

MY LVHN

MyLVHN: One of our FY2016 goals is to increase MyLVHN activations. The target is to have 50,000 patients activate a MyLVHN account (updated as of October 2015). This goal is linked to our SSP bonus.

MyLVHN.org is our new patient portal that connects patients with their personal health information.

With MyLVHN, you can:

- **Review** your medical information
- **Request** prescription refills
- **Pay or review bills** for medical services
- **Send and receive** non-urgent messages from your LVHN/LVPG health care provider
- **Request an appointment**, and coming soon, schedule your visit directly

New Segment!

What am I?

I am found in fruits, vegetables, grains, and legumes. You can find an abundance of me here: broccoli, carrots, corn, beans, peas, whole -wheat or whole-grain products, flax seeds, avocados, berries, sweet potatoes, regular potatoes (with skin), squash, apples, and pears. I regulate your bowel health, decrease your bad cholesterol, help maintain your blood sugar levels, and help you to feel fuller longer!



Win a Prize!

Submit your answer to Erica.Fry@lvhn.org with the Subject line: Healthy Scoop Trivia by December 19th. One lucky winner will receive a wellness bag including a water bottle, yoga mat, exercise band and more!

Winter Well-Being: Safe Snow Shoveling

There are many health risks that can be involved with snow removal including back injuries and heart problems. Before you pick up your shovel this winter, please consider the following tips for injury prevention:

Warm-up: Snow shoveling is an aerobic activity that can be vigorous. Cold and tight muscles can increase risk for sprains and strains. Perform some light exercises to warm up your muscles before picking up a shovel.

Show off your snow gear: Wear layered water-repellant clothing along with warm socks, appropriate head covering and gloves.

Choose the right shovel: Pick a shovel that is not too heavy or long. A curved handle helps to keep your back straight.

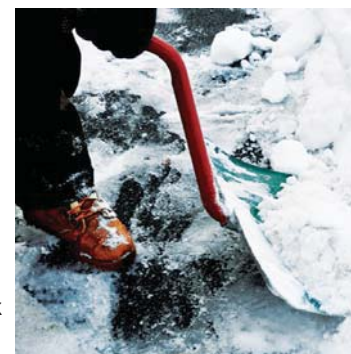
Push when possible, don't lift:

Pushing puts less pressure on the spine. When lifting, fill the shovel only to a safe and easily manageable amount.

Squat, don't bend: Keep your legs apart, knees bent, and back straight. Scoop small amounts

of snow to avoid the shovel being too heavy. Walk to where you will dump the snow, and never throw it over your shoulder.

Take breaks: Use this time to stretch out your muscles. Be aware of how your body feels. It is important to take your time as shoveling can increase your heart rate and blood pressure .





The Division of Education hosted a “Fitness Carnival” with various activities for colleagues including Tabata, Hula Hooping, and healthy snacks/drinks!

Pictured: Christine A Hricak , Laura Harstine, and Shaneka Storey

Upcoming Walk Get Out! Lehigh Valley Trexler Memorial Park Walk

Date: Saturday, December 12

Time: 10 a.m.

Duration: 2 hours

Length: 2 miles

Where: Trexler Memorial Park, 200 Springhouse Rd., Allentown, PA 18104

Register online, or call 610-402-CARE

The Healthy Scoop Editorial Team & Contributors

- Well U. Steering Committee members
- Kristin Behler, MPH, MCHES, Manager
- Sarah Engler, Certified Health Education Specialist
- Erica Fry, Wellness Coach
- Jennifer Warren, Office Coordinator

We want to hear from you!

Send your stories and ideas to
Sarah_E.Engler@lvhn.org

Tip!



Positive self-talk helps to calm you down and control stress by turning negative thoughts into positive ones. Try practicing self-talk statements every day whether on your way to work, at your desk, or walking down the hall. Turn “Everything is going wrong” into “I can handle things if I take one step at a time.”



Two Bean Chili

Warm up this winter with this high-fiber option.

Serves 4

Ingredients

1/2 pound ground beef
1/2 can low-sodium kidney beans (drained, about 8 ounces)
1/2 can low-sodium vegetarian beans (about 8 ounces)
1/2 cup onion (diced)
1 teaspoon chili powder
2 1/2 cups low-sodium tomato juice
1/4 teaspoon pepper

Directions

1. In a medium-size pot, brown ground beef over medium to high heat for 8 to 10 minutes. Drain fat.
2. Add kidney beans, vegetarian beans, onions, chili powder, tomato juice, and pepper.
3. Cook over low heat for about 40 minutes. Serve hot.

Serving Size	Sodium 284mg
(1 cup)	Carbohydrates 32g
Calories 275	Fiber 8g
Total Fat 8.8g	Sugars 12g
Sat Fat 3.6g	Protein 18g

Source: A Harvest of Recipes with USDA Foods, United States Department of Agriculture

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