



**Dr. Novikov Wellness & Skin Care**  
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**Newsletter**  
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## Welcome to Ellen Choe



Ellen Choe is our newest scribe/practice assistant. She is originally from the Baltimore area and graduated from Clark University in Worcester.

She balances all her studying and working with a few other interests.

“I love to bake, go thrifting, and read,” she said. “If I have the time, I also love to pick up other hobbies such as embroidery, crocheting, and printmaking.”

As she embarks on her new position, she is “looking forward to getting more experience with patient interactions and learning from the rest of the team at the practice.”

## Don't forget your sunglasses



Wearing sunglasses with UV protection is more than a fashion statement. Our eyes are just as susceptible to damage caused by ultraviolet rays.

Wearing sunglasses can help prevent conditions such as macular degeneration, cataracts and some cancers of the eye and eyelids. They also protect the thin and delicate skin around the eyes.

Be sure to look for sunglasses with 100% UV or UV400 on the label.

## Sun safety for outdoor workers

Attention construction workers, painters, landscapers, farmers and outdoor recreation staff! If you work more outside than indoors, your skin is exposed to the sun's harmful ultraviolet (UV) rays on a daily basis.

Here are some sun safety tips:

- Know the risks associated with prolonged sun exposure.
- Be sure to use SPF 30+ sunscreen and don't forget the back of your neck.
- Wear clothing and hats to shield your skin from direct sunlight.
- Take shade breaks when possible.
- Wear sunglasses with UV protection.
- Know the significance of having regular skin checks.
- Keep well hydrated.

Taking proactive steps to protect your skin is a critical aspect of your overall health and well-being.

## Paying out of pocket for healthcare



Paying out of pocket for healthcare services can offer several benefits compared to using a high deductible insurance plan. Medical insurance is a necessity as it can provide financial protection against unexpected medical expenses and chronic conditions. However, paying out of pocket instead of going through medical insurance can potentially save money in certain situations.

Read more at [www.northborodoctor.com](http://www.northborodoctor.com).

Please be sure to ask about our affordable out-of-pocket payment options.



**Would you rather see a  
 magician, musician, comedian,  
 or sports game live?**

**Here's how our staff responded:**

- Dr. Novikov: *comedian*
- Taylor: *sports event*
- Paige: *sports event*
- Henry: *sports event*
- Niki: *musician*
- Joy: *musician*
- Connie: *musician*
- Jhansi: *musician*
- Ellen: *musician*
- Liz: *sports event*
- Asha: *musician*



**Head scribe and practice  
 assistant Niki James  
 celebrates her birthday on  
 July 26!**