



JOIN US IN WELCOMING JENNIFER BRAGAW, RN, BSN, MSN, FNP-BC

Jennifer Bragaw, RN, BSN, MSN, FNP-BC, is a Registered Nurse, ANCC and AANP Board Certified Family Nurse Practitioner who is practicing at Carolina Clinic. Providing acute and primary care, she is responsible for diagnosing and treating common illnesses/conditions, performing and interpreting diagnostic tests, provide screenings, interventions, counseling, drug tests, TB tests, conducting administrative and sports physicals, administering immunizations and prescribing medications per evidence-based practice guidelines.

Jennifer's experience includes more than 11 years of experience in cardiology, including assisting in establishing the Transcatheter Aortic Valve Replacement Program at Vidant Medical Center in Greenville. Her advanced and diverse range of nursing skills, personal care and engaging demeanor is an excellent fit with our multi-practice facility, ensuring continued growth and success.

A resident of Winterville, Jennifer is married with two English Bulldogs, and enjoys weight-lifting and metabolic conditioning in the gym. Please join us in welcoming her to Carolina Clinic for Health & Wellness!

To schedule an appointment with Jennifer Bragaw, please call our office at (252) 757-3939 or request an appointment at www.carolina-clinic.com.



Jennifer Bragaw, RN, BSN, MSN, FNP-BC

CAROLINA SLEEP EARNS TIER-1 RATING FROM BLUECROSS BLUESHIELD OF NC

NO REFERRAL NECESSARY!



Pictured: Jennifer Bragaw, RN, BSN, MSN, FNP-BC (back-left), Dr. Lee A. Surkin, (back-center), Robert Moore, Sleep Center Manager (back-right), Jennifer Bruner, DME Coordinator (front-left), and Robin Warrender, RPSGT (front-right).

After reviewing 2018 Tier 2 reports, BCBS of NC observed that Carolina Sleep, a division of Carolina Clinic for Health & Wellness has been granted a Tier 1 rating in quality and cost effectiveness.

“Our sleep practice consistently provides exceptional expertise and attentive care, and it’s an honor to be recognized by BlueCross BlueShield of NC,” says Dr. Lee A. Surkin, founder of Carolina Sleep. “We will continue to provide comprehensive testing, effective treatments, solutions, and cost savings for all of our patients in 2018.”

Carolina Sleep provides sleep physician consultations, diagnostic testing, treatment services and equipment for more than 80 sleep disorders, including sleep apnea, insomnia, restless legs syndrome and shift-work disorder. Sleep disorders may seem relatively easy to diagnose, but can be extremely difficult to treat and manage without a specialist. Sleep Apnea can be a life-long disorder that needs to be well-managed to be successful with treatment.

By allowing our Sleep Specialists to take ownership of your sleep

problem you will have access to the newest cutting-edge technologies and treatments available. Our sleep specialists are board certified sleep physicians by the American Board of Internal Medicine and our sleep center is fully accredited by the American Academy of Sleep Medicine.

Carolina Sleep combines a professional attitude with excellent patient care and customer service. We know the importance of sleep and we are willing to go the extra mile to get you back to a good night’s sleep.

Are you experiencing sleep problems?

If so, we can help! Make an appointment at our CarolinaSleep practice. We can provide effective solutions for the contributing factors that lead to sleep loss, improving your health.

Schedule an appointment today! Call (252) 757-3939 or visit carolinasleep.org

CAROLINA CLINIC PARTNERS WITH CARE HARMONY

Chronic Care Management provides ongoing support for chronically ill patients between office visits in an effort to address all of the issues that may impede a patient's ability to manage their conditions and adhere to the care plan.



"Many of our patients are still managing their care alone, 99% of the time," says Dr. Jones. "Now, Carolina Clinic patients will have a dedicated Care Coordinator available 24-7 to provide them with guidance, support and care that all of our patients deserve." CareHarmony works with Carolina Clinic physicians and other healthcare organizations to help augment care between office visits. Essentially serving as an extension of the Carolina Clinic for Health & Wellness, CareHarmony works hand-in-hand with our physicians to ensure our patients receive the best possible care.

Chronic Care Management extends patient care outside of the four walls of Carolina Clinic to help maintain the best possible health. Patients are matched with a care coordinator will be there for you helping to navigate the healthcare system, including scheduling appointments, helping with refills, and answering lingering questions. Care Coordinators act as an extension of a physician and helps monitor and adjust care accordingly.



This program is free for many Medicare patients that have secondary insurance. For those not covered by their secondary insurance, a copay and deductible may be required. There is no long-term commitment, and you may opt-out at any time. **For more information, please contact our office staff at (252) 757-3939.**



Employee Highlights

Please welcome our newest members to the CCHW family:

For Dr. Jones:
Latonya Whitehead, CMA
Kimberly Sprague, LPN

For Dr. Knuckles:
Keva White, CMA

For Dr. Surkin:
Terra Clark, CMA

Front Desk:
Delila Thompson - Front Desk
Nicole Hunter - Front Desk



Fall/Winter Birthdays

Dr. Lee Surkin - 11/13
Robi Kott - 11/29



HINTS FROM HOLLY

By Holly McGillicuddy, Aesthetician

Most people know by now that probiotics are good for us- especially for our digestive systems, but few people realize the benefits probiotics have on our skin. Probiotics are body friendly bacteria that help balance your “good” and “bad” bacteria to help strengthen the immune system and support your body’s ability to remain healthy.

Skin health should be a priority. Our Glowbiotics MD formulas address and correct a multitude of skin conditions including premature aging, acne, hypersensitivity, dullness, rosacea and inflammation. We have infused our formulas with this probiotic technology, strengthening your skin’s ability to repair and defy the aging process. Probiotics can help enhance the function of the skin while also optimizing collagen and elastin levels. Beneficial on all skin types, probiotics have proven themselves to be a powerful tool to achieve healthy, balanced and glowing skin for life.

To schedule an appointment with Holly, call (252) 757-3939 x354 or visit carolina-clinic.com

Our Aesthetics department is here to help you improve the appearance and health of your skin. We specialize in sun damage, anti-aging, acne and sensitive skin care concerns. We can customize a treatment program for you that includes both in-office treatments and an at home skincare regime. Our office offers treatments that include light to medium chemical peels, microdermabrasion, micro-needling, facials, Botox and Kybella. We carry Glowbiotics MD and Skin Ceuticals medical grade skincare lines. To find out more, book your complimentary skin consult today.



Dr. Gwendolyn Knuckles

Accomplished leader in the development of innovative business and clinical strategies in Gynecology and Obesity Medicine. Dr. Knuckles also provides Aesthetics services such as Botox and Kybella.



Dr. Lee A. Surkin

The Founder of Carolina Clinic for Health & Wellness, Dr. Surkin is an accomplished leader in Cardiology, Sleep Medicine, and Obesity Medicine.



Dr. Gary C. Jones

Dr. Jones strives to establish continuity in long-term relationships with patients for the highest quality care. He is an accomplished leader in creating Family Medicine quality and safety programs.



Carolina Clinic for Health & Wellness

Address: 2459 Emerald Place, Suite 102, Greenville, NC 27834
Phone: (252) 757.3939 Email: info@carolina-clinic.com

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