

By Your Side

Fall 2025



Think You Are Allergic to Penicillin? You Might Not Be.

About 1 in 10 Americans report a penicillin allergy, but studies show up to 90% of those people aren't truly allergic. Find out how a quick and easy allergy test can help clear things up.

[Learn more](#)



Your Top Gut Health Questions, Answered.

[Learn more](#)



Teen Vaping and Nicotine Pouches: Myths vs Facts for Parents.

[Learn more](#)

Flu shots are here!

Fall is the best time to get vaccinated. Make an appointment with your Summit Health provider today and get your yearly flu protection. You can also walk in and get the flu shot at any of our 180+ partner CityMD urgent care locations.

[Make a primary care appointment](#)

[Find a CityMD](#)

Our award-winning GI Surgery Center is ready to see you!

We're proud that Summit Health is ranked as a Best Ambulatory Surgery Center for Colonoscopy & Endoscopy services by U.S. News & World Report in 2025.

[Learn more](#)



Join our virtual webinars and learn about the latest health topics.

Have you checked out our latest complimentary virtual webinars? From gut health to knee and foot pain, our experts tell you what you need to know to get back into action. Don't wait – tune in or watch our recordings if you can't attend the live event.

[Count me in!](#)

Did you ask a question during our recent hip health webinar? Get answers from our surgeons [here](#).

To-do: make an appointment for annual wellness visit.

If you haven't scheduled your Annual Wellness Visit yet this year, now's the perfect time to take advantage of your health. Be sure to check out these helpful talking points to guide your conversation with your provider and make the most of your visit. Don't have a primary care provider? Let us help you find one today!

[Make an appointment](#)

[Read the talking points](#)

We are always *By Your Side*.

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