



Sleep Matters | When To Use Urgent Care
Common Winter Illnesses in Kids | Understanding Diabetes



Why Good Sleep Matters

There's nothing quite like being well rested. You're happier, more alert, and more productive. While some sleep interruptions are temporary, like your body adjusting to the return to standard time, others are more impactful.

[Learn More](#)



Help in a Pinch:
When To Use Urgent Care



Common Winter Illnesses
in Children and How to
Prevent Them



Understanding Diabetes:
Types, Symptoms and
Management Tips

"Absolutely flawless experience. From the moment I limped in with sprained (or worse) ankle to the moment I walked out, I was treated with respect and courtesy and received timely attention and very sound medical care. I didn't even have to fill out paperwork as an existing Summit Health patient. I would 100% recommend this Urgent Care facility to everyone I know."

~Summit Health Urgent Care patient



Type 2 Diabetes is Preventable.

Talk to your doctor about what you can do to prevent or delay type 2 diabetes.

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Comments or Questions?

