

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, a link to take your Health and Wellness Assessment, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news.

[Try LVHN Fitness at One City Center for Free July 30](#)

You can enjoy a workout, take a group fitness class and use the locker rooms at no cost.

[Watch LVHN-One City Center's Opening Ceremonies – VIDEO](#)

It's a 90-second overview of the event celebrating our new sports medicine and fitness destination center.

[5 Things You Can Do Thanks to LVHN's Recreation Committee](#)

Go on a trip, get discounts, join a league and more with the committee's help.

[We Need Your Help at Musikfest](#)

Licensed and non-licensed colleagues are needed to staff our health tents.

[Wellness – Take Care of Your Smile](#)

Get tips to improve and maintain your dental health.

[Epic Opens Portal to Population Health](#)

To understand the “big picture” of population health, Epic's got an app for that.

[Vipul Makwana, MD, Listens Carefully, Explains Clearly](#)

Internist Vipul Makwana, MD, treats patients as if they are part of his family.



Read the latest
issue of CheckUp

Take your Health and Wellness
Assessment by Aug. 29



**Read the latest
issue of Healthy You**

READ LEHIGH VALLEY HEALTH NEWS

a blog on LVHN.org containing
timely health information and
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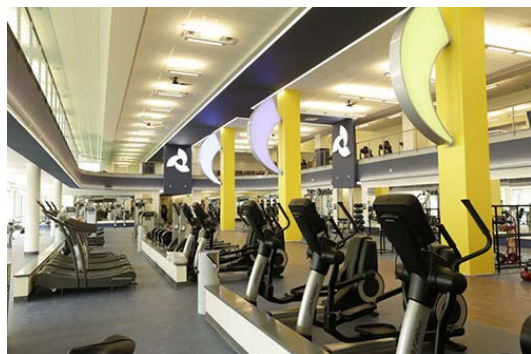


< Watch LVHN-One City Center's Opening Ceremonies - VIDEO

Wellness Wednesday - Take Care of Your Smile >

Try LVHN Fitness at One City Center for Free on Wed. July 30

You've seen the excitement surrounding the introduction of LVHN Fitness at One City Center in downtown Allentown. Now, as an LVHN colleague, you have the opportunity to try our newest fitness center. . . for FREE.



On Wed. July 30, LVHN colleagues will be able to take part in Free Fitness Wednesday. On that day you can enjoy a workout, take a group fitness class and use the locker rooms at LVHN Fitness at One City Center (707 Hamilton St.) for free. Our 17,000-square-foot-facility is packed with state-of-the-art aerobic and strength training equipment designed to keep you well.

Here's how to take advantage of your Free Fitness Wednesday:

- **Step 1 - Bring your LVHN badge.** Park in the Linden Street Parking Garage, follow the signs to LVHN-One City Center and show your LVHN badge at the front desk.
- **Step 2 - Sign a waiver** to participate in Free Fitness Wednesday.
- **Step 3 - Exercise**

Group fitness classes available for free at LVHN-One City Center on July 30 are:

- **Cycle 60** - 5:30-6:30 a.m.
- **Chisel** - 8:30-9:30 a.m.
- **Zumba** - 12:15-1:15 p.m.
- **Tabata** - 4:45-5:15 p.m.
- **Boot Camp** - 5:15-5:45 p.m.
- **Every Body's Yoga** - 6:15-7:15 p.m.

Get class descriptions and more information [here](#).

Use of fitness equipment, locker room amenities and group fitness classes is free for LVHN colleagues on July 30. There is a charge for other services such as fitness assessments, personal training, massage, and the Multisport Simulator

The July 30 event is part of a Free Fitness Wednesday promotion that will extend to employees of the other Founding Partners of the PPL Center arena. They include PPL, Air Products, National Penn, Service Electric, Capital Blue Cross and WFMZ.

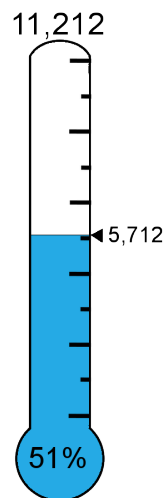
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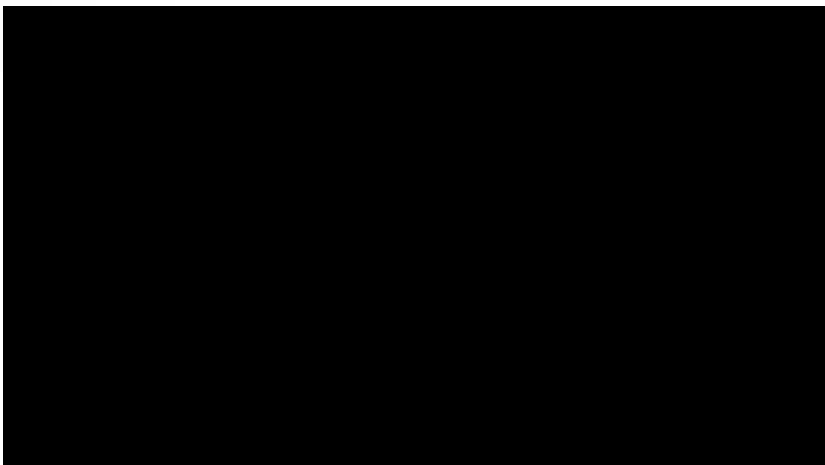
Watch LVHN-One City Center's Opening Ceremonies – VIDEO

If you missed Tuesday's opening ceremonies for the brand-new Lehigh Valley Health Network (LVHN)-One City Center in downtown Allentown, now you can see the excitement for yourself.

The video below – produced by ASR Media Productions for City Center -- offers a 90-second overview of the sights and sounds of the memorable kickoff Tuesday for LVHN's brand-new sports medicine and fitness "destination center." In the video you'll hear from LVHN leaders; Sen. Pat Browne, R-16, Senate Majority Whip and author of the bill that created Allentown's Neighborhood Improvement Zone; Allentown Mayor Ed Pawlowski; and J.B. Reilly, the president and chief executive officer (CEO) of City Center.

You'll also see numerous other celebrities – including former Philadelphia Flyer Todd Fedoruk. You'll get an overview of the 17,000-square-foot LVHN Fitness location at LVHN-One City Center, along with some clips featuring the center's multisport simulator and sports performance turf track. And you'll see the emotional moment when three dozen athletes representing the 18 high schools of the Eastern Pennsylvania Conference run through the "finish line" to celebrate the opening.

Watch the video online anytime. Sign up for membership at LVHN Fitness at One City Center. LVHN-One City Center is located in the same complex as the PPL Center arena, Marriott Renaissance Hotel and several restaurants at Seventh and Hamilton Streets, Allentown.



One City Center from ASR Media Productions on Vimeo.

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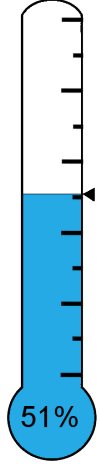
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< Motivational Monday: Wake Up Well and Sleep Soundly

We Need Your Help at Musikfest >

5 Things You Can Do Thanks to LVHN's Recreation Committee

Are you looking for something fun and different to do this summer? The Lehigh Valley Health Network (LVHN) recreation committee can help. Colleagues on the committee organize fun activities and events you can enjoy with colleagues, family and friends. Here are five things you can do thanks to our recreation committee.

Get information online. The recreation committee has an intranet website where you'll find up-to-date information about all their events and activities.

Go on a trip. The committee offers day, weekend or multi-night trips throughout the year. For example, the committee is currently running a trip to see the Radio City Christmas Spectacular (featuring the Rockettes) on Dec. 8. Seats are still available. The cost is \$100 per person and includes transportation to New York City, a show ticket and snacks at the show. You also can purchase [group tickets](#) for a Lehigh Valley IronPigs game on Aug. 29.

Save money with discounts for colleagues. Visit the website to learn about discounts for area theme parks, sporting events, museums, ski resorts, restaurants, hotels, retail stores and more. You also can save money by taking advantage of [wireless discounts](#) available to colleagues who use AT&T, Sprint, T-Mobile and Verizon Wireless.

Join a league. In the past year, the committee sponsored sand volleyball, bowling and golf leagues. These leagues allow colleagues to enjoy friendly competition and get to know each other outside of work. Have an idea for a new league or club? Let the committee know. Its members are always looking to provide new opportunities for you.

Join the recreation committee. New members are always welcome. If you're interested or would like to learn more, [attend one of their meetings](#), which are generally held on the fourth Tuesday of the month from noon-1 p.m.

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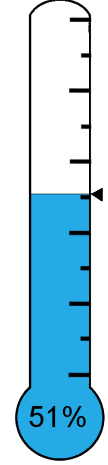
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We Need Your Help at Musikfest

Musikfest (Aug. 1-10) is fast approaching, and we need your help. We need more colleagues to staff our health tents. Tasks include taking blood pressures, completing paperwork and caring for minor medical problems such as bee stings, cuts and bruises. More serious problems will be referred to on-site ambulance personnel. We need both licensed and non-licensed colleagues for shifts ranging from 2 ½ to 4 hours.

Musikfest First Aid Tent

- ✓ Minor cuts, scrapes, or burns
- ✓ Bruises, bumps, and minor sprains
- ✓ Bee stings and splinter removal
- ✓ Baby changing tables (except at SteelStacks)



Official health care sponsor of **MUSIK FEST**

Please note that family members who wish to volunteer must be at least 14 years of age and volunteer with a parent at the same location. To volunteer individually without a parent, volunteers must be 19 years of age or older. Children under high school age are not allowed to accompany staff during shifts.

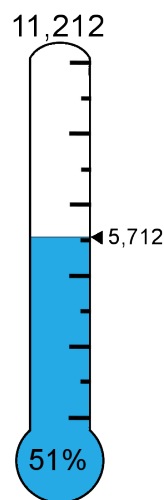
We're required to include licensed staff with clinical expertise (registered nurses, physicians and physician assistants) on all shifts, and these colleagues will be appropriately compensated. Non-licensed colleagues will receive \$10 in food tickets for each shift worked. Each colleague also will receive a health network T-shirt.

To signing up, simply call 610-402-CARE. Be prepared to provide your employee ID, office address, job title and department cost center. This information can be obtained through API.

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Wellness Wednesday – Take Care of Your Smile



You're often reminded about the importance of taking care of your heart, managing your diet and maintaining a fitness regimen. But when was the last time you thought about the importance of your dental health? It's equally important for your overall health. Gum disease is linked to [diabetes](#), [stroke](#), [heart disease](#) and other problems.

No one is immune to the risk for cavities and tooth decay because we all have bacteria in our mouth. Risk factors that put a person at higher risk for tooth decay include:

- A diet high in sweets, carbohydrates and sugars
- Living in communities with limited or no fluoridated water supplies
- Poor oral hygiene
- Reduced salivary flow
- Being a child or older adult

"Brush twice a day, floss once a day and get a dental cleaning and checkup twice a year," says Lehigh Valley Health Network dentist [Charles Kosteva, DDS](#). A good way to take charge of your dental health is by ensuring you are using the right dental products.

This week's wellness challenge: Evaluate your dental care products.

Look for the American Dental Association (ADA) seal when buying any dental product. "It means the product has been studied and does what the manufacturer claims," Kosteva says.

Use Kosteva's simple guidelines for evaluating your:

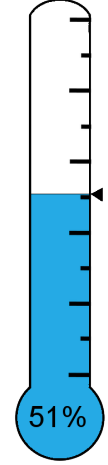
- **Toothbrush**-A brush with soft, rounded bristles cleans better than a hard brush because it fans out and hugs teeth. If your budget allows for an electric toothbrush (\$60-100), newer sonic versions deliver high-speed brushing and vibrating to remove more plaque, which leaves teeth and gums less vulnerable to decay and inflammation.
- **Toothpaste**-Choose a toothpaste that contains fluoride and substances to reduce plaque buildup, such as triclosan/copolymer. These substances coat teeth with an

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antibacterial ingredient that prevents plaque from sticking and fights cavities for up to 12 hours. "Avoid cheaper toothpastes made in China," Kosteva says. "They've been tainted in the past."

- **Mouthwash**-A bacteria fighting rinse boosts your defense against tooth decay. "Fluoride rinses are good for children under age 16 who do not have fluoride in their drinking water, and for people at high risk for tooth decay, such as the elderly and those who've had radiation or chemotherapy," Kosteva says. Skip whitening rinses. "There are more effective ways to bleach," he says.
- **Check your floss.** Try Teflon-coated floss for easy sliding.

If you have sensitive teeth, want a brighter smile or aren't sure what product you need for a dental condition, talk to your dentist.

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

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Epic Opens Portal to Population Health



As the leading provider of health care in our region, Lehigh Valley Health Network (LVHN) colleagues work hard to ensure that we fulfill our mission to *heal, comfort and care* for the members of our community. LVHN leadership considers many tactics to attain that mission; this year the *Triple Aim – better health, better care, better cost*, a health system improvement initiative developed by the [Institute for](#)

[Healthcare Improvement](#), provides the framework for our strategies and are our [network priorities for Fiscal Year 2015](#).

One of the large-scale ways to help achieve the *Triple Aim* is through the implementation of the Epic electronic medical record system (EMR). Epic will provide our patients with unprecedented, user-friendly access to their personal health information while simultaneously giving our providers seamless access to each patient's medical information within the EMR – but that's not all. Epic provides another window into patient care that helps us further address the *Triple Aim*: a big picture view of population health.

Health Across the LVHN Universe

Population health is an approach that helps health care providers better understand large groups of patients. To gain that insight we will use the Epic *Healthy Planet* module. *Healthy Planet* is an integrated clinical, reporting and patient engagement application. The app can 'mine' data from the EMR to help us:

- Define patient cohorts using registries.
- Understand populations through risk stratification and benchmarking.
- Engage populations through population outreach, high-risk care management, longitudinal care planning and interactive patient engagement tools.
- Track populations and evaluate the success of clinical programs with patient outreach tracking and analytics.

From Patient to Planet

As an example, we'll look at how *Healthy Planet* helps manage the care of a newly diagnosed congestive heart failure (CHF) patient as well as how it can provide "big picture" insights into CHF patients as a group. Here's what happens next:

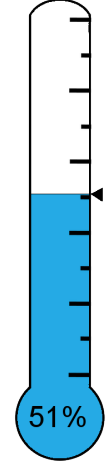
- After diagnosis at the primary care provider's (PCP) office, the patient is automatically placed on the *CHF registry* within the Epic EMR.
- The following day, a care manager runs a report called, *CHF Patients Overdue for a Lipid Panel*. Our new patient populates the results.
- The care manager generates a communication for all of the patients on the report. Each patient, including our new CHF patient, receives a message via *MyLVHN* (the secure patient portal) encouraging them to have the lipid panel test done.
- When the lipid panel is completed, our patient's PCP receives the results in their InBasket (message center).
- Based on the lab results and other risk factors, the PCP identifies our patient as a candidate for care management.

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- The care manager calls the patient, documents an assessment and works with the patient to set goals and create a care plan. All information appears in *MyLVHN* for the patient's reference, and is also available to all care providers.
- The patient works toward lipid management goals and documents progress on *MyLVHN*. Their progress can be reviewed by the care manager and PCP.
- To help the network better understand the CHF population as a whole, this information, along with other key metrics, is pulled into analytical reports using *Healthy Planet*.

From first patient contact through population health insight, the EMR provides touchpoints throughout the journey: identifying the patient as needing lipid panel testing, delivering results to the PCP, connecting patient and care manager to help the patient manage the condition, and finally providing an overall picture of how CHF patients are cared for and their success with condition management.

With payment models increasingly focused on reducing cost and improving outcomes, efficient management of high-cost and high-risk patients is a necessity. Whether you aim to improve quality of care for patients with a specific disease, manage high-risk patients with multiple comorbidities or safeguard the wellness of your overall patient population, *Healthy Planet* will be able to help define, engage and track patient populations, as well as measure and improve care processes and outcomes over time – all ways that can help improve the health of our fellow planet residents while reining-in costs.

Epic Happenings at LVHN

July 29: [Workflow Walkthrough](#)

August 1 through October 31: Testing Epic applications

Beginning December 1: [Super user](#) training:

Beginning January 5, 2015: End user training

February 6, 2015: Dress Rehearsal

February 18, 2015: [Go-live for Wave 1, ambulatory settings](#)

August 1, 2015: Go-live for Wave 2, hospital-based settings

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Vipul Makwana, MD, Listens Carefully, Explains Clearly

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!

Vipul Makwana, MD, says the way he works with his patients is very simple: he listens, and then he explains.

"I want you to know that I care for you," he says. "I want to treat you in a way that you feel that I am part of your family."

He is a board-certified internal medicine physician with Lehigh Valley Health Network who sees patients at [LVPG Family and Internal Medicine-Bath](#).

Get to know him with this video.



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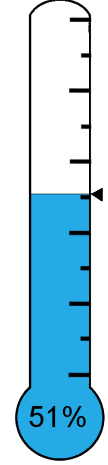
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