

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.

[Watch Colleagues' Personal Tributes to Dr. Swinfard – VIDEO](#)

Watch colleagues share their personal reflections about a man who meant so much to our organization.

[Get Ready for LVHN-One City Center](#)

Are you ready to take your fitness routine to another level? Then be on the lookout for our newest ads.

[Read July CheckUp](#)

Want a sneak peek inside interesting Lehigh Valley Health Network locations? You'll get it in July's CheckUp.

[Prepare for Open Enrollment](#)

Take your Health and Wellness Assessment on MyPopulytics.com by Aug. 29, in order to be eligible to enroll in Choice Plus health benefits for 2015.

[Introducing a Dozen Hazleton Providers – VIDEO](#)

Meet 12 Lehigh Valley Health Network experts who work in the Greater Hazleton area.

[Wellness Wednesday – Exercise the Metabolic Way](#)

Learn how to incorporate metabolic strength training into your fitness routine.

[Learn about Population Health From a National Expert – VIDEO](#)

Learn what the term "population health" means by watching the 2014 Feather Lecture by David Nash, MD.

[Ambulatory Moves to Phase 4: Testing and Training](#)

We've made it through re-engineering, specialty validation and system build out and are moving onto the next phase of the EMR transformation.

[Jeff Kuklinski, DO, Cares for ER Patients, Pocono Raceway Injuries – VIDEO](#)

'You could have someone that's really sick, to someone that just needs a helping hand, someone to talk with,' he says.



Read the latest
issue of CheckUp



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issue of Better
Medicine

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a blog on LVHN.org containing
timely health information and
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« Read July CheckUp

Ambulatory Moves to Phase 4: Testing and Training »

Watch Colleagues' Personal Tributes to Dr. Swinfard – VIDEO

He's been a leader and a mentor, a confidant and a friend, a guiding light and a steady influence. As our president and chief executive officer, Ron Swinfard, MD, has led our health network for three-and-a-half years. Now that he is retiring, colleagues are sharing their personal reflections about a man who meant so much to our organization.

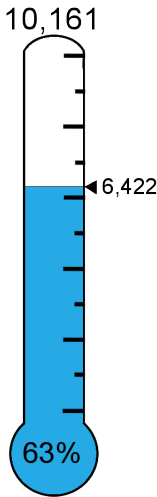
Watch this video to see several LVHN colleagues tell their personal, heartwarming stories and deliver well-wishes to Dr. Swinfard. This video was shown to 300 LVHN leaders at our Leader to Leader meeting this morning.

You can share your own story, memory, or goodwill message to Dr. Swinfard by commenting on this post.

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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 [mypopulytics.com](#)

This entry was posted by [Kyle Hardner](#) on June 19, 2014 at 2:15 pm, and is filed under [Be Inspired](#), [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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Prepare for Open Enrollment; Take your Health and Wellness Assessment by Aug. 29, 2014 »

Get Ready for LVHN-One City Center; LVHN Fitness Memberships Now Available for Downtown Allentown Location



Are you ready to take your fitness routine to another level? Then be on the lookout for Lehigh Valley Health Network's (LVHN) newest ads. Starting today you will begin seeing messages promoting the opening of [LVHN Fitness at One City Center](#) on billboards and bus shelters, inside newspapers – and even on top of the gas pumps at your local mini mart.

On July 16, the brand-new, 17,000-square-foot LVHN Fitness location will open inside [LVHN-One City Center](#), located at 707 Hamilton St., Allentown. It's part of the city's largest revitalization project, and it's inside the same complex that will house the brand-new PPL Center arena (home to the [Lehigh Valley Phantoms](#) hockey team), the Marriott Renaissance Hotel and several restaurants.

Now is the time to become a member of LVHN Fitness at One City Center. By becoming a member of the Lehigh Valley's newest fitness destination, you will have access to:

- **A full array of fitness equipment** including spin bikes, crank cycles, treadmills, ellipticals, rowers, stair-climbers and upright bikes, most of which include TVs with Internet capability.
- **A wide variety of weight-training** and suspension-training equipment
- **Group classes** such as Zumba and Yoga. Classes will be held in two large rooms – one of which includes an interactive multisport simulator.
- **Massage and personal training services** by fitness professionals
- **Preferred parking** in the Linden Street Arena Garage

Also, you may be working out alongside players from the Phantoms, who will begin using LVHN Fitness at One City Center in the fall. LVHN is the official health care provider for the Phantoms.



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LVHN colleagues will receive a 20% discount on membership. Employees can join for just \$44/month – a discount of \$11/month off the normal rates. Seniors, students, family members and military members receive a 5% rate discount. Corporate package rates, daily and weekly rates and a-la-carte pricing also is available. Get more details on membership.

In addition to LVHN Fitness, LVHN-One City Center also will include:



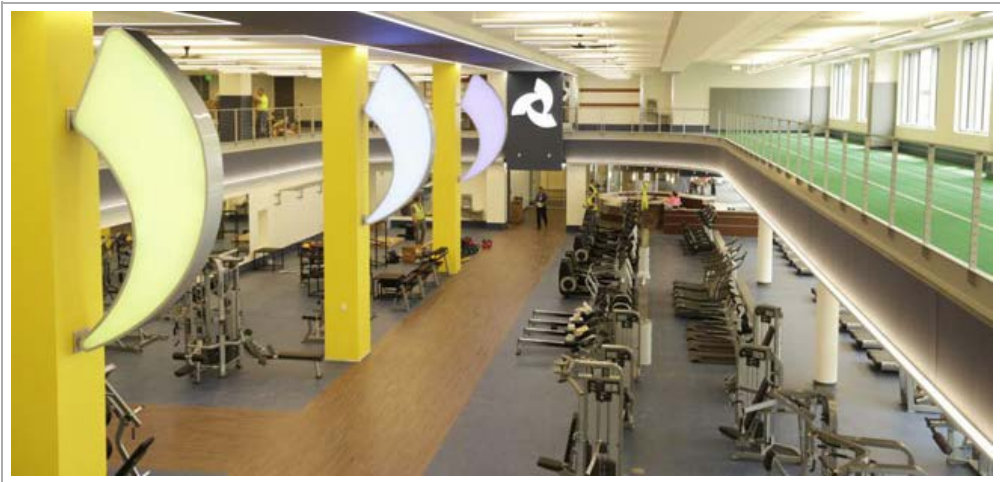
- A sports performance program with an indoor turf track
- [Rehabilitation services](#) including physical and occupational therapy
- A [concussion](#) and head trauma program with a comprehensive approach to patient care
- A medical specialty suite, home to [occupational health](#) and other services
- A grab-and-go café and retail area

Later this year, LVHN-One City Center's services will

expand to include:

- Imaging
- Orthopedics and sports medicine
- Sports nutrition
- Sports psychology
- Podiatry

Get a sneak peak of LVHN-One City Center. View our photo gallery and [watch a video flythrough](#) of the facility. For more information on any of our services at this location or to make an appointment, call 610-402-CARE.



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[Watch Colleagues' Personal Tributes to Dr. Swinfard – VIDEO »](#)

Read July CheckUp

CheckUp July 2014

Want a sneak peek inside interesting Lehigh Valley Health Network (LVHN) locations? You'll get it in July's CheckUp. In this edition, you'll get a [first look inside LVHN-One City Center](#), our new building attached to the downtown Allentown arena. You'll go inside the Hackerman-Patz House to [spend a special evening with its guests](#). Plus, you'll [enter our neurophysiology lab](#) to learn about the services provided by its fully credentialed staff.

CheckUp also includes important information about how you can help us meet our health network's new goals for fiscal year 2015. We'll [honor president and chief executive officer Ron Swinfard, MD](#), who will retire July 1. In the first of a three-part series, you'll [learn stretches you can do at work to get fit](#). You also can see [what colleagues at Hematology Oncology Associates-Bethlehem do to stay fit](#), read Terry Capuano's [Focus on PRIDE letter](#) and [meet colleagues who fulfilled a dying patient's last wish](#).

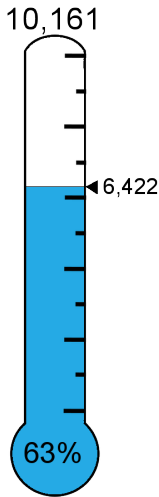
When you visit the CheckUp section, you can page through the issue virtually, download and print the issue or read each story individually on Mission Central. Enjoy the July edition.



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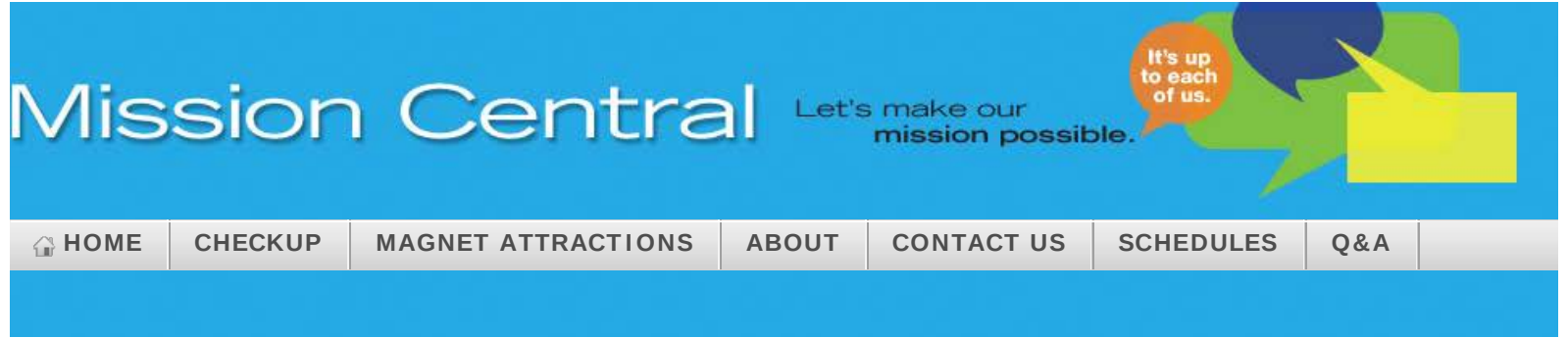
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Learn about Population Health From a National Expert – VIDEO »

Prepare for Open Enrollment; Take your Health and Wellness Assessment by Aug. 29, 2014

You want to stay healthy. So here's a great start – take your Health and Wellness Assessment on MyPopulytics.com (formerly WebSAI.com). You must take the assessment by Aug. 29, 2014, in order to be eligible to enroll in Choice Plus PPO or HSA health benefits for 2015.

What is the assessment? It's a confidential survey that asks you questions about your lifestyle habits and general health. After you complete it, the answers give you an overview of your current health status and evaluate if you are at risk for any health problems. It also will show you simple steps you can take to reduce your risk.

Where do I locate the assessment? Click on MyPopulytics on your SSO toolbar or visit MyPopulytics.com on the Internet. Once you log in, you'll see the words Health and Wellness Assessment highlighted in yellow. Click on that link, and begin your assessment.

Who needs to take the assessment? **All LVHN employees** who wish to enroll in the Choice Plus PPO or HSA health benefit plans for 2015 must take the assessment. All employees are encouraged to take the assessment. Dependents (age 18+) are not required to take it but can do so if interested.

How do I know if I already completed the assessment? If you aren't sure whether or not you've taken your assessment yet in 2014, visit MyPopulytics.com, click on the "Health and Wellness Assessment" link, and then click on the "past wellness assessments" link on the lower left-hand side of the page. That will tell you the dates and results of any past assessments you've taken. If you do not see a completed assessment in 2014, you need to take yours prior to Aug. 29, 2014, to be eligible to enroll for 2015 health benefits.

What information do I need to complete the assessment? For a more detailed report with the best results, you should include your most recent blood glucose, blood pressure, cholesterol, triglycerides and weight numbers. However, you are able to proceed without providing this information.

Watch for Open Enrollment – Enrollment for 2015 benefits will take place October 10-31, 2014. All benefit-eligible colleagues must complete open enrollment in order to have benefits starting in January 2015. Remember, if you want to enroll in health benefits, you must **complete your Health and Wellness Assessment by Aug. 29, 2014.**

This entry was posted by [Kyle Hardner](#) on June 17, 2014 at 11:21 am, 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.

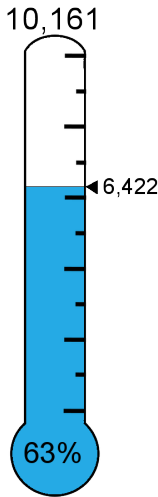
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[« Learn about Population Health From a National Expert – VIDEO](#)

[Wellness Wednesday – Exercise the Metabolic Way »](#)

Introducing a Dozen Hazleton Providers – VIDEO

One year ago, we started introducing you to our physician and APC colleagues using videos that share their passion, personality and expertise.



Today, for the first time you can meet 12 of our new colleagues who work at [physician practices in the Greater Hazleton, Pa. area](#), and at [Lehigh Valley Hospital-Hazleton](#) and the [Health and Wellness Center at Hazleton](#). They became part of the health network when [LVHN and Greater Hazleton Health Alliance merged in January](#).

Below, find links to their new video profiles to get to know them. [See the complete list of 122 providers with videos.](#)

Bariatric surgery

[Michael Bono, MD](#)

Chiropractic medicine

[Dan Gavio, DC](#)

Family medicine

[Kelci Koch-Tkach, PA-C](#)

[Michael Washinsky, DO](#)

Heart and vascular

[Joseph Laureti, DO](#)

[Yaqoob Mohyuddin, MD](#)

[Stephen Wolk, MD](#)

Internal medicine

[Philip Benyo, MD](#)

Obstetrics and gynecology

[Sheila Hockman, DO](#)

Pediatrics

[James Caggiano, MD](#)

Physical medicine and rehabilitation

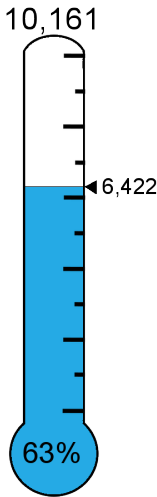
[Ammar Abbasi, MD](#)

[Jeffrey Perkins, MD](#)

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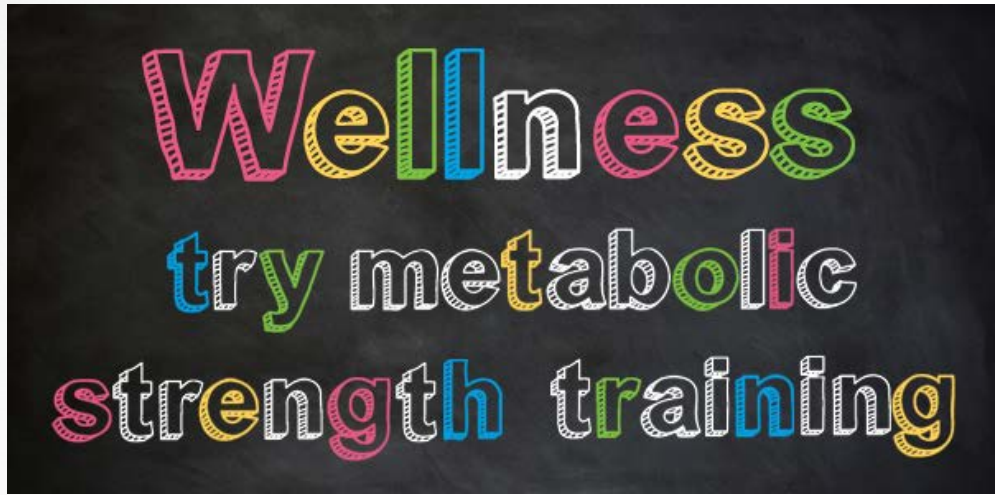
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Wellness Wednesday – Exercise the Metabolic Way



As we enter beach season, diet and fitness are likely to enter your mind. If you're frustrated with your current routine or not seeing the results you're looking for, there might be a better way to work toward your goals.

According to the Center for Disease Control (CDC), strength training is essential to weight control. Why? Muscle is active tissue that consumes calories and has a higher metabolic rate, while fat uses very little energy. As people lose muscle through aging or inactivity, they become more sedentary and their metabolism slows. As a result, they gain fat and lose muscle, an unhealthy cycle that impairs quality of life and leads to many health problems.

Dieting without proper fitness training allows for the loss of muscle along with fat, which also will end in the slowing of your metabolism. It can even lead to having more fat and less muscle than when you began your diet.

One way to combat this cycle is through metabolic strength training, which is all about the “burn,” says [Rob Fatz](#), exercise physiologist and sports performance specialist with [LVHN Fitness](#).

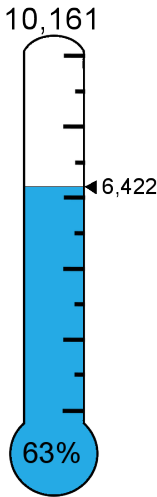
The “burn” means you will continue burning calories even after your workout ends. “Metabolic training builds lean muscle mass and creates an oxygen debt within the body's energy systems, allowing you to continue burning calories long after the workout ends,” says Fatz. While you might burn calories for 30-60 minutes after exercises such as cycling, jogging or running, you can experience the “afterburn effect” of metabolic training hours after your workout ends.

More efficient weight loss isn't the only advantage of strength training. Working one set of muscles while another rests increases overall body strength without adding time to your workout. Research also shows metabolic training improves your ability to consume oxygen by 14 percent compared to traditional aerobic activities. “This isn't a trend or fad,” says Fatz. “It's a scientific, evidence-based approach that will give you better results in less

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time.”

This week’s Wednesday Challenge: Incorporate metabolic strength training into your fitness routine.

A typical workout routine might include strengthening exercises such as a shoulder and leg presses, with rest periods between each set. To kick-start your metabolism, double the workout by inserting exercises that work non-competing muscle groups. Do squats between shoulder press sets. Between leg press sets, work your arms with push-ups, dumbbells or kettlebells.

If you’re not currently physically active, consult your doctor before starting a strength-training regimen. Start at a pace that feels comfortable to you and gradually build up your activity.

If weight loss is one of your main goals, be sure to continue healthy eating. Watch your fat and calorie intake, and see a registered dietitian if you need help with menu planning. “No matter how hard you work, you’ll never be able to out-train poor nutrition,” says Fatz.

While you don’t need to give up cardio-based activities, it’s good to remember what type of exercise will lend itself best to the type of results you want to achieve. “Aerobic exercise is great for your heart, but it’s not the most efficient way to lose weight,” says Fatz.

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 18, 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.

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Learn about Population Health From a National Expert – VIDEO

Have you heard the term “population health” recently but wonder what it means? It’s a health care approach that places a strong emphasis on wellness, preventive services and addressing health risks before they turn into larger problems. David Nash, MD, founding dean and professor of health policy at the Jefferson School of Population Health, gave an in-depth overview of this growing trend during the sixth annual Jeffrey Paul and Grace Kathryn Feather Endowed Lectureship, held earlier this month at Lehigh Valley Hospital-Cedar Crest. The lecture series helps clinical colleagues discover new medical advances and approaches to care.

[Watch the video](#) to hear what Nash – one of Modern Healthcare’s “Most Powerful Persons in Healthcare” – had to say about population health.

(Please note you must be logged on to our intranet with Internet Explorer in order to access the videos. You also need to have Microsoft Silverlight installed on your computer. If the links do not open properly, try refreshing your browser. If you have questions or need assistance, please contact information services at 610-402-8303.)

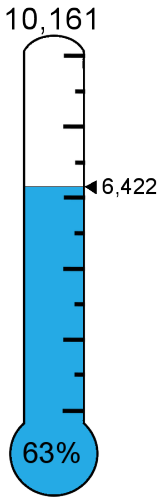
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Ambulatory Moves to Phase 4: Testing and Training

For colleagues in ambulatory settings, it has been a busy six months in Wave 1 of the Epic electronic medical record (EMR) transformation with re-engineering, [specialty validation](#) and system build out. But now Wave 1 Ambulatory is moving onto the next phase of the EMR transformation: Phase 4 – Testing and Training.



In phase 4, the LVHN Epic team will test workflow scenarios developed in phase 3, as well as, finalize training curricula and train end users. Testing is an extensive process that requires multiple tests of workflows. Depending on testing outcomes, workflows and system build might need to change.

The LVHN Epic team will also work on data conversions during phase 4. What this means is some data residing in current systems will be converted into Epic prior to go-live on February 18, 2015. These conversions include clinical information such as historical encounters and results, and access data such as appointments and registration information.

What Role Will You Play in Phase 4?

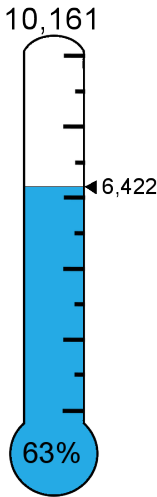
Ambulatory end users will play increasingly larger roles in phase 4:

- Workflow labs** – End users will take part in workflow labs where they will have the ability to access the system and provide feedback. That feedback will help improve workflows within application(s) specific to their areas. Workflow walkthroughs will take place the week of July 28 when the LVHN Epic team presents some of the top workflows to the network. The team will also demonstrate an integrated workflow to show how different applications connect and interface with each other.
- LVHN Epic Credentialed Trainers (CT)** – During phase 4, the LVHN Epic team will also begin recruiting colleagues who would like to become credentialed trainers (CT). CTs will teach end users the Epic system and are considered critical members of the go-live team. The LVHN Epic CT program will provide specialized training to prepare CTs for in-classroom delivery of instructional material. CTs will also learn how to manage system and process changes associated with Epic applications within their own departments. The goal of this program is to minimize interruption to patient care and to maximize end user proficiency. Our goal is to staff the majority of the CT positions with LVHN and Lehigh Valley Physicians Group (LVPG) colleagues.
In the coming weeks, watch for more information about the Credentialed Trainer Program, and begin looking for CT job postings on the [LVHN Careers](#) page. In the meantime, if you have any questions about this program, direct them to epic@lvhn.org.
- Super users** – Our [super users](#) will also come in play in phase 4. Super users are familiar with the day-to-day tasks that will be performed in the system, and they can help ensure that the workflows are intuitive and streamlined. Super users will provide at-the-elbow support for their colleagues when go-live occurs.

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Not to forget...Wave 2 Hospital-based Settings

Wave 2 Hospital-Based Settings remains in phase 3, which is just where it should be right now. Our hospital-based colleagues are working on [clinical content build out \(CCBO\) sessions](#) and system build for another 5 months, leading up to their own Wave 2 go-live in August of 2015.

Ready for Lift Off: [We're launching Wave 1 of LVHN's Epic EMR on February 18, 2015.](#)

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

This entry was posted by [Jenn Fisher](#) on June 19, 2014 at 3:00 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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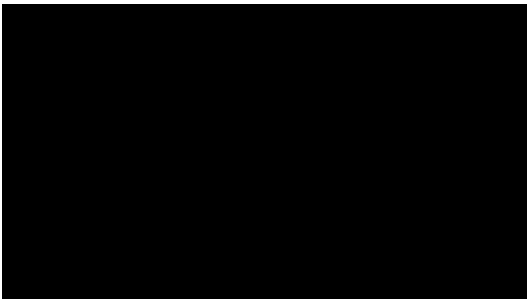
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Jeff Kuklinski, DO, Cares for ER Patients, Pocono Raceway Injuries – VIDEO

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!

Jeffrey Kuklinski, DO, is accustomed to working under pressure, even in life-or-death situations. When a race car driver or spectator is injured during an event at Pocono Raceway, he's an on-track physician on the team that responds immediately. Lehigh Valley Health Network (LVHN) is the official medical provider at the raceway.



He brings the same skills and composure to his work as a board-certified LVHN emergency medicine doctor, which means he could be caring for you if you come to the [emergency room](#).

"You could have someone that's really sick, to someone that just needs a helping hand, someone to talk with," he says.

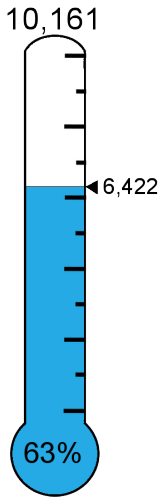
Get to know him with this video.

This entry was posted by [Alyssa Young](#) on June 18, 2014 at 2:29 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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