

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 Better Medicine, 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.

## [Say Farewell to Dr. Swinfard](#)

Attend a reception to wish him a healthy and happy retirement.

## [Going All Out for the People Goal](#)

See if we're reaching our goal and learn who won the May wellness goal prize.

## [Essential Super User](#)

More than 300 non-provider colleagues are needed to be a super user for our Epic electronic medical record (EMR) transformation.

## [How Did the Health and Wellness Assessment Help You?](#)

Share the positive lifestyle changes you made after completing last year's assessment.

## [Wellness: Lower Your Blood Pressure](#)

Learn how to keep your blood pressure within a healthy range.

## [James Guzzo, MD, Enjoys Being a Vascular Surgeon in His Hometown – VIDEO](#)

During office visits, he uses levity to help patients deal with complex issues.



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issue of **CheckUp**



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**READ LEHIGH VALLEY HEALTH NEWS**  
a blog on [LVHN.org](http://LVHN.org) containing  
timely health information and  
health network news.



< Vanessa Eiswerth, DO: Laughter Has Healing Power

Lehigh Valley Health News Digest: June 1 – 6

## Say Farewell to Dr. Swinfard

President and CEO Ron Swinfard, MD, will be retiring on July 1. He will connect with and say good-bye to his colleagues during the next couple of weeks through farewell receptions. Please join Dr. Swinfard during any of the following times and wish him luck in his retirement:

- June 11, 10 a.m. – 11:30 a.m. – LVH-Muhlenberg, ECC C&D
- June 18, 10:30 – 11:30 a.m. – LVH-Hazleton, board room, hospital annex
- June 19, 2 – 4 p.m. – LVH-17<sup>th</sup> & Chew, auditorium
- June 23, 9 – 11 a.m. – LVH-Cedar Crest, ECC 6 & 7
- June 24, 9 – 11 a.m. – LVHN-Mack, auditorium



At the LVH-Hazleton merger celebration, Ron Swinfard, MD, enjoyed spending time with and getting to know new colleagues.

This entry was posted by [Admin](#) on June 6, 2014 at 2:07 pm, and is filed under [Connect with Colleagues](#), [Get News](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

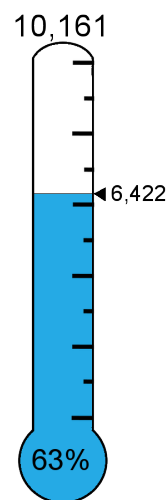
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We've hit our goal of **60% +** to achieve **Target Goal**. Now, let's go for the Max: **70%** Set your People Goal at [mypopolytics.com](http://mypopolytics.com)

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## Going All Out for the People Goal, Plus May Prize Winners Announced

May was an exciting month for the People Goal, as we've squeaked over the target percentage and now are targeting the maximum goal.

"I'm pleased to report that more than 6,200 Lehigh Valley Health Network (LVHN) colleagues, including 500 Health Network Laboratories employees, have set their People Goal," says Stacey Asbell, operations and health plan management administrator with Populytics. "This level of employee engagement has edged us over the 'target' goal of 60 percent, and now we're making a run at the 'max' goal of 70 percent People Goal completion before the end of June."

Setting your personal wellness goal helps the entire organization reach one of LVHN's primary FY14 goals. If the health network reaches its people, service and cost goals, you may receive a Shared Success Plan bonus in October 2014.

### May wellness goal prize winners

In addition to achieving the People Goal target milestone, wellness goal contest winners for May were chosen too. Congratulations to Ethan Rightmyer (Lehigh Valley Hospital [LVH]-Cedar Crest, radiology) and Miriam Hernandez (LVH-Cedar Crest, surgery) who each will receive a \$100 gift card to the Promenade Shops at Saucon Valley.

The final wellness prize drawings for FY14 will take place on June 30, when colleagues will have extra opportunities to win. In addition to two people being selected to each receive a \$100 gift card to the Promenade Shops at Saucon Valley, two more names will also be selected for grand prizes from everyone who has completed their wellness goal. Each grand prize winner will receive two prizes: a \$550 Bear Creek gift card and a \$300 Promenade Shops gift card.

It is not too late to complete your wellness (People) goal for FY14 and get in the drawing for June's prizes. Simply follow the next four steps, and you'll be in the drawing.

### 4 Easy Steps to Complete Your People Goal

- . Visit [MyPopulytics.com](http://MyPopulytics.com).
- . Review the results of your Health and Wellness Assessment.
- . Then, go to the "Health and Wellness Worksheet." You will see the worksheet link highlighted in yellow in three places on your [MyPopulytics.com](http://MyPopulytics.com) home page:
- . Complete and submit the worksheet.
  1. On the left side of the page, under "My Profile"
  2. On the right side of the page, under "News and Headlines"
  3. In the middle of the page, under "Health and Wellness"

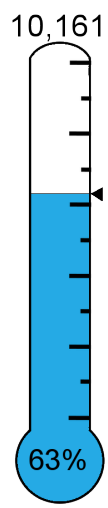
Check the People Goal thermometer on the right side of each Mission Central page for the latest update and help us reach max goal of 70 percent.

This entry was posted by [Jenn Fisher](#) on June 9, 2014 at 4:00 pm, and is filed under [Get News](#), [Live Healthy](#). 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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## Essential Super User

You know a topic's important if it is repeated, and this one is absolutely essential. The Epic electronic medical record transformation (EMR) at Lehigh Valley Health Network (LVHN) is heading into fast-paced territory as we approach [Wave 1 go-live in our ambulatory settings](#).

As you read this, the LVHN Epic team is testing devices and applications, working on any remaining system build as well as developing education modules. Throughout the Epic EMR ramp-up, preparation has been the name of the game. One of the essential elements to ensure go-live happens as planned is the development of a team of non-provider super users – and that's where you come in.

### Super Users Unite

For the February 2015 ambulatory go-live, we need approximately 640 non-provider super users. "Right now, we are about half way there," LVHN super user coordinator, Deborah Creghan, says. "This is a tremendous concern because June 30 is the due date for Wave 1/ambulatory super users to sign up and that date is approaching quickly."

Becoming involved in the Epic super user program will require time and commitment on your part, but you and your practice or department will reap many rewards. "This is an opportunity to be the first to know about Epic and be well-prepared to help your colleagues at go-live and beyond," Creghan says. "And even more than that, super users will play a huge role in helping ensure the Epic experience is positive from the start for our colleagues and our patients. We need you."

### Super User Sign-Up ASAP

A kick-off meeting for Wave 1 go-live super users will happen on July 31 and then training begins after that. "Colleagues can self-identify themselves as candidates for this important role, or may be recommended for the super user role," Creghan says. "All of the information is accessible online, so begin with the [LVHN Epic Super User Program guide](#), and then submit your [online application](#). Your manager is also notified and must approve your commitment to the program."

### Are you one of the 320?

To ensure we have enough super users for ambulatory go-live, we need 320 more non-provider super users. We need YOU. If you join the program, you'll have the chance to learn all the Epic essentials and will then be prepared to offer at-the-elbow support to your colleagues when February 18, 2015 go-live occurs. Your help is essential so we can deliver an outstanding new EMR to LVHN and our community, so [explore the super user program info today](#).

Clear your calendar: [You've got an Epic appointment on February 18, 2015](#).

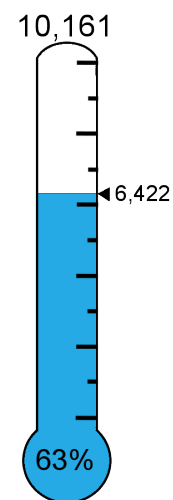
Keep up with news about the LVHN Epic transformation on the [LVHN Epic intranet site](#).



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## How Did the Health and Wellness Assessment Help You?

It's nearly health benefits enrollment time again, and we'd like to let colleagues know how you made positive changes in your life after completing the Health and Wellness Assessment last year.

In an upcoming issue of CheckUp, we plan to feature brief profiles of colleagues whose health and wellness assessments launched changes that continue to make a difference in their health today.

- Did you begin a conversation with your doctor about incorporating fitness goals into your life?
- Did you reduce the amount of salt or sugar in your diet?
- Did you [stop using tobacco](#)?

All efforts, large and small, are important and worth sharing so we can let everyone know the positive impact the assessment (and the action you take) can make.

If you would like to share your story, email Jenn Fisher ([jenn.fisher@lvhn.org](mailto:jenn.fisher@lvhn.org)) with some information about how your health and wellness assessment changed your life for the better.

As a reminder, colleagues will again be required to complete a Health and Wellness Assessment (found on [mypopolytics.com](http://mypopolytics.com)) by August 29, 2014, in order to be eligible to enroll in the Choice Plus PPO or HSA benefits plan in 2015. The assessment helps identify areas that may affect your health, ranging from weight and stress to tobacco use and chronic disease management. After completing the assessment, you will receive a list of recommendations that you can reflect on, and hopefully act on, to improve your health and wellness in the coming year.

This entry was posted by [Jenn Fisher](#) on June 10, 2014 at 4:55 pm, and is filed under [Celebrate, Live Healthy](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

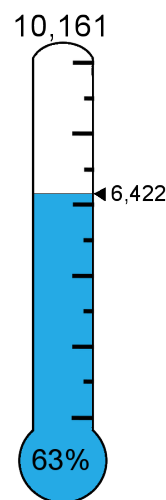
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## Wellness Wednesday – Lower Your Blood Pressure



When your heart beats, it creates pressure that pushes blood through your arteries and veins. This is your "blood pressure." Healthy arteries stretch when the heart pumps blood through them. The more forcefully the blood pumps, the more they stretch. If the force is too high, the arteries stretch too much and over time, this can cause:

- **Weakened blood vessels**, which may cause them to bulge, tear or burst
- **Damage to the blood vessel lining**, which may contribute to the buildup of cholesterol and plaque which can cause a heart attack, stroke, and tissue or organ damage

Your individual blood pressure is represented by two numbers in a reading. The top number (systolic) represents the pressure in your arteries when your heart pumps blood out of the heart to the rest of the body. The bottom number (diastolic) represents the pressure in your arteries when your heart is filling with blood.

"You need to know both numbers," says Lehigh Valley Health Network cardiologist [Andrew Sumner, MD](#), "especially because there are few warning signs for hypertension. An elevation in either number increases your risk for not only heart disease, but also kidney and peripheral artery disease, and stroke."

According to the National Heart, Lung and Blood Institute, a blood pressure of 140/90 or more is considered high. If your blood pressure is between 120/80 and 140/90, you have pre-hypertension, which means you don't have high blood pressure now but are likely to develop it in the future.

"If your blood pressure is between 120/80 and 140/90, talk to your doctor about ways to lower it with diet and exercise," Sumner says. "If your blood pressure is more than 140/90, healthy lifestyle choices also will be an important first step. In addition, your doctor can prescribe medication to bring down your numbers."

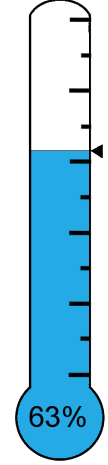
**This week's Wellness Wednesday challenge:** Check your blood pressure. If you have hypertension or pre-hypertension, work with your primary care physician to get your numbers down. If you have good blood pressure, work to keep your numbers in a healthy

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range.

There are lifestyle choices you can make to help improve your blood pressure, such as:

- **Limit salt in your diet.** Replace salty foods with foods high in potassium, calcium and magnesium.
- **Stay active.** Get 30 minutes of aerobic exercise each day and treat it like an important appointment.
- **Avoid tobacco smoke.** Your blood pressure increases for many minutes after every cigarette you smoke.
- **Take medication as prescribed.** Your doctor may prescribe more than one type of medication to keep your blood pressure at a healthy level.
- **Skip the alcohol.** Men should limit alcohol to two or fewer drinks a day; women one or less.

One important factor in high blood pressure is stress. Studies show both women and men with high job stress are more likely to get hypertension. In addition, some people experience a greater rise in blood pressure when they're stressed than their peers do.

Steps to manage stress include:

- Write down what makes you feel stressed, and try to change what you can.
- Learn to identify signs of stress, including tense shoulders. Go for a walk, stretch or [practice mindfulness based stress reduction](#).
- Practice healthy habits, including exercise and [getting enough sleep](#).

Do you have a topic or question for Wellness Wednesday? Leave a comment and let us know what you want to read about.

*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 June 11, 2014 at 1:30 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

Danielle Paulus 1 WEEK AGO

The Goal was set to reach 60% for the employees to be eligible for the Shared Success Bonus. We as a network have hit that goal and over.

“This level of employee engagement has edged us over the ‘target’ goal of 60 percent, and now we’re making a run at the ‘max’ goal of 70 percent People Goal completion before the end of June.”

If the health network reaches its people, service and cost goals, you may receive a Shared Success Plan bonus in October 2014.

Now we are told we have to reach 70 % to be eligible for the bonus ??? The morale among the network is low already and we were told one thing, now it's another ?? If we reach the 70 %, will it go up to 80% before we can be eligible to receive the bonus ???

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Stacey Asbell 1 WEEK AGO

Each of our FY14 goals measures achievement at Threshold, Target and Maximum levels. We must reach the Target level to qualify for SSP for each of the goals that

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affect the SSP bonus. Target for our People goal was set at 60% participation while Maximum was set at 70%. As we are concerned about the health and wellness of all of our colleagues, and as we want as many as possible to qualify for various related prize drawings at the end of June, we continue to promote that FY14 wellness-related People goal beyond Target level. We are thrilled with and grateful for the engagement of more than 6300 colleagues thus far and invite all others to join in!

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Lehigh Valley Health News Digest: June 9 – 13

## James Guzzo, MD, Enjoys Being a Vascular Surgeon in His Hometown – 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!

James Guzzo, MD grew up in the Lehigh Valley — he calls himself a “Bethlehem kid” — and considers it a great privilege to care for friends and family who live here.



During office visits, he uses levity to help his patients deal with complex issues.

“I want you to be instantly comfortable with that interaction so that we can take the stress out of what can sometimes be a very challenging surgical problem,” he says.

He is a board-certified vascular surgeon with Lehigh Valley Health Network, who sees patients at [Peripheral Vascular Surgeons of LVPG](#).

Get to know him with this video.

This entry was posted by [Alyssa Young](#) on June 12, 2014 at 3:00 pm, 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.

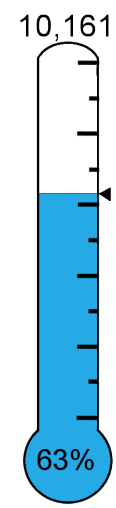
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