

NEWSLETTER



DATE December 2025

Written By: Peter Reisner, M.D.

Winter Wellness Tips

A Quick Guide for Busy Adults

Stay Hydrated

Drink at least **8 cups of water daily**, even in colder weather. Water keeps your immune system strong.

Manage Stress

Take short breaks to **walk, stretch, meditate**, or enjoy a hobby. Stay connected with loved ones and keep holiday traditions fun.



Sleep Well

Protect your rest. Avoid caffeine, alcohol, large meals, and long naps before bedtime.



Dress for the Weather

Wear **layers, hats, gloves, and warm socks**—even in Texas. Change out of wet clothes quickly.



Limit Cold Exposure

Check weather and wind chill daily. Seek emergency care if you experience **intense shivering, slurred speech, fatigue, or poor coordination.**



Keep Moving

Exercise regularly for mental and physical health. Move outdoor workouts indoors during extreme weather.

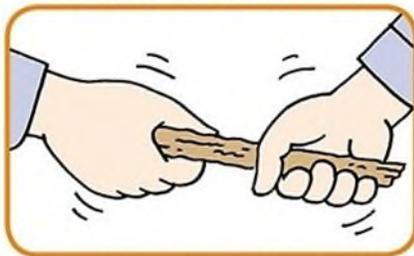
Prevent Germs

Wash hands often and stay current with **flu and COVID-19 vaccines.**

STOP THE SPREAD OF GERMS!

FOLLOW THESE SIMPLE RULES!

IN THE WORKPLACE:



1. Avoid bare skin-to-skin contact! Shake hands using a stick.

IN THE RESTROOM



1. Avoid contact with the faucet. Wash hands wearing gloves.

Reference: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/winter-wellness-healthy-holiday-tips>
Peter Reisner, M.D. is a physician in *Family Medicine* in *Chetek*, Wisconsin., Retrieved, December 3rd, 2025, Wednesday, December 13, 2023,
 Winter wellness: 7 tips for staying healthy during the holidays

Stay healthy, stay safe, and enjoy the winter season!

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What Can I do WHEN I AM Sick or have Health Concerns?

POWERED BY: 



Urgent care

Save time and money when an ER is not necessary



Same Day Sick Appointments

Over 30 locations
210-572-8890



24-HOUR NURSE LINE

Save time, money, and a trip to the doctor
800-556-1555



Telehealth Visit

- **Teladoc:**
 - 855-835-2362
 - member.teladoc.com/aetna
- **RediMD:**
 - 866-989-2873
 - Redimd.com
- **CVS Virtual Care:**
 - 1-877-993-4321
 - CVS.com/minuteclinic/virtual-care



Walk-in services & open on weekends for minor injuries

Offering physical therapy, occupational therapy, and speech therapy to aid in recovery and rehabilitation.

Some common illnesses and injuries include sprains, urinary tract infections (UTI), the flu, allergies or asthma, ear infections, sore throats, stomach aches, and fever or headaches.

In Network Urgent Care Facilities



24 hour locations:
1. Loop 1604 N/Culebra
2. IH 10 W/Wurzbach
3. IH 35 N/Loop 1604

For life threatening issues please call 911



PEDIATRIC
Urgent Care



Read More on our website: QPICSA.com or Call 210.920.9301

Healthy Recipe

Pressure-Cooker Chicken Tortilla Soup

Recipe by: Karen Kelly, Germantown, Maryland | Healthy Winter Dinner Recipe

Ingredients: Serves 6

Prep: 15 min. Cook: 25 min + Releasing

- 1 TBSP canola oil
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 pound boneless skinless chicken breasts
- 1 carton (32 ounces) reduced-sodium chicken broth
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (14 ounces) fire-roasted diced tomatoes
- 1-1/2 cups frozen corn
- 1 TBSP ground cumin
- 1 TBSP chili powder
- 1 tsp paprika
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 cup minced fresh cilantro
- Optional: Crumbled tortilla chips, chopped avocado, jalapeno peppers, and lime wedges



Directions:

1. Select sauté setting on a 6-qt electric pressure cooker and adjust for medium heat; add oil. Add onion; cook and stir 6-8 minutes or until tender. Add garlic; cook 1 minute longer. Press cancel.
2. Add the next 10 ingredients. Stir and lock lid; close pressure-release valve.
3. Adjust to pressure-cook on high for 8 minutes. Allow pressure to naturally release 12 minutes, then quick-release any remaining pressure.
4. Remove chicken from the pressure cooker. Shred with 2 forks; return to pressure cooker.
5. Stir in cilantro and serve with optional toppings as desired.

Nutritional Information:

1 cup: Calories: 141kcal | Fat 3g (0 saturated fat), Cholesterol: 25 mg | Sodium 580 mg | Carbohydrate: 15g (3 g sugars, 3 g fiber), | Protein 14g | Diabetic Exchanges: 2 lean meat, 1 starch

Reference: <https://www.tasteofhome.com/recipes/pressure-cooker-chicken-tortilla-soup/#RecipeCard>, Retrieved December 4th, 2025. , Taste of Home Editorial Team, Tested by: Taste of Home Test Kitchen, Updated on Feb 23, 2023.

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