

There's a lot going on at Lehigh Valley Health Network. In case you didn't catch all the latest news, here's a recap of what happened this week. Here are links to Mission Central posts, the latest issues of CheckUp and Healthy You magazines, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news. You also can link to Mission Central's "Contact Us" page where you can comment about anything, including this email, ask a question or share a story.

[Tuition Reimbursement Process Is Going Paperless](#)

An online system will give colleagues immediate access to submit and track their claims, and view where claims are in the process.

[What You Can Do to Prepare for Epic](#)

Learn five things you can do now to prepare for our new electronic medical record (EMR) system.

[LVHN Leaders Appear on a Hazleton Talk Show – VIDEO](#)

Watch chief operating officer Terry Capuano, RN, and Lehigh Valley Hospital-Hazleton interim president John Fletcher on The Sam Lesante Show.

[Wellness: Stop Consuming Added Sugar](#)

See which foods have added sugar and learn how avoiding them can improve your health.

[Lynn Shay, CRNP, Wants to Know Your Story – VIDEO](#)

The Kutztown Primary Care Associates colleague likens caring for patients to delving into a mystery novel.



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Tuition Reimbursement Process Is Going Paperless

This message is from David Burrack, director, compensation and benefits

In an effort to enhance our HR Service Delivery, the human resources department is making a change regarding our tuition reimbursement process. This will move to an online system, giving colleagues immediate access to submit and track their claims as well as view where claims are in the process.

Lehigh Valley Health Network (LVHN) has partnered with Edcor Data Services., to move the entire tuition reimbursement process online. Beginning March 31, 2014, LVHN colleagues will have access to the [Edcor website](#) directly or link to this site on the [human resources website](#) to apply for benefits through the Edcor portal. Many questions can be answered by downloading a copy of the [application and submission process users guide](#). Grades and payment receipts will be uploaded through Edcor, and reimbursements will continue to be included in LVHN paychecks. Colleagues who are currently utilizing the LVHN Tuition Reimbursement benefit will be receiving a letter in their home mail next week outlining the process to follow.

Additionally, LVHN colleagues will be able to track the status of annual tuition benefit limits as well as their tuition benefit applications.

The Edcor system is recommended by the American Hospital Association. It's a secure portal which will require an LVHN employee ID number as part of the log-in procedure. A more detailed account of the entire tuition reimbursement process will be available on the human resources website. A phone number for the Edcor call center also will be available to address any claims questions.

This change will create a much more efficient process for tuition reimbursement. This system must be used for any classes an employee is now taking or past classes where reimbursement is sought.

Please call the benefits department at 484-884-3199 with any questions regarding this change.

This entry was posted by [Admin](#) on March 4, 2014 at 3:09 pm, and is filed under [Get News](#), [Learn](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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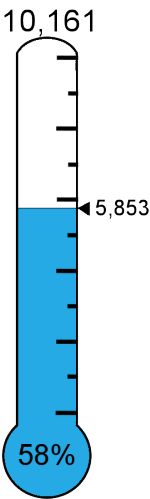
Jeremy Driscoll 65 DAYS AGO

If the system must be used for any classes an employee is **now** taking or **past classes** where reimbursement is sought, then does that mean that an employee who is taking classes that started before March 31, 2014 and will end after March 31, 2014 must use this new system to get his or her tuition reimbursed, even though a "paper"

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tuition reimbursement application was already submitted?

Regards,

Jeremy Driscoll

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Lehigh Valley Health News Digest: March 3-7

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What You Can Do to Prepare for Epic

Lehigh Valley Health Network's (LVHN) move to Epic will be one of the biggest transformations in our health network's history. Will this be easy? No. Will it be challenging? Yes. But when LVHN has transitioned to the Epic electronic medical record (EMR), the rewards will be worth it. Just as you may tell a patient, "This may hurt a bit, but it will make you feel so much better," the short-term pain of transition to Epic will provide long-term benefits to LVHN and your patients.

By standardizing and linking medical information across our hospitals and outpatient facilities, the Epic EMR will improve patient safety, provide greater efficiency and add a higher level of collaboration to our patient care than ever before.

Epic Preparation Tips

If you aren't an [Epic super user or subject matter expert](#), you may feel a bit disconnected from the Epic transformation that's already happening. But the [first go-live](#) date is closer than you think, and there are things you can do now to prepare for the Epic transition.

- **Stay up to speed.** – Check the [Epic intranet](#) site, read Epic articles on Mission Central and in [CheckUp](#) and talk to your colleagues about "What's next" for Epic.
- **Remember: change is good.** – Yes, it can be frustrating to learn new things, but with healthcare changing and new laws affecting everything from reimbursements to patient access to information, we need to keep up with the flow in order to thrive as a network.
- **Sharpen your computer skills.** – If you regularly use email, do online shopping and follow instructions correctly, you should have no problems using Epic.
- **Pay attention during training sessions.** – Training sessions are scheduled to begin in December 2014, and will help you learn the basics about the Epic EMR and the applications for your area, and are designed to help you get up to speed quickly.
- **Ask questions.** – If you have questions about Epic, please ask. We invite you to send any questions about the transition to Epic@LVHN.org. It's better to ask than be left in the dark.

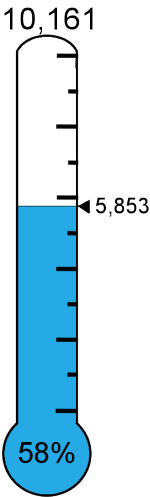
Most importantly, always remember to embrace the change! Epic is all about the patient – improving the quality and safety for the patient. By moving to the Epic integrated EMR, we will not only continue providing high quality care for our patients, we will take that care to a new and improved level.



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This entry was posted by [Jenn Fisher](#) on March 6, 2014 at 4:06 pm, and is filed under [Get News](#), [Learn](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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LVHN Leaders Appear on a Hazleton Talk Show – VIDEO



Chief operating officer Terry Capuano, RN, left, and Lehigh Valley Hospital-Hazleton interim president John Fletcher speak with Sam Lesante during the taping of his television show.

and how we will expand services in the Hazleton area.

The show will be broadcast numerous times in the Hazleton area. You can watch the show below or [anytime on SSPTV.com](#).

This entry was posted by [Rick Martuscelli](#) on March 4, 2014 at 10:33 am, and is filed under [Learn, Watch](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

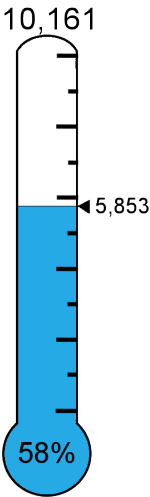
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Jo Ann Hart 60 DAYS AGO

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What a great job, Terry and John. So well done.

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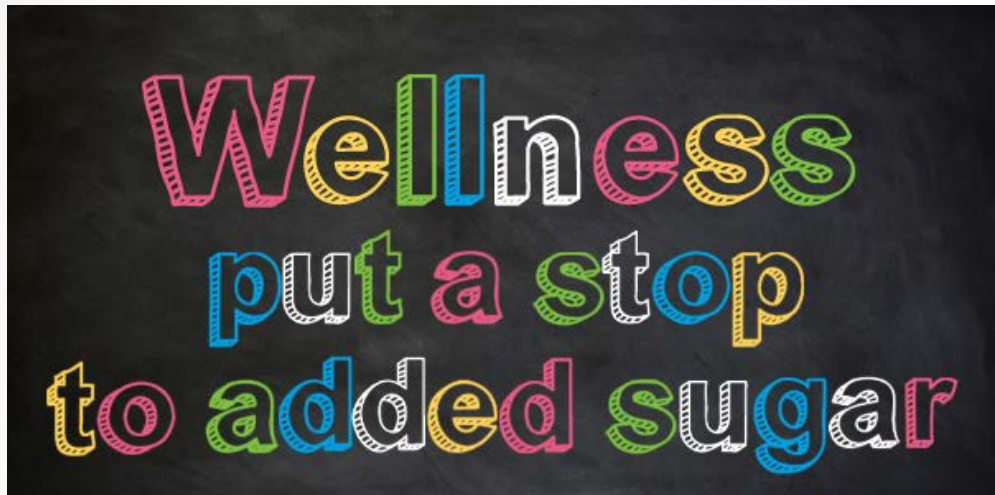
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Wellness Wednesday – Stop Consuming Added Sugar



How much sugar do you eat each day? Consuming more sugar than is recommended for a healthy diet can significantly increase your risk for dying from cardiovascular disease, according to a [recent study published in JAMA Internal Medicine](#).

The average adult consumes about 2,000 calories per day. The Center for Disease Control (CDC) recommends less than 10 percent of your total daily calories should come from added sugar. From 2005 to 2010, however, added sugar made up 15 percent of the average adult's daily calorie intake. Added sugar includes:

- Table sugar
- Brown sugar
- High fructose corn syrup
- Maple syrup
- Honey
- Molasses

"The leading cause of added sugar consumption in the U.S. is soda, followed by cookies and cakes," says Lehigh Valley Health Network cardiologist [Deborah Sundlof, DO](#), with [Lehigh Valley Cardiology Associates of LVPG](#). "Acceptable sugars are those that occur naturally in fruits, 100% fruit juice, vegetables, milk and dairy products."

You can also find hidden additive sugar in:

- Ketchup
- Dressings
- Granola bars
- Dried fruit
- Fruit on the bottom yogurt

Always be sure to check the labels to see how much sugar is in your food, even if it seems to be a healthy option.

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This week’s Wellness Wednesday challenge: Avoid added sugar in your diet this week.

What is the maximum amount of added sugar you should consume per day? “Women should not consume more than 100 calories a day from added sugars, which is about two-thirds of a can of soda,” Sundlof says. “Men should consume no more than 150 calories a day from added sugar. Consuming more than 21 percent of your daily calories from added sugar appears to double the risk for death from heart disease compared to those who consume less than 10 percent of their calories from added sugar.”

Additional negative effects of consuming added sugar include:

- Increased incidence of [high blood pressure](#)
- High triglycerides
- Low HDL (good cholesterol)
- Fatty liver
- Insulin resistance

“I tell my patients, ‘Eat it like Mother Nature made it, not the way Sarah Lee made it better,’” Sundlof says.

How are you avoiding added sugar? Leave us a comment and give us your tips!

Have you participated in the [FY14 People Goal](#)? Go to [MyPopulytics.com](#) and set your own wellness goal. Not only will setting your goal keep you healthier, but it also will make you eligible to win monthly prizes and a grand prize at the end of fiscal year 2014. When you’re healthy, you’re at your best for colleagues, patients and their families. Help LVHN serve as a role model by taking steps to improve your wellness.

This entry was posted by [Amanda Coe](#) on March 5, 2014 at 2:00 pm, and is filed under [Live Healthy](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

2 comments

Raenette Schneck 64 DAYS AGO

The article above recommends that women not consume more than 100 calories per day of added sugar – food labels list the amount of sugar in grams – is there a certain number of grams of sugar per day that is recommended? Thank you for the wellness tips – they have been very helpful.

LOG IN TO REPLY

Amanda Coe 64 DAYS AGO

Hi, Raenette! This would be a recommendation of fewer than 25 grams of sugar per day – there are 4 calories in 1 gram of sugar.

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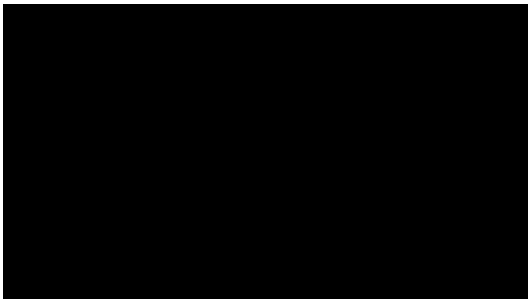
Lynn Shay, CRNP, Wants to Know Your Story – VIDEO

We are producing videos of our doctors and advanced practice clinicians (APC) to help our community find trustworthy health care providers. We will share them here to introduce you to these colleagues. You'll learn about their personality, philosophy of care and inspiration for practicing medicine. These videos are embedded in our website's [Find a Doctor](#) tool, where you can learn about each provider's educational background and more. Enjoy!

Lynn Shay, CRNP, likens caring for you to delving into a mystery novel. She wants to get to know you, and if you have a health issue, she won't stop exploring until she finds an answer for what's going on.

"Every patient has a story, and I want to know what that story is," she says. "I just thrive on all of that interaction with patients."

Shay is a family medicine nurse practitioner at [Kutztown Primary Care Associates](#).
Get to know her with this video.



This entry was posted by [Alyssa Young](#) on March 4, 2014 at 9:26 am, and is filed under [Connect with Colleagues](#), [Watch](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

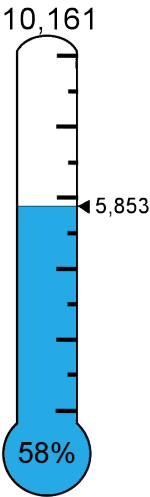
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