

Vitality



Chuck
heart care patient

Rhythm Restored

When Chuck's heart fell out of rhythm, Summa Health helped restore the beat that matters most.

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Mallory
gynecologic cancer patient

Gynecologic Cancer Care

Throughout her journey, Mallory found comfort in the compassionate care she received.

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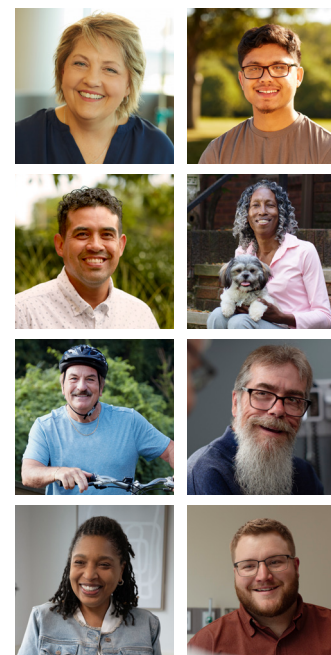


Every Step Toward Better Health

What does it mean to have a healthy community?

It means more people living well and doing what they were meant to do. That's why every step we take at Summa Health – whether expanding access, streamlining appointments, strengthening collaboration or enhancing services – adds up to a healthier, stronger and more vibrant community.

The Summa Health *All for the better* campaign showcases this ongoing dedication by featuring real patients and their experiences across a range of specialties, from orthopedics to cancer care. Through their stories, we celebrate the people, care and innovations that help our patients and community thrive.



Visit summahealth.org/all-for-the-better to interact and learn more about this campaign.

Summa Health.
All for the better.



A New Leader for Summa Health

Summa Health has named Jennifer Eslinger as our next president and chief executive officer. A seasoned executive with more than two decades of leadership experience across some of the nation's most prominent health systems, Jennifer brings to the role a proven record of driving operational excellence, advancing clinical quality and leading complex organizations through periods of meaningful transformation.

Jennifer joins Summa Health from Rochester Regional Health, where she served as president and chief operating officer of a \$4.2 billion integrated health system. There, she helped steer the organization through significant strategic growth and performance improvement. Her earlier career includes senior leadership roles at Henry Ford Health, Mobile Infirmity Health System, HCA Healthcare and Tenet Healthcare — a breadth of experience that spans both large academic medical centers and community-based care.

Daryl Tol, who has served as acting president and CEO while leading Health Assurance Transformation Company (HATCo), will continue in his role there and work alongside Jennifer as she assumes the helm. "Jennifer combines operational rigor with strategic vision and a collaborative leadership style," Tol said. "I look forward to working with her as she leads the next chapter of our transformation, ensuring long-term sustainability and creating a more proactive, technology-enabled health system that delivers even better outcomes for all those we serve."

Kate Walsh, chair of the Summa Health Board of Directors, spoke to both Jennifer's capabilities and her character. "She has both the judgment and values to build on Summa Health's strong foundation while accelerating our impact in the communities we serve and helping shape the future of healthcare," Walsh said.



Jennifer Eslinger
Summa Health President and
Chief Executive Officer

Jennifer describes herself as genuinely excited by what lies ahead.

"I am energized by the opportunity to expand access, improve outcomes and advance the future of healthcare together while staying grounded in what matters most — serving Summa Health's consumers and members, providers and team members, and communities across Northeast Ohio."

As president and CEO, Jennifer will direct the organization's continued transformation, with priorities centered on clinical quality, financial sustainability, and digital innovation — all grounded in Summa Health's longstanding commitment to compassionate, community-based care.





I have been
very impressed
by the care
I received by
Summa.

Chuck, heart care patient



Rhythm Restored

When Chuck's heart fell out of rhythm, Summa Health helped restore the beat that matters most.

For more than 40 years, Chuck has lived an active, healthy life – exercising three to five times a week, staying fit and rarely getting sick. He's also a talented musician, someone who knows a thing or two about rhythm. But in recent years, it wasn't his music that was offbeat. It was his heart.

Six years ago, during a routine visit with his primary care provider, Chuck's doctor noticed something unusual – his heart rate was higher than it should be. An EKG confirmed an irregular rhythm, and he was sent to Summa Health System – Barberton Campus for further testing. There, he underwent his first cardiac ablation to correct atrial fibrillation (AFib) – a condition that causes the heart to beat irregularly. The procedure went smoothly, and Chuck recovered quickly.

That experience made Chuck more mindful about his heart health. As someone who values precision and timing, he began using his smartwatch to track his heart rate and set alerts for any sudden spikes.

In the spring of 2025, that decision paid off. When his watch notified him that his resting heart rate was far above normal, Chuck didn't ignore it. He reached out to his doctor and was referred to Meet Patel, M.D., a cardiac electrophysiologist at Summa Health.

After evaluating Chuck, Dr. Patel recommended a second cardiac ablation to correct the irregular

rhythm. The procedure was straightforward and, just like his first experience, remarkably smooth. "I had no pain at all – just a little discomfort in the groin area," Chuck said. "I went home the same day."

Chuck describes Dr. Patel as "very nice, thorough, professional and knowledgeable." He was equally impressed by Dr. Patel's nurse practitioner, Kristen McDonough, APRN-CNP, who took time to answer all his questions and made him feel completely at ease. "I can't say enough about her," he shared. "She made the whole experience comfortable."

Chuck added that every single person he encountered at Summa – from the receptionist to the nurses and care team – was genuine, personal and friendly. Everyone introduced themselves, and he joked that there might be a quiz later to see if he could remember all their names. "I love all of them," he said with a laugh, "but I hope I never see them again!"

Today, Chuck is back to doing everything he loves – performing on stage, staying active and living life to the fullest. He credits Dr. Patel and Summa Health's Heart and Vascular team for getting him there.

To learn more about the Summa Health Heart and Vascular Institute, visit summahealth.org/heart or call **888.586.8860**.

See Chuck's
journey:



When Your Heart Misses a Beat

Don't ignore the warning signs of AFib



Your heart is designed to beat in a steady, predictable rhythm. When that rhythm becomes fast, irregular or unpredictable, it could be a sign of atrial fibrillation (AFib) – the most common type of irregular heartbeat.

What is AFib?

In a healthy heart, electrical signals keep the heart beating in a coordinated rhythm. With AFib, those signals become disorganized, causing the upper chambers of the heart to quiver instead of beating effectively. This can make your heart race or beat irregularly and prevent it from pumping blood as efficiently.

Know the signs

AFib symptoms vary from person to person. Some people notice obvious symptoms, while others have none at all.

Common symptoms include:

- Heart palpitations (racing, fluttering or pounding)
- Irregular heartbeat
- Fatigue
- Shortness of breath
- Lightheadedness or dizziness
- Chest pain
- Reduced exercise tolerance

Are you at risk?

Your risk of AFib increases with age, but it can affect adults of any age.

Common risk factors include:

- High blood pressure
- Obesity or sleep apnea
- Diabetes
- Heart disease or heart failure
- Smoking
- Moderate to heavy alcohol use

Treatment can help

AFib can often be managed with medications that control heart rhythm or reduce stroke risk. For many patients, minimally invasive procedures such as cardiac ablation can restore a normal heart rhythm.

Summa Health's multidisciplinary AFib program creates personalized treatment plans to help patients manage AFib, reduce complications and get back to living fully.

Listen to your heart

Don't ignore a heartbeat that feels different. Talk with your primary care provider about a referral to the Summa Health AFib Program.

What Is a Cardiac Electrophysiologist?

Cardiac electrophysiologists are cardiologists with advanced training in the heart's electrical system – the signals that control each heartbeat. For patients with AFib and other arrhythmias, they identify the cause of rhythm problems and create personalized treatment plans, from medications and lifestyle changes to minimally invasive procedures like cardiac ablation.

To find a Summa Health electrophysiologist near you, visit summahealth.org/physicians.



We're Growing to Better Serve You

Behavioral Health Institute Now Offers Walk-in Hours for Addiction Recovery Services

Summa Health System — Akron Campus, 45 Arch St, Suite 600, Akron, OH 44304

Walk-in hours for medication-assisted treatment (MAT) began June 15 at the MAT Clinic in the Juve Family Behavioral Health Pavilion, Suite 600 from 10 a.m. to 4 p.m. Monday through Friday; no referral and no appointment necessary.

The Summa Health MAT clinic offers a full spectrum of medications to treat substance use disorders that includes oral and sublingual formulations as well as long-term injectable medications that are one of the most popular and effective ways to maintain sobriety. Medications available include Vivitrol® (naltrexone for extended-release injectable suspension), two long-acting injectable formulations of buprenorphine (Sublocade® and Brixadi®) and several oral medications such as Suboxone (buprenorphine and naloxone), Disulfiram and Acamprosate.

To learn more, visit summahealth.org/MAT.



Bringing Advanced Imaging to Your Community

Patients now have an even more convenient way to access advanced diagnostic imaging close to home. Summa Health's mobile CT and MRI units bring high-quality imaging services directly to communities across the region, making it easier than ever to schedule the tests you need without traveling far from where you live or work.

The mobile imaging vehicles travel on a weekly schedule to Barberton, Green, Medina and Stow, expanding access to CT and MRI services while providing the same advanced technology and expert care patients expect from Summa Health. Whether your provider has recommended imaging to diagnose a condition, monitor treatment progress or investigate symptoms, these convenient locations can help you get the answers you need sooner.

The addition of mobile CT and MRI services is another example of Summa Health's commitment to making healthcare more accessible and patient-centered. If you need diagnostic imaging, visit summahealth.org/imaging to make an appointment.



ENT Services Now Available in Green

Summa Health Green – 1790 Graybill Rd, Suite 250, Uniontown, OH 44685

Summa Health's Otolaryngology group, more commonly referred to as Ear, Nose and Throat (ENT), utilize both medical and surgical approaches to treat diseases and conditions of the ear, nose and throat. This team of experts treats a variety of conditions including chronic nasal obstruction, chronic sinus conditions, deviated septum, environmental allergies, hearing loss and aids, head and neck surgery, hearing and balance disorders, obstructive sleep apnea, snoring, swallowing disorders, thyroid problems, tinnitus management and voice disorders. To schedule an appointment, visit summahealth.org/ent or call **877.201.1042**.



Fall Health Checklist: Don't Let Your Healthcare Fall Behind

As the busy fall season begins, it's easy to focus on school schedules, holidays and upcoming activities while putting your own health on the back burner. Taking a few simple steps now can help you stay healthy through the fall and winter months.



Get your flu shot.

Flu season typically begins in the fall, making October a great time to get vaccinated. A flu shot can help reduce your risk of illness and protect those around you, especially young children, older adults and people with chronic health conditions.



Schedule important appointments.

If you've been postponing your annual wellness visit or follow-up appointment, now is the time to get it on the calendar. Regular checkups can help identify potential health concerns early, when they are often easier to treat.



Stay current with recommended screenings.

Preventive screenings play an important role in maintaining good health. Depending on your age, health history and risk factors, you may be due for screenings such as mammograms, colon cancer screenings, lung cancer screenings, bone density tests or blood



pressure and cholesterol checks. Talk with your provider about which screenings are right for you.

Check your medications.

Review your prescription medications and refill any that may run low during the coming months. Running out of medication can disrupt treatment plans and potentially lead to avoidable health complications. Fall is also a good time to review your medications with your provider or pharmacist and ask questions about dosage, side effects or drug interactions.



Use digital tools to stay on track.

Technology can make it easier to manage your health, even during a busy season. Use tools like MyChart® to message your provider, view test results, request prescription refills and keep track of upcoming appointments. Online scheduling also makes it simple to book certain visits when it is convenient for you.

A few minutes spent on your healthcare checklist today can help you avoid bigger health concerns tomorrow. Talk with your primary care provider about the preventive care, screenings and vaccinations that can help you stay healthy all season long.

Cancer Screenings: A Simple Step That Can Save Your Life

When it comes to cancer, early detection can make all the difference. Many cancers develop without noticeable symptoms in their early stages, which is why regular cancer screenings are so important. Screenings can find cancer before symptoms appear, or even detect precancerous changes that can be treated before cancer develops. Finding cancer early often means more treatment options, less aggressive therapies and better outcomes. In some cases, early detection can be lifesaving.



When Should I Start Screening?

Age 21-29	Age 30+	Age 40+	Age 45+	Age 50+	Age 55+
Cervical Cancer  Screening: Pap test every three years	Cervical Cancer  Screening: Pap test every three years OR Pap and HPV test every five years	Breast Cancer  Screening: Clinical breast exam every year	Colorectal Cancer  Screening: Colonoscopy every 10 years for those with average risk (or earlier for those with increased risk such as family history)	Lung Cancer  Low-dose CT Screening: annually for current or former heavy smokers who meet screening criteria	Prostate Cancer  PSA Screening: for average-risk individuals (discuss frequency)
Breast Cancer  Screening: Clinical breast exam every three years		Prostate Cancer  PSA Screening: for high-risk individuals (discuss frequency)			

Preventive care is one of the best investments you can make in your health. If you're overdue for a cancer screening, make today the day you schedule it. A simple appointment could provide peace of mind — and potentially save your life. To learn more, visit summahealth.org/cancerscreening.

Plantar Fasciitis:

FACT VS FICTION

There's no shortage of advice when it comes to heel pain – and not all of it is true. Before you blame aging, overdoing it at the gym or an uncomfortable pair of shoes, here's what you should know about plantar fasciitis.

FICTION: Plantar fasciitis only affects runners.

FACT: Anyone can develop plantar fasciitis. It's common among people who spend long hours on their feet, exercise regularly or wear unsupportive footwear.

FICTION: Heel pain will go away if I ignore it.

FACT: Without treatment, plantar fasciitis can become chronic and make everyday activities more difficult. Early treatment can help relieve pain and prevent symptoms from worsening.

FICTION: If I have heel pain, I must have a heel spur.

FACT: Heel spurs usually aren't the cause of plantar fasciitis pain. The discomfort is typically caused by irritation of the plantar fascia, and many people with heel spurs never experience symptoms.

FICTION: Surgery is the only solution.

FACT: Most people find relief with nonsurgical treatments, including stretching, supportive footwear, physical therapy and activity modifications.

If heel pain is slowing you down, don't wait to seek care. Plantar fasciitis is highly treatable, and an early diagnosis can help you get back on your feet – comfortably. Call the Summa Health foot and ankle specialists at **888.808.3926**.



Emre Eren, M.D.



Micheal Jack, DPM



Jeffrey Junko, M.D.

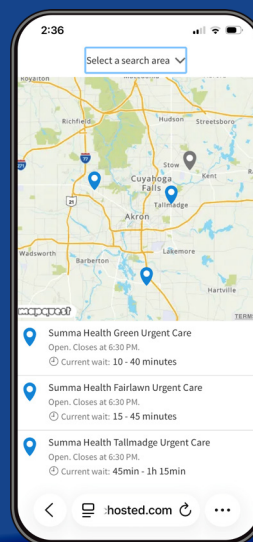


Jacqueline Tulodziecki-Ahlstrom, DPM

Know Before You Go—A Smarter Way to Plan Urgent and Express Care

One of the latest innovations from Summa Health makes getting care even more convenient: patients can now check estimated wait times at Urgent and Express Care locations before leaving home. Through an easy-to-use online tool, patients can view current wait times at participating locations and choose the site that best fits their schedule.

Patients can compare locations, minimize time spent waiting and make informed decisions about where to seek care for non-emergency illnesses and injuries. For busy individuals and families, the ability to check wait times in advance can save valuable time while helping them access timely care when they need it most. It's another way Summa Health is using technology to improve the patient experience and make healthcare more accessible, efficient and consumer-friendly.



View current wait times



Scan the QR code to see current wait times at our Urgent Care locations or visit summahealth.org/urgentcare.

Technological Innovations: Healthcare Unlocked



Summa Health Unveils High-Tech Blueprint for the Future

When General Catalyst's (GC) Health Assurance Transformation Company (HATCo) acquired Summa Health in October 2025 the goal was to take a health system and transform it into a more proactive, accessible, and affordable system of community-based, lifelong healthcare. Less than a year later, the blueprint for this transformation is turning into reality.

In August, Summa Health and HATCo announced Summa's technology "stack", unveiling the first companies to partner with the system on its transformation plan.

"Turning Summa Health into a system of care that is proactive, accessible and affordable requires something this industry has never done: the companies building the next generation of healthcare infrastructure working as one, inside a community health system. I'm energized by what that will mean for patient and provider experience and outcomes in Akron and beyond," said Hemant Taneja, CEO of General Catalyst and founder and chairman of HATCo. "A system of true health assurance is made possible through the collaboration of a vibrant ecosystem of visionary tech founders and experienced health system leaders working together to reimagine healthcare."

"The first nine months were focused on achieving organizational stability and making targeted investments that support staff and ensure patients continue to receive the highest quality health care", said Daryl Tol, CEO of HATCo, which General Catalyst created to transform health systems into resilient, enduring organizations. "Summa is now ready to embrace technology that will enable sustainable transformation and outcomes to serve generations in the decades to come."

The strategy tackles a chronic industry challenge—system fragmentation—by bringing together best-in-class technologies to work as a single, cohesive engine across Summa Health and SummaCare.

Eight specialized platforms are uniting to form the backbone of this new operating model:

- **Aidoc:** a diagnostic AI company focused on helping physicians make earlier, safer diagnoses by turning raw patient signals into actionable insight.
- **Clarium:** an AI-native supply chain intelligence and computer vision platform that optimizes clinical and financial operations

- **Commure:** an AI platform focused on reducing administrative burden through ambient documentation, coding, and revenue cycle automation.
- **Fabric:** an AI-powered care orchestration and virtual primary care capacity augmentation to optimize consumer access and outcomes.
- **HippocraticAI:** a clinical voice AI-agent platform for patient and member engagement, care coordination, and operational support across providers and payers.
- **Judi Health:** a unified claims infrastructure that streamlines pharmacy, medical, vision, and dental adjudication and benefits administration.
- **Transcarent:** a consumer health and benefits platform that simplifies navigation and access across surgery, pharmacy, and broader care needs.
- **Verse Medical:** a platform to manage durable medical equipment and post-acute care.

Aidoc, Clarium, Commure, Fabric, HippocraticAI, Judi Health, Transcarent, and Verse are all backed by General Catalyst, and are working together to connect, support, and empower Summa's patients, providers and staff to improve the health of its communities and serve as a blueprint for broader healthcare transformation in the US and beyond. That includes new technology, resources and support to drive transformation enablement while addressing system fragmentation to make day-to-day operations run more smoothly, and build towards a more connected, seamless patient experience.

HATCo is working with Percepta, a GC transformation company, to build the Health System Command Center, which will bring frontier AI into daily hospital operations and unify Summa's technology stack into an intelligent operating system. The platform will orchestrate these solutions across the enterprise to enable AI-native care delivery, efficient operations, and a connected patient experience.

Scout Fetches Health Plan Answers for SummaCare Members — Fast!

Learn how SummaCare's loyal virtual assistant, Scout, is giving plan members the answers they need when they need them.

If you've visited **summacare.com** recently, you may have noticed what looks like a speech bubble icon in the lower right corner of your screen. Just one click on this icon will access Scout, a virtual assistant available to web and mobile visitors.

Scout answers your questions by referencing your current, active health plan. By entering your name and member ID, Scout can access your information in the member portal, Plan Central, and can answer your plan-specific questions in real time.

Can't remember how much prescription lenses cost? Forget the copay amount for a specialist visit? Scout can fetch that info right away! Here's a look at what a Scout interaction can look like:

Scout can be used for all sorts of questions day or night, like finding a provider, a plan document, exploring various benefits and so much more. Visit **summacare.com** today and give it a try yourself. Scout may just end up becoming your new best friend.

SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal. Scout responses are not a guarantee of benefits. Eligibility and network requirements will apply. Please refer to plan materials. H3660_SC2795_C 09032026



SummaCare
Health Insurance

Looking for Scout?

Click on the chat icon to get started.



Hello, I'm Scout, your virtual assistant. How can I assist you?



Hi Scout! Does my plan cover refraction exams for glasses?

Here's what I could find based on your plan. Yes, your SummaCare Medicare Advantage Topaz (HMO) plan covers refraction exams. This means you do not pay anything for the eye exams that typically include refraction to determine your glasses prescription.

A Convenient Express Care Option in the Stow-Kent Community

Summa Health Stow-Kent Express Care
3825 Fishcreek Rd, Stow, OH 44224

Our team welcomes patients ages six months through adulthood and provides walk-in care for a wide range of everyday illnesses and minor injuries.

Staffed by board-certified physicians, advanced practice registered nurses and physician assistants, Stow-Kent Express Care can help you and your family receive prompt evaluation and treatment for conditions such as:

- Colds, flu, sore throats
- Bronchitis, pneumonia, asthma
- Allergies and sinus infections
- Ear pain
- Rashes and poison ivy
- Eye infections
- Cuts, scrapes, splinters
- Minor burns
- Viral infections
- Skin injuries not requiring stitches
- Sports physicals for middle and high school sports

Hours

Monday – Friday, 9 a.m. to 6:30 p.m.

Saturday – Sunday, 9 a.m. to 4:30 p.m.



Check wait times before heading to the facility!



Sports physicals available

Middle school and high school sports physicals are available for \$40, cash only. No appointment is necessary.

For more information, please call **234.867.6960** or visit **summahealth.org/stowkentexpresscare**.

For your convenience, we also have Urgent Care locations in Fairlawn, Green and Tallmadge and Orthopedic Rapid Care in Fairlawn.



Keep caring
for patients the
way you do.

Mallory
gynecologic cancer patient



Gynecologic Cancer Care

That Helped Mallory Reclaim Her Life

When Mallory walked into her first appointment with Dr. Pamela Drummond-Ray in January 2026, she was simply establishing care with a new gynecologist. A retired educator and current employee with the county Educational Service Center, Mallory never imagined that appointment would lead to a cancer diagnosis — and a remarkable journey of care.

A few days after her visit, Mallory noticed unexpected bleeding. Trusting her instincts, she contacted Dr. Drummond-Ray's office. Within days, she had an ultrasound, which showed a polyp in the uterine lining, followed by a biopsy the next week. The results revealed Grade 1, Stage 1 endometrial cancer.

What happened next made all the difference.

"Everything moved so quickly," Mallory recalls. She was referred to Dr. Stephen Andrews, a gynecologic oncologist, who contacted her within days. Within a week, her surgery was scheduled. While many women in online support groups shared stories of long waits between diagnosis and treatment, Mallory experienced something very different — timely, coordinated care that helped ease much of the fear and uncertainty that often accompanies a cancer diagnosis.



Mallory underwent a minimally invasive robotic total hysterectomy and returned home the very same day. Just weeks later, she was back to driving and resuming many of her normal activities. Even more encouraging, her pathology report showed the cancer had only invaded about 10% of the uterus. No chemotherapy or radiation was needed, but she will be monitored closely with regular visits for the next five years.

Throughout her journey, Mallory found comfort in the compassionate care she received. She describes both Dr. Drummond-Ray and Dr. Andrews as easy to talk with, very educational and genuinely caring. From the scheduling team to the valet staff, everyone helped her feel welcomed and supported.

Today, Mallory is focused on rebuilding her stamina, and she is looking forward to the future with gratitude.

"If I could speak to the entire team," she says, "I would simply say, 'Thank you. Bless you. Keep caring for patients the way that you do.'"

To learn more about our gynecologic cancer services, visit summahealth.org/gyn-cancer.

See
Mallory's
journey:



A Little Time. A Big Difference.

Celebrating Summa Volunteers

Every day, Summa Health volunteers help patients and families feel welcomed, supported and cared for. Through their time, compassion and dedication, volunteers strengthen the patient experience across our system. Summa Health is proud to celebrate the many volunteers who give their time to others.

Volunteer Spotlight



David Hoppe
Volunteer,
3 years

Honored with the 2026 Mary Ann Deveny Award for Distinguished Volunteer Service, David serves in a range of roles: special projects, simulation labs, the detox unit and Summa's Organizational Development and Training team.



Daniel Maroney
Volunteer,
13 years

Daniel has given Summa Health nearly 7,000 hours of service. A 2023 recipient of the Mary Ann Deveny Award for Distinguished Volunteer Service, his work behind the scenes helps ensure patients, families and staff have what they need.

**Ready to
volunteer?**

Apply today at
[summahealth.org/
volunteer](https://summahealth.org/volunteer).

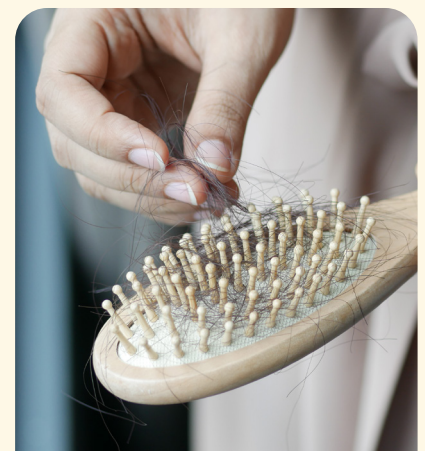
Reducing Hair Loss, Restoring Confidence

For many people facing cancer treatment, concerns extend beyond the diagnosis itself. Changes in appearance, including hair loss during chemotherapy, can affect confidence, emotional well-being and a sense of normalcy. At Summa Health, we believe cancer care means supporting the whole person, not just treating the disease. That's why we offer scalp cooling, an option that may help reduce hair loss during chemotherapy and provide patients with another way to maintain comfort and confidence throughout treatment.

Scalp cooling, sometimes called cold capping, works by lowering the temperature of the scalp before, during and after chemotherapy infusions. Cooling helps protect hair follicles by reducing the amount of chemotherapy medicine that reaches them, which may lessen hair loss. Summa Health offers the Paxman Scalp Cooling System at all of our infusion centers, including Akron Campus, Barberton Campus, Medina Medical Center and Stow-Kent Medical Center.

While results vary based on factors such as chemotherapy type and individual response, research has shown that scalp cooling can help many patients retain a significant amount of their hair during treatment. Even when hair loss occurs, scalp cooling has been associated with faster hair regrowth after chemotherapy.

Learn more about scalp cooling at summahealth.org/scalpcooling.



By offering services like scalp cooling, Summa Health is committed to caring for the emotional, social and personal needs of our patients, helping them feel supported every step of their cancer journey.

ELIZABETH S.
MEMBER
SINCE 2023

Medicare Advantage Plans that have **you** covered.

97%
of members
who join,
stay!

Annual Enrollment
Ends December 7th!



Six Plans Available to You

Each plan is designed to meet different health needs and budgets.



Friendly, Local Service

When you need help, you'll speak to a fellow Ohioan.



Large Provider Network

Access more than 28,000 northern Ohio providers and 80 hospitals.

Get access to hospitals you know and trust like Aultman, Cleveland Clinic, MercyHealth, MetroHealth, Summa Health, University Hospitals and more.



SummaCare Medicare Advantage Plans

At SummaCare, it's personal.

888.330.1501

(TTY 711)

summacare.com/vitality



SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal. 97% retention rate based on a 2025 AEP voluntary disenrollment study completed by SummaCare. Actual Medicare Advantage member shown. Member was not compensated for their appearance. Other providers are available in our network. H3660_SC2794_M Accepted 09082026

No Symptoms Doesn't Mean No STI

Think you'd know if you had – or have – a sexually transmitted infection? Not necessarily.

Many STIs have no symptoms, which means you could have an infection – and pass it to someone else – without realizing it. Left untreated, some STIs can lead to serious health problems, including infertility, chronic pain and pregnancy complications.

When to Get Tested

It's a good idea to get tested if you:

- Have had sex without using protection.
- Have a new sexual partner.
- Learn that a partner has an STI.
- Notice symptoms such as unusual discharge, sores, pain or burning.
- Simply want peace of mind.
- Even without symptoms, screening may be recommended based on your age, sexual activity or other risk factors.

Same-day
and next-day
appointments
available

Why Getting Tested Matters



Many STIs have no symptoms.

You can have an infection without feeling sick.



Testing gives you answers.

Knowing your status helps you make informed decisions about your health and relationships.



Early treatment makes a difference.

Most STIs can be treated, and early diagnosis helps prevent complications and transmission to others.



Prevention is available.

If you're at higher risk, your provider can discuss medications and other strategies that may help prevent certain infections.

Care That's Convenient

The Summa Health STI Clinic offers same-day and next-day appointments in a private, confidential setting. Our providers offer testing, treatment and prevention services, along with guidance tailored to your individual needs. To make an appointment or get further information, call **330.375.4851** or visit **summahealth.org/sti-clinic**.

Community Events Calendar

Summa Health is honored to both be a part of the Akron community and to offer a wide variety of events for our friends and neighbors throughout the area. The community events page of our website features a useful calendar with a color-coded key to easily identify the different event types.



To learn more and
view the full calendar



Visit
summahealth.org/events



Scan
QR code

4 Simple Questions for Smarter PCP Visits

Your primary care provider (PCP) is there to help you stay healthy—not just treat you when you're sick. Before your next visit, think about what you want to know and bring a few questions with you. Here are four good ones to ask.



Am I up to date on the screenings and vaccines I need?

Your age, health history and family history can affect what is recommended, including blood pressure, cholesterol, diabetes and cancer screenings, as well as vaccines such as flu, COVID-19, shingles or pneumonia.



Are my numbers where they should be?

Your PCP can explain what your blood pressure, cholesterol, blood sugar, weight or lab results mean, and whether anything needs follow-up.



Should I make any changes to my medications, supplements or daily habits?

Bring a list of everything you take, including over-the-counter medicines and vitamins. Your provider can look for possible interactions and suggest realistic steps related to nutrition, exercise, sleep or stress.



What should I watch for before my next visit?

This can help you know when symptoms are worth a call, when to schedule follow-up care and whether a specialist may be needed.

Your PCP is your partner in prevention and long-term health. A few simple questions can help you leave your visit feeling informed, confident and ready to take the next step. To make an appointment, call **888.530.0827**



**Coming
Soon!**

Summa Health Virtual Care

will offer virtual same-day sick and non-emergent care by video and chat, 24/7 through the virtual care medical group. See a provider from the comfort of your own home — no waiting rooms, no travel, just the care you need when you need it.

Important Health Information —

Just an Email Away

Summa Health's monthly email newsletter, *eVitality*, is filled with the latest health tips, advice and updates. If you'd like to sign up for this newsletter, visit summahealth.org/vitality.



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