



May 31, 2023



Keep Up The Amazing Work!

Congratulations to all! Our continued teamwork and dedication is paying off with our peers nationwide.

The 2023 "US News Best Of Rankings" are out and our department is once again in the top ten.

But, even better than that - we moved up!

[Read The Story](#)



Let's take the DFM Monthly Meeting on the road to Lone Tree Primary Care!

Learn all about our family medicine colleagues at Lone Tree and what makes their clinic unique.

This is a VIRTUAL event. So, grab some grub wherever you are and log-on.

**Wednesday, June 14, 2023
12:30 pm - 1:30 pm
Live from Lone Tree Primary Care**

****Check for the ZOOM link in your Outlook calendar and below this image*****

Join Us For The Debut Of The DFM Monthly Meeting Roadshow

This is a virtual event coming to you live from [Lone Tree Primary Care](#).

Join via ZOOM - copy and paste the following url into your browser -

<https://ucdenver.zoom.us/j/94044284462> - or simply find it in your Outlook calendar for Wednesday, June 14th.



Colorado Academy Of Family Physicians

Congratulations to DFM's Dr. Cristi Rabaza on being named the Colorado Academy of Family Physicians' Teacher of the Year!

Pictured are (left to right): Dr. Cristi Rabaza and Dr. Cleveland Piggott

Click on the button below to read all about it in CAFP's Family Physician Magazine.

Family Physician Magazine

UPDATES
AND OPPORTUNITIES

Clinical Call-Outs!

Patients are saying some nice things about our DFM clinicians.

Heather Holmstrom at Boulder:

"Dr. Holmstrom is an exceptional medical practitioner. Her extensive knowledge, combined with her warm demeanor, makes every interaction with her a lesson in empathy and understanding. She meets me on an intellectual level, engaging in thoughtful discussions about my health."

Matt McDowell at Park Meadows:

"Dr. Matt McDowell was awesome! He's the best doctor I've ever had and would not hesitate in recommending him to all our friends and family. Every visit is a great experience. Thanks Doc!"



Dr. Heather Holmstrom



Matt McDowell, PA-C



Pride Month Activities

- June 1st, CU Anschutz Pride Parade Celebration - [Registration and Information](#)
- CU Anschutz LGBTQ+ Hub Pride Month Education Series - [Registration and Information](#)
- CU Anschutz LGBTQ+ Pride Month Long Celebration - [Registration and Information](#)
- University of Colorado – Denver Pride 2023 - [Registration and Information](#)

HR Monthly Tip

Did you Know?

Employees at CU and CU Medicine can get paid to move! Download the **Move.** app on your smartphone or tablet, if you like, add your device (e.g., Fitbit) and earn \$25 a month for logging at least 30 minutes of exercise, 12 days a month.

Move. is an app that tracks physical activity through your smartphone or activity-tracking device (e.g., Fitbit, etc.). The app records activity stats like calories burned, heart rate, steps per day, etc. Move. Participants who log either 30 minutes of **continuous** activity or 10,000 steps a day for at least 12 days a month can earn an incentive of \$25 a month (incentives are added to paychecks quarterly). Note: An annual amount of \$300 will be noted on your W-2 Form.

If you are a primary member of a CU Health Plan, you are eligible for the **Move.** program. However, payments for new members may be postponed. Your workouts won't count toward the incentive until your Human Resources department processes your medical insurance enrollment. Processing typically occurs on the 15th of the month your paperwork is submitted.

Dependent spouses and children, including dependent spouses who are also the University of Colorado and CU Medicine employees, are not eligible for **Move.**

[Learn More](#)



Professional Development Pro Tip!

Healthy Building Foundations

Improving how you live and work with healthy buildings and spaces - and physical activity while you are in the office - no matter where your office is.



Give Back To DFM

Payroll deduction - One-time gift - Planned giving. Showing your support for DFM is easy.

Visit the Endowment page to learn more about the endowment campaign and how you can become involved.

[Learn More](#)

Look back at past editions of the DFM Monthly Newsletter

[DFM Newsletter Archive](#)



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