



Greetings!

Welcome to our November newsletter! As we gather with family and friends and give thanks, we're especially grateful for the trust you place in us every day. It's our privilege to care for you and support your health journey this season and always.



Halloween Fun in the Office

Thank You for Voting!

Thank you to everyone who joined the fun by casting your vote in person, by email, or on social media for our Door Decorating Contest! Your enthusiasm made this event a blast.

 Click the video below for the WINNER BIG REVEAL! 



Please don't hesitate to call for assistance as you choose your plan.

Marketplace Insurance
2026 Changes

We will **NOT** be in network with Cigna Connect

In Network Choices:

- ✓ Oscar
- ✓ Molina
- ✓ BCBS (Blue Options Only)

Commercial Insurance

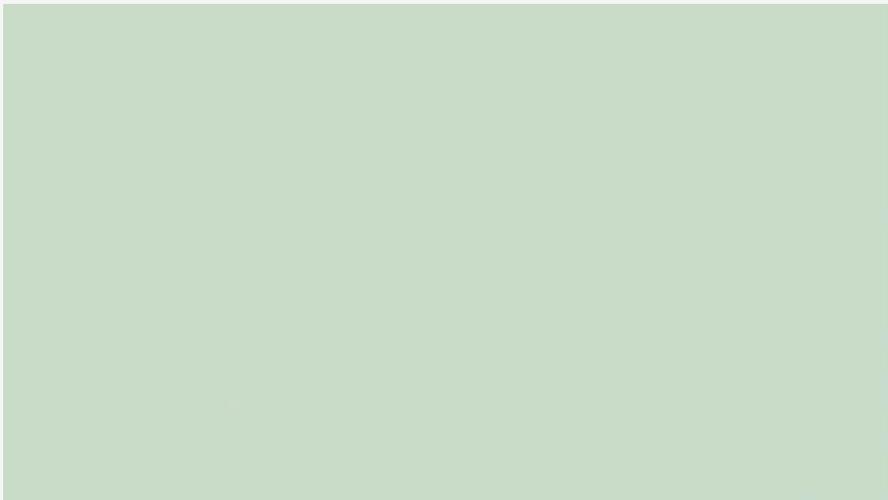
No current changes that we are aware of for insurances you pick with your employer.

- ✓ Cigna
- ✓ Florida Blue
- Including Out-of-State BCBS
- ✓ (UHC)
- ✓ UMR
- ✓ Aetna
- ✓ Many Others

Medicare and Medicare Advantage

No current changes that we have been informed of with insurances you choose through Medicare and Medicare Advantage plans.

Advice: Understand what you are choosing and if an HMO fits your healthcare lifestyle.



Toys For TOTS

We are committed beyond the operating room. We're proud to support the health and growth of our community in various ways.

Dr. Shockley in ACTION!



The holidays are joyful, but they can also make staying on track tougher. Remember, it's not about perfection, just balance. Try

these 👉

🌟 Plan Ahead: Eat a light protein snack before events to avoid overeating

🥗 Enjoy Your Favorites: Just cut portions in half

🚶 Keep Moving: A Quick walk after meals goes a long way

Have you considered a new weight loss journey?- Book and appointment with Dr. Shockley for surgical intervention or GLP1 medications.



STAFF Spotlight

We're thrilled to introduce Kaylee, the newest member of our front desk team! With a strong background in patient service, Kaylee brings a calm, reassuring presence to our office making every patient feel welcomed, supported, and cared for the moment they walk through our doors. Her positivity, warm smile, and dedication to exceptional care make her a fantastic addition to our practice family.

FUN FACT- Kaylee Loves **Pink**

DON'T WAIT UNTIL THE NEW YEAR

MEDICAL WEIGHT LOSS

Tirzepatide

APPETITE CONTROL
IMPROVED BLOOD SUGAR REGULATION
ENHANCED FAT BURNING

SCHEDULE NOW

NO FOOD NOISE

FEEL FULL FASTER AND LONGER

AVERAGE 1/2-2 LBS OF WEIGHT LOSS PER WEEK

OUR PROGRAM IS DOCTOR SUPERVISED WITH PERSONALIZED COACHING

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