



ECO Friendly Practices in Family Medicine

**Small actions,
BIG impact**

Patient Tips:

- ✔ **Prevention and a Healthy Lifestyle**
Good nutrition and physical activity can reduce the need for resource-intensive care
- ✔ **Utilize Safe Disposal Methods of Prescriptions**
Drop off medicines to a local pharmacy so that potentially harmful drugs do not pollute water bodies and the environment
- ✔ **ECO Friendly Appointments and Transportation**
Carpooling, cycling, public transit, and use of telephone appointments when appropriate can reduce travel-related emissions
- ✔ **Climate change can affect health**
Know what to do in the event of reduced air quality due to smoke or extreme changes in temperatures.

Sustainable, green family practice is about improving health outcomes while minimizing environmental harm.

Beachside Health is committed to energy efficiency, water conservation, and the use of sustainable supplies and resources.