



U.S. Oral Surgery Management

USOSM News & Updates

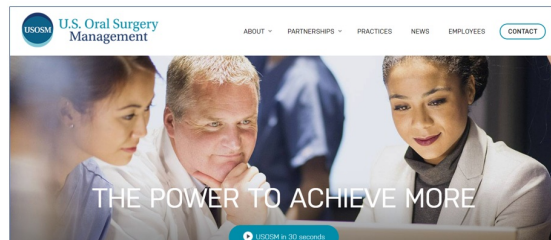
Greetings! We hope you found the first e-newsletter informative and useful. We look forward to hearing from you as we continue with our weekly publications. Please make sure to review each section of the e-newsletter, and don't miss your opportunity to encourage and inspire one another.

This edition highlights new information posted to the Employee Resource Website pertaining to the portfolio of benefits in the EAP (Employee Assistance Program). We encourage you to take a peek, and if needed, take advantage of these free resources for all of our valued employees.

USOSM Employee Resource Website

The Employee Resource Website is quickly filling with information and content from USOSM and our practices. So, we decided to reorganize the site to make accessing it easier for you. The content is organized into these four categories:

- **Useful Tips & Resources**
- **Training, Development & Continuing Education**
- **E-newsletter Archive**
- **Community & Outreach**



Visit the Employee Resource Website

Training, Development & Continuing Education

A return to normal operations is right around the corner. We want you to be prepared and ready to go. Check out the Training, Development and Continuing Education section of the Employee Resource site for new content added every week. This week, we are happy to share a quick video that addresses dealing with the emotions involved with change.



- **NEW - The Donut Discipline** - Help manage your emotions. It's all about control. [Click here](#) to start.
- **Online Anesthesia Review** - [Click here](#) to learn more and sign up.

Useful Tips & Resources

New posts to the website:

Here are a few new posts recently added to the Useful Tips and Resources section of the Employee Resource site:

- [Employee Assistance Program - EMPLOYEECONNECTSM](#)
- [Email Phishing Security Update](#)
- [Blue Cross Blue Shield of Texas \(BCBSTX\) - COVID-19 POLICY UPDATES](#)



Tips for social distancing:

- Follow guidance from authorities where you live.
- If you need to shop for food or medicine at the grocery store or pharmacy, stay at least 6 feet away from others. Other options include:
 - Use mail-order for medications, if possible.
 - Consider a grocery delivery service.
- Cover your mouth and nose with a cloth face cover when around others when you have to go out in public. Remember to stay at least six feet from others, even when you wear a face covering.
- Avoid large and small gatherings in private places and public spaces, such as a friend's house, parks, restaurants, shops, or any other place.
- Work from home when possible.
- If possible, avoid using any kind of public transportation, ride-sharing, or taxis.
- If you are a student or parent, talk to your school about options for digital/distance learning.

Community & Outreach

During these stressful times, it is important for us to focus on the positive and take time to laugh. What is your inspiration for positive thoughts? Do you have a favorite author who always makes you laugh? Share it with us so we can share it with others.



New Community and Outreach links:

- Austin Oral Surgery had a "**Positivity Challenge.**" [Click here](#) to read some of their inspirational quotes.
- Need some laughs or distractions? Check out these posts: [Lighthearted Links #1](#), [Lighthearted Links #2](#), [Lighthearted Links #3](#)
- How are you spending time at home? Take a look at [Quarantine Posts #1](#)
- Hope you had a good holiday weekend! Here's how some of our teammates spent the weekend - [Spring Holiday Weekend Post](#)

Remember to send photos and stories to marketing@usosm.com, so we can share with other members of the USOSM family.

Our Values - The Power to Achieve More...Together

- P** Passion for Patient Care
- O** Outstanding Results
- W** Winning Attitude
- E** Embracing Continuous Improvement
- R** Respect for Self and Others

Kind hearts are the gardens; Kind thoughts are the roots; Kind words are the flowers; Kind deeds are the fruits; Take care of your garden; And keep out the weeds; Fill it with sunshine; Kind words, and Kind deeds.

- Henry Wadsworth Longfellow