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To all CARMAhealth patients:

As a one of our patients, your health and well-being are of utmost importance to us. We are currently facing a public health challenge related to the COVID-19 pandemic and have received general instructions by the Centers for Disease Control and Prevention to avoid unnecessary social contact. We all have a part to play.

Effective immediately, all patients will have the option of conducting their appointments by telehealth. Our staff will be in touch with you to navigate the technical aspects of enabling the telehealth session.

If you are prescribed a controlled substance (like buprenorphine or a stimulant for ADHD) you may conduct your visit by telehealth due to a change in the prescribing rules during this public health emergency. In order to get your monthly prescription, you will have to see your provider in person or by telehealth.

In order to prevent mass medication shortages, we will not be issuing 90-day supplies of medications unless you meet the following criteria:

- Age over 60
- A history of a serious pulmonary problem
- A history of a serious cardiac condition
- You are already getting 90-day supplies of your medications

We are monitoring the situation carefully and will provide updates as new information becomes available. We are likely to experience significant increases in call volume. If you are having trouble getting a response please feel free to email us at info@carmahealth.com. All patients with unresolved questions or specific concerns are welcome to message David Walsh, our COO, at davidw@carmahealth.com or myself at carlost@carmahealth.com.

Sincerely,

A handwritten signature in blue ink, appearing to read "C. Tirado".

Carlos Tirado, MD, MPH, FASAM

