an updated exam, update any injury history and/or medication history and screen blood pressure, hearing and vision. The fee for this visit will be billed to your insurance company as a sports physical but may not be a covered service. **If it is not a covered service or if you choose to not use insurance for this service the fee will be \$40.**

Reasons for Change in Policy:

1. Realization that many times we are completing sports form based upon information that could be months to almost a year old. Children can experience many changes regarding health status, injuries, medications and other risk factors during that interval period of time. We want to ensure we are using the most up to date information to ensure your child is as safe as possible during sports participation.
2. We as medical providers, schools, parents, patients and sports organizations take on certain levels of risk when allowing children to participate in school or other organized sports. We want to ensure that we are doing our best to protect our children from injuries or exacerbation of underlying medical conditions when participating in sports.
3. Compliance with AAP recommendations that ideal timing for sports physical is 6-8 weeks prior to start of sports season.
4. Different physical exam points and a separate concussion / sports injury history are typically reviewed during a sports physical. These are not always assessed during a routine well child physical exam.

Medical Forms Office Policy Update:

- We recognize that forms are required by schools, camps, daycares and other organizations regarding the health status of your child.
- **Completion of forms requires that your child(ren) be current with their well visits and their immunizations**
- School and camp forms can be completed and signed at the time of the well visit if you bring the forms with you and present them to your provider during the visit, at no additional fee.
- All other forms, and forms not presented at the time of well visit, are handled according to our Forms Completion Policy.

FORMS COMPLETION POLICY:

- Upon receipt, forms are logged and then forwarded to our medical assistant staff
- Our team will review the form and update it with information from your child's last well visit
- The form will be forwarded to your child's provider for review and signature
- **Fees for Forms are charged per packet submitted according to fee structure below; or families can elect to pay an annual fee of \$50 dollars that covers all routine forms fees for the year.**
- **Annual Form Fee of \$50 only guarantees routine form turnaround time of 5-7 business days**
- School, camp and Medication Administration forms are completed within 5-7 business days for a fee of \$10 per packet of forms, unless you have elected to pay the annual Forms Fee
- Urgent Forms can be completed next business day for a fee of \$25
- Complex Forms (FMLA) and Physician Letters on Letterhead can be completed within 5-7 business days for a fee of \$30 - \$50 (depending on complexity / duration).
- If you need a form completed in between well visits, please drop the forms at our office or email them to general@alvaradoandassociates.com.
- We will notify you when your forms are completed; forms can be picked up or emailed when completed. If you would like us to mail your form, please include a self-addressed stamped envelope