

Vantage Voice

A quarterly newsletter by Vantage Physicians



Enhancing Happiness

By: Dr. Jennifer Vazquez-Bryan

Are you feeling happy? If your response is "no," you are not alone; many Americans share this sentiment. According to the "2025 World Happiness Report," the United States ranked 24th out of 147 countries, marking its lowest position since the inception of these reports. This decline in happiness is particularly noticeable on college campuses, prompting Yale professor Laurie Santos, PhD, to create a course titled "The Science of Well-Being."

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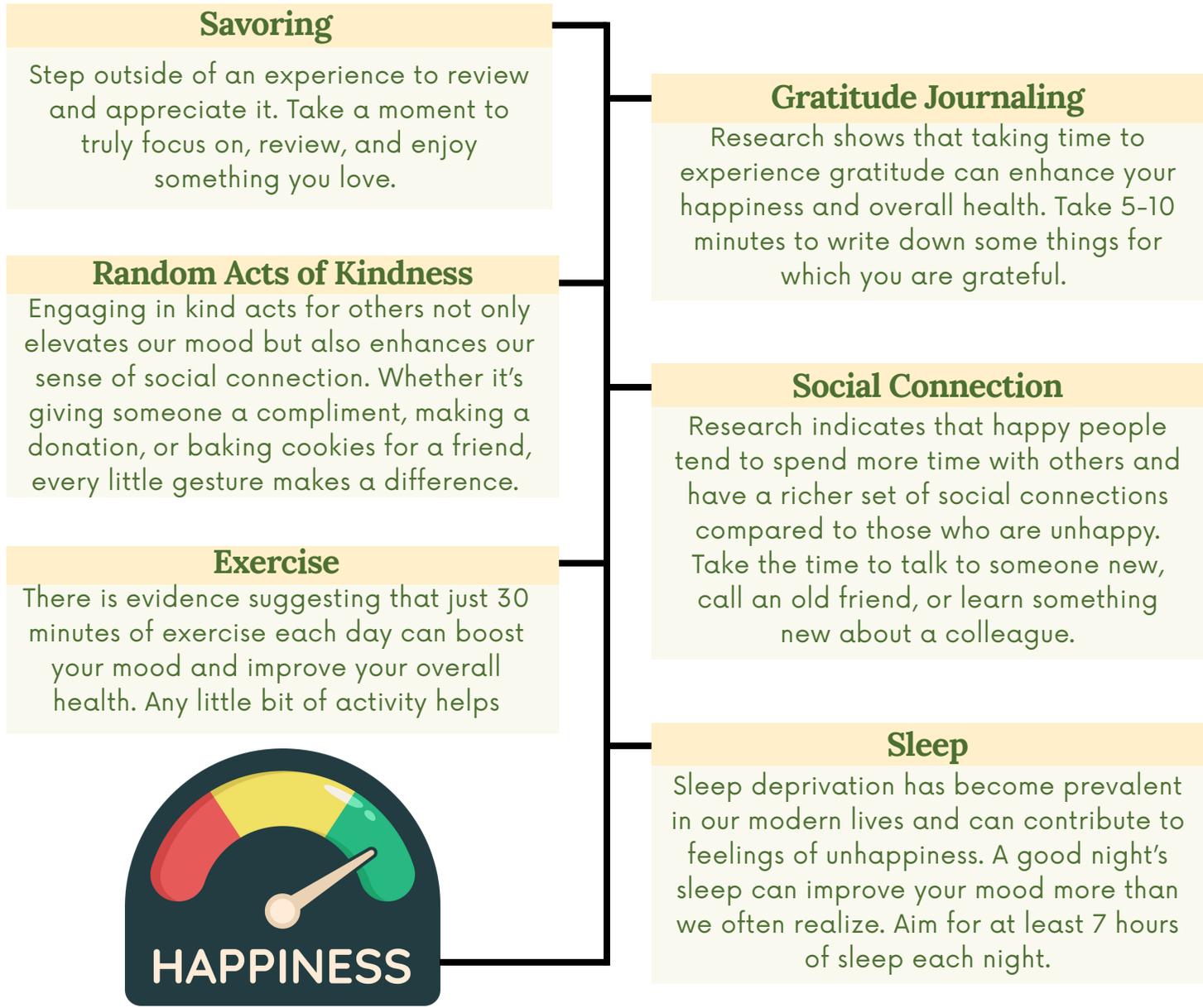
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Enhancing Happiness Continued

I have personally enrolled in this course (available for free online at [The Science of Well-Being](#)) and here are some strategies I have begun to incorporate into my daily routine to enhance my own happiness.



These are just a few of the tools we can use to enhance our happiness. If you're interested in learning more, I encourage you to enroll in the course offered by Yale. Additionally, you can also listen to "The Happiness Lab" podcast hosted by Dr. Laurie Santos. If you begin implementing these tools, please share your thoughts and experiences with us. We would love to hear from you!

Disclaimer: We are not affiliated with Yale University, nor are we receiving any compensation for mentioning "The Science of Well-Being" class and "The Happiness Lab" podcast in this article. Reference to these resources is purely for information purposes, as they may provide valuable insights and tips for those seeking to enhance their happiness.

A New Way to Pay for Your Vantage Membership

By: Dr. Marla Calvert

Starting January 1, 2026, your Vantage membership will qualify as an eligible expense for Health Savings Accounts (HSA). With the introduction of the One Big Beautiful Bill (OBBB), members will be able to pay the entire cost (\$130.00) of an individual membership and up to \$300 for a family membership using funds from their HSA.



What is an HSA?

A health savings account is a smart way to save ahead for and spend on healthcare expenses. You can open and contribute to an HSA if you have a high deductible health insurance plan (and starting January 1st 2026 Bronze and Catastrophic Plans are also eligible). Contributions to an HSA can be made pre-tax directly from your paycheck. The money in your HSA can then be used to pay for qualified health expenses (medical bills, medication, certain medical equipment) or invested to grow tax-free for qualified expenses later on. Since I like to earn points for travel by paying for most things with a credit card, I save receipts from HSA eligible expenses (including my favorite fitness tracker and electrolyte mix) which I can use to withdraw money from the account later on, while letting my HSA savings keep growing.

There's a lot in the OBBB that will change our healthcare system for years to come, in many cases in ways that will increase the cost of care for consumers. I hope some of you can take advantage of this opportunity to save money if you happen to have an HSA or might be eligible to open a new account this year.

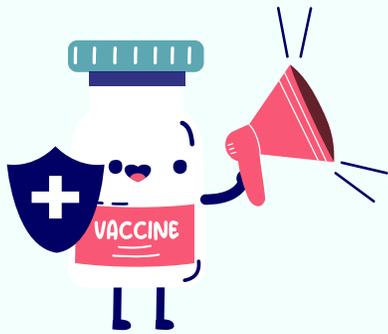
To Learn More

- <https://www.healthinsurance.org/blog/one-big-beautiful-bill-act-brings-sweeping-changes-to-health-coverage/>
- https://en.wikipedia.org/wiki/Health_savings_account
- <https://hsastore.com/>
- <https://www.amazon.com/FSA-Medical-Supplies/b?ie=UTF8&node=18067172011>



Would you like to participate in a Zoom webinar featuring one of your Vantage doctors discussing an intriguing medical topic? Potential subjects include healthy sleep, creating an exercise routine, effective weight loss strategies, and advanced directives. While we don't have any events scheduled at the moment, we want to assess your interest. If you're interested, please take a moment to complete the brief survey below to help us understand patient preferences.

Flu Shots Now Available!



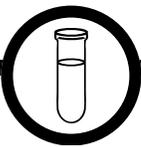
Our flu vaccines have arrived! These vaccines are complimentary for our patients. Please note that supplies are limited and will be distributed on a first-come, first-served basis.



Direct communication with your doctor



Non-urgent medical questions, concerns, or requests



To check on lab results



To send a list of topics you'd like to discuss at your next appointment



For refill requests



For questions about your medications



For imaging results



To send relevant photos to your doctor

A Note About Medication Refills

If you are out of refills on your medication please contact us directly instead of submitting a request through your pharmacy. You can submit a refill request directly to your doctor via the portal or by calling our office. This does not apply for prescriptions that have refills remaining - if you have refills available please call your pharmacy.

Your Vantage Physicians Team



Dr. Kershisnik



Dr. Vazquez-Bryan



Dr. Calvert



Natalie



Yaritza



Ryan



Mitzy



Do you enjoy being a patient of Vantage Physicians? Let others know! Your reviews are always appreciated. Scan the QR code to leave a review.





At Vantage Physicians we are deeply committed to providing prompt, friendly, quality medical care to our patients. Our practice model allows us to focus on our patients' needs rather than the requirements of their insurance carrier. We are free to focus on the primary interaction in healthcare: the patient-physician relationship.

Office Closures & Provider Vacations

Dr. Kershisnik is typically out of the office each Tuesday. This fall she will also be out November 22nd - 28th.

Dr. Vazquez-Bryan is typically out of the office each Thursday. This fall she will also be out of the office on November 8th - 11th and December 8th - 14th.

Dr. Calvert is typically out of the office each Wednesday. This fall she will also be out November 3rd - 7th, November 17th - 19th, and December 19th - 28th.

The office will be closed for the following holidays:

- November 11th - Veteran's Day
- November 27th & 28th - Thanksgiving
- December 24th - Closed at noon
- December 25th & 26th - Christmas
- December 31st - Closed at noon
- December 1st - New Year's Day

Please take note of your doctor's schedule and office closures. When making your own plans don't forget to check your medication needs and give us 48 hours notice on prescription requests. Thank you!

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