

# Friday FACTS

OCT. 10, 2014

THIS IS A LEHIGH VALLEY HEALTH NETWORK INTERNAL PUBLICATION ABOUT HAZLETON

## Wellness Program

### It's not too late to participate in the Lehigh Valley Hospital (LVH)-Hazleton 2014 Wellness Program.

Colleagues, and their spouses, who are insured with LVH-Hazleton's Blue Cross of Northeastern Pennsylvania (NEPA) medical plan are eligible to participate. Colleagues, and their spouses, can earn a wellness bonus by completing the following steps:

1. Complete a Health Assessment at [bcnepa.com](http://bcnepa.com) by Oct. 31, 2014;
2. Complete the Physical Exam (PE) form by Oct. 31, 2014. To request your PE form, call 1-877-448-4012 by Oct., 17, 2014;
3. Complete the Tobacco Attestation (TA) form by Oct. 31, 2014. Please call the above phone number by Oct., 17 to request your form;
4. Complete two calls with a Blue Cross of NEPA health coach by Dec. 31, 2014. You can reach a health coach by calling 1-866-262-4764, Monday-Friday, 8 a.m.-8 p.m.

## Library Services

**While there are three physical libraries in the LVHN network (Cedar Crest, Muhlenberg and Hazleton), the digital library is always at your fingertips.** To access resources: log on to Citrix; on the blue screen, go to the bottom left-hand side corner and click on the blue 'e' that will bring up the LVH-Hazleton intranet; then click 'Library Services'.

The LVHN Library Catalog, located at the top-center of our page, includes electronic and print books for all three libraries. For eBooks, click on the 'Full Text' link which will give you the ability to view the book at your computer. If you encounter a login screen or error, it's because that particular eBook is not yet accessible on our campus.

Please contact LVH-Hazleton librarian, Sharon Hrabina, at x4847 if there is a print book at one of the other libraries that you would like to borrow.

## Thank You

*The following was submitted by Frank Corrao, a recent patient at LVH-Hazleton.*

"I was a patient at LVH-Hazleton from Sept. 8-Sept. 11, 2014. I was admitted by Dr. Sidari with acute diverticulitis. Various tests were performed and subsequently I was given intravenous glucose water and antibiotics. This was performed by the very professional nursing staff on all shifts. They were instrumental in easing my uncomfortable malaise and well being.

I want the 'Hospital Management' to know how well I was treated and how the nursing staff on the seventh floor performed admirably. I'm sure that the service and care provided to me, helped in my quick recovery. Please give honorable mention to this nursing staff; they deserve it.

I would also like to thank all the technicians who helped me through the testing phase. One more thing I would like to mention: It was very quiet in the evening, and this was also very comforting."

## Flu Shots

**Flu shots will be available for all colleagues beginning the week of Oct. 20.** Flu shots will be administered in the conference room on the sixth floor at LVH-Hazleton. All colleagues are strongly encouraged to have a flu shot to protect themselves, their families and our patients. If you choose not to have the vaccination, you will be asked to sign a declination, which is mandated by Federal regulations. Vaccination dates and times to follow.

## Tricky Trays

**"Food for the Fight" tricky tray tickets will be available for sale Oct. 15 and Oct. 16 at the Hilltop Cafeteria entrance at LVH-Hazleton.** Tickets will be sold from 9 a.m.-4 p.m. on Oct. 15 and 10 a.m.-6 p.m. on Oct. 16.

Proceeds will benefit the American Cancer Society-Hazleton Unit and Camp Bravehearts in honor of Breast Cancer Awareness Month.

### CONTACT US

Call Leigh Ann Wiedlich to contribute information (x4249)

A PASSION FOR BETTER MEDICINE

