



NOW AVAILABLE

CURBSIDE PICKUP



Simply Call
Your Local
CSC Community
Pharmacy for
Curbside Pickup!

**8:30AM - 6:00PM
Monday - Friday**

CSC Community Pharmacy Locations:
 1268 South Fourth Street, Hartsville, 843.339.5533
 999 Cheraw Street, Bennettsville, 843.456.7777
 122 Latimer Street, Latta, 843.627.6261
 715 South Doctors Drive, Cheraw, 843-865-4080
 737 S. Main Street, Society Hill, 843.378.4148



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Patient Connect

CareSouth Carolina, serving your local area since 1980.



TELEHEALTH
from care SOUTH carolina

See a CareSouth Carolina Provider with Your Smartphone, Tablet or Computer!

-  Schedule your appointment by calling 843-309-8102.
-  New and Existing CareSouth Carolina patients.
-  Available 8:30AM to 5:00PM Monday-Friday

care SOUTH carolina
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MAY 2020

CareSouth Carolina Telehealth is as easy as 1-2-3

CareSouth Carolina has seen more than 4,000 patients via telehealth visits in the past month as a way to promote social distancing and help fight the spread of COVID-19.

Telehealth is the distribution of health-related services and information through electronic devices. It allows long-distance patient and clinician contact, care, advice, reminders, education, intervention, monitoring, and remote admissions.

During the COVID-19 pandemic, telehealth visits can help a patient limit their exposure to the virus while still getting their healthcare needs met. CareSouth Carolina is offering complete individual and family medical services. Behavioral health services are also available via telehealth.

“We’re able to still take care of the needs of our patients while limiting their exposure,” said Jeri Andrew, FNP, Director of Mobile Health and Off-Site Services. “We’re doing this as a service for our patients as a way for them to follow proper social distancing and still get their healthcare needs met.”

CareSouth Carolina is scheduling new and existing patients and a visit is as easy as ‘1-2-3.’

1. Call the Telehealth Triage Center:

Call the CareSouth Carolina Telehealth Triage Center at 843-309-8102, which is staffed by RNs and LPNs. The nurse will set up an appointment and time- typically the same day- for you to meet with your primary care provider. If for whatever reason your primary care provider can’t meet, CareSouth Carolina has a pool of providers who are also offering telehealth services and can meet with patients.

The nurses will give you any individual instructions and can answer questions you may have.

2. You’ll receive a message or email with a secured link:

If you have a smart phone, you’ll receive a text message with a secured link when it’s time for your appointment.

At that point, all you’ll have to do is click the link and follow the prompts to enter the secured chat room.

If you don’t have a phone with internet access, the link can also be sent via email to be used on a laptop or tablet.

3. Meet with your provider remotely as you normally would:

Once you enter the secured chat room, you’ll be able to meet with your provider as part of a video visit.

Your provider can answer any questions you may have, diagnose and determine next steps all from the convenience of your own home.



TELE THERAPY
Behavioral Health

We Empower Our Patients with the Tools to Help Them Succeed!

WHY TELEtherapy?
 CareSouth Carolina Behavioral Health counselors provide Individual, Couples, and Family therapy for a wide range of emotional, mental / behavioral health concerns.
 Counseling services at CareSouth Carolina are evidenced-based and include:
 • Cognitive-Behavioral Therapy (CBT),
 • Problem-Solving Therapy (PST)
 • Interpersonal Psychotherapy (IPT)
 • Behavior Modification.

To set up an appointment, please call 843-309-8102.

care SOUTH carolina
www.caresouth-carolina.com
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MEDICAL LOCATIONS:

Hartsville • Society Hill • Bennettsville • Bishopville • Cheraw • Chesterfield • Dillon • Lake View • Latta • McColl

PHARMACY LOCATIONS:

Hartsville • Society Hill • Bennettsville • Bishopville • Cheraw • Latta • McColl

To make an appointment, please call 866.498.0399.

www.caresouth-carolina.com



CareSouth Carolina Cares About Your Mental Health How to Deal with COVID-19



COVID-19 has brought a layer of stress on so many of us. It was not expected and it has not been something we had enough time to prepare for. Our schools are closed, many are out of work. The worries and life stressors continue to multiply.

Our children share most of the same stress triggers that we as adults are trying our best to manage. Stress triggers for children and adults include:

Feeling overwhelmed and not feeling heard: It's important to talk about our feelings with a trusted friend, family member, counselor or spiritual advisor. Talking about our stress helps us manage it in a healthy way. It's a burden to keep our feelings bottled up.

Lack of sleep and change in routine: Routines and schedules help us to keep our lives in balance. With school closures, home schooling and changes in work routine; it can be hard to stay on track. Our worries seem to get the best of us at night when things settle down and the world is quiet. Consider keeping a worry journal, in which you write down your thoughts and think things through before it's time to get in bed. Turning off the electronic devices such as TV, tablets and cellphones an hour before bedtime also helps us to "disconnect" from troublesome news.

Feeling Hungry, Angry, Lonely and Tired or "HALT": In times of extreme stress it's important to pay attention to our needs and feelings and to take great care with ourselves and the ones who depend on us.

Stress left unchecked can quickly lead to depression. Early signs of depression include, feeling down or sad and losing interest in things we once enjoyed. Other signs include an increase or decrease in sleep or appetite, being restless and fidgety or the opposite, having limited energy. Depression may include thoughts of self-harm or feeling as though one would be better off dead.

If you or someone you care about experiences any of these symptoms, or you want more information about stress and depression, please contact CareSouth Carolina at 843-309-8102. We have counselors available to speak to you by phone. In addition, South Carolina has a 24/7 mental health crisis hotline at 833-364-2274. There is also a national mental health 24/7 crisis line at 1-800-273-TALK (8255).



These are some of our most frequently-asked questions about COVID-19, telehealth visits and our curbside pharmacy during the COVID-19 breakout.

What if I am showing symptoms of COVID-19?

If you believe you have symptoms of COVID-19, your provider can still meet with you remotely and determine if you should come into the office for testing. Should you come into the office for testing, CareSouth Carolina has taken precautions to ensure the safest visit possible.

How is CareSouth Carolina keeping its facilities safe?

Every morning when our employees arrive for work, they are having their temperature taken. Should they have a fever, they are being seen by a provider and being sent home.

Likewise, any patient who enters a CareSouth Carolina facility will be met at-the-door by a nurse who will take their temperature and determine if a mask is necessary. If the patient has a fever or is showing symptoms, they are being taken back into a patient room to keep from potentially exposing others.

What is telehealth?

Telehealth is the distribution of health-related services and information through electronic devices. It allows long-distance patient and clinician contact, care, advice, reminders, education, intervention, monitoring, and remote admissions.

What services are available through telehealth?

CareSouth Carolina is offering complete individual and family medical services. Behavioral health services are also available via telehealth. Telehealth allows you to still meet with your provider via a video chat without coming into the office and potentially being exposed.

How do I schedule a telehealth/teletherapy appointment?

If you would like to schedule an appointment remotely, you should contact the CareSouth Carolina Triage Center at 843-309-8102. Typically, appointments are 'same day' and you'll be able to meet with your primary care provider. If for whatever reason your primary care provider cannot meet with you remotely, we have a pool of providers who are providing telehealth who can meet with you. Telehealth services are available from 8:30 a.m. to 5 p.m. Monday through Friday. If you have questions or are unsure about the process, CareSouth Carolina's Telehealth Triage Center nurses have been trained and can walk you through the process from start-to-finish.

How does curbside pickup work for the CSC Community Pharmacy?

All you have to do is simply call your local pharmacy and a staff member will bring your medication out to your vehicle. They can also pick up your prescription if you are dropping it off. You can find the number for your local pharmacies here (<https://www.caresouth-carolina.com/locations/>).

Do I have to be a CareSouth Carolina patient to use the pharmacy?

No! The CSC Community Pharmacies are open to everyone, regardless of if you are a patient of CareSouth Carolina or not.