

Hello, the doctor will facetime you now



Too sick to leave the house, or don't want to spend time in a waiting room? Saint Thomas is offering a virtual clinic where you can receive medical care and prescriptions from the convenience of your smartphone. It can be accessed 24-7 for a flat \$49 fee at www.STHealth.com/OnDemand.



There are so many things to dislike about going to the doctor. So let me count the ways.

There's the waiting room with coughing, sneezing, germy patients. There's the long wait, which is implied when you enter an area dubbed "the waiting room."

My personal least favorite is the unknown cost. How much am I going to pay for this office visit? Will my \$25 co-pay cover it, or will I still be getting bills for a routine trip to the doctor three months from now? Nobody seems to know this mystery.

Thankfully, there's a happy ending to this story as Saint Thomas has come riding in on its white horse to save the day. Saint Thomas has unveiled a new virtual clinic called On Demand that provides convenient access to healthcare from the comfort of your own sofa.

On Demand is available



Ben Lomand Connect was announced on Tuesday as the recipient of a \$1.1 million state grant to increase its broadband coverage area. Ben Lomand will match the grant with \$1.1 million of its own money. Pictured are employees working to install broadband.

24-7 anywhere in Tennessee. The best part is it can be accessed using a smartphone, tablet or computer.

But wait ... there's more. If you're worried about cost, On Demand is available for a flat fee of \$49. On Demand is like a rainbow of clarity in an otherwise dizzying healthcare world.

For your \$49, patients can receive virtual urgent care services any time of the day or night, including

diagnosis, prescriptions and opportunities to conveniently set up follow-up appointments at any Saint Thomas Medical Partners location in Middle Tennessee.

With cold and flu season at its sniffly peak, On Demand can give you access to medical care when other offices may be booked. It's available on weekends and at 11:30 p.m.

This program was revealed to me Tuesday

during a meeting with Saint Thomas River Park CEO Dale Humphrey. Dale told me our local hospital has some upcoming programs in store which will be of great benefit to the community so I'll be waiting to announce that news in the future.

To access the great new On Demand virtual clinic, visit www.STHealth.com/OnDemand.

Continued on 4C

Amazon takes aim at delivery

(AP) -- Amazon has already shown it can rattle the retail, grocery and health insurance industries, and now it is doing the same in the delivery business.

The online retailer is reportedly planning a new service to pick up packages from businesses and deliver them to consumers.

The service, called "Shipping With Amazon," is expected to start in Los Angeles in the coming weeks and roll out more broadly as soon as this year, according to The Wall Street Journal.

Amazon, which has been edging into the delivery business for some time, would not confirm the report — but didn't deny it either.

"We're always innovating and experimenting on behalf of customers and the businesses that sell and grow on Amazon to create faster lower-cost delivery choices," said Amazon spokeswoman Kristen Kish.

Shares of delivery giants UPS and FedEx slipped

Friday, but so did Amazon's stock as analysts expressed caution about the difficulty of building a competitive delivery network.

Amazon's interest in the delivery business has been percolating ever since many Amazon packages were delivered late around Christmas in 2013. Amazon has helped fuel the boom in online shopping, but all those millions of packages are straining the networks of UPS and FedEx. Amazon also uses the U.S. Postal Service and smaller delivery companies.

UPS had a rocky holiday season late last year, as it underestimated the crush of online shopping during so-called cyber week right after Thanksgiving. The Atlanta-based company plans to spend a chunk of its tax-cut savings to improve its network.

Meanwhile, Amazon has leased 40 airplanes, begun arranging ocean freight shipments from China to the U.S., and built up a corps of delivery drivers.

Stocks highly volatile

(AP) - A late-afternoon rally reversed steep losses for U.S. stocks Friday, lifting the Dow Jones industrial average more than 300 points and capping a turbulent week on Wall Street that left the market with its steepest weekly slide in two years.

The big point swings that pummeled stocks reflected a return of volatility after an unprecedented period of calm. Until this week, the market had not endured a 5 percent drop since January

2016. The swiftness of the market's slide into a correction, or a drop of at least 10 percent from a recent peak, was unparalleled. The Standard & Poor's 500 index took only nine days to fall 10 percent from its all-time high Jan. 26.

"The S&P 500 hasn't moved into correction mode this quickly, ever," said Lindsey Bell, investment strategist at CFRA Research.

Since hitting that high last month, the S&P 500 has lost about \$2.49 trillion.

Prices Effective Wednesday, February 14 thru Sunday, February 18, 2018

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