



What is Lehigh Valley Flex Blue?

I hope you're having a great summer and taking some well-deserved time off to recharge your battery. A little R&R is important so you can be at your best for our patients.

Another thing that helps us be at our best is a quality health insurance plan. We're fortunate to have such a plan at LVHN. However, many people in our community face a difficult decision every year when choosing a health plan. People often get confused because they don't understand the intricacies of all the health plans available in the market. Most of all, they're afraid they'll have to sacrifice the quality of their coverage – and their care – to get a plan they can afford.

To make it more convenient for people to make a decision, LVHN and Highmark Blue Shield created a new health insurance plan called Lehigh Valley Flex Blue. Available to individuals and employers, Flex Blue provides cost-effective options that ensure people have access to our hospitals and doctors, and others consistently recognized for quality care.

People enrolled in Flex Blue benefit from greater coordination of care between the insurer and our health network. LVHN and Highmark share data and resources so participants can get the preventive services, tests, follow-up care and education they need with the greatest efficiency and without duplication of services. This improves the care experience for patients and lowers health care cost trends.

During the open enrollment period for health insurance this fall, you'll see advertising about Flex Blue. Tell you family and friends about its benefits, and encourage them to enroll.

Speaking of the fall, that's when I'll present my next State of the Health Network Address. At the Leader to Leader meeting on Sept. 21, I'll recap fiscal year 2017 and look forward at the opportunities ahead of us. A summary of the presentation will be shared with you the week of Sept. 25.

Here's a preview: The state of our health network is strong; and it's strong because of you. Thank you for all you do to make LVHN great. Enjoy the rest of your summer.

LVHN colleagues will continue to be covered by our current health plan, not Lehigh Valley Flex Blue.



ABOUT ME: My name is Brian Nester, DO, MBA, FACOEP, and I am the President and Chief Executive Officer (CEO) of Lehigh Valley Health Network (LVHN). I came to LVHN in 1998 as the Director of LVH-Muhlenberg's Emergency Department. Prior to becoming President and CEO in 2014, I served as the health network's Chief Strategy Officer. I am originally from Reading, and I'm proud to lead an organization that continually strives to provide better health and better care at a better cost for the great people of our community.

LVHN Daily–Hazleton to Launch Sept. 11

For the past several months, you're been receiving information about LVH–Hazleton and our health network every Friday in LVHN Weekly–Hazleton. Soon, you'll be able to get information more frequently and at your convenience when we launch a website just for colleagues in Hazleton. It's called LVHN Daily–Hazleton.

You will access LVHN Daily–Hazleton from the intranet home page. New stories will be added to the website regularly, so visit often. LVHN Daily–Hazleton will contain health network and LVH–Hazleton news, stories about colleagues, messages from our leaders, information about special events, details about colleague benefits and perks, and more. An infinite scroll of all the stories ever posted on LVHN Daily–Hazleton will

appear. Best of all, you don't have to wait until Friday to get information. You can visit LVHN Daily–Hazleton 24/7 from a health network computer to stay on top of what's happening.

WHAT'S NEXT?

LVHN Weekly–Hazleton, the newsletter you're reading right now that is emailed to all colleagues in Hazleton every Friday, will soon change. The two editions of LVHN Weekly–Hazleton (Sept. 15 and 22) following the premier of LVHN Daily–Hazleton will continue to include full stories and photos. On Sept. 29, LVHN Weekly–Hazleton will change to include headlines that link to the week's LVHN Daily stories. Think of it as a wrap-up of everything that happened that week.



Because not all colleagues have regular access to a computer, managers are asked to share the information provided with colleagues at huddles or staff meetings as part of the Communication Cascade. At LVHN, we give colleagues the information they need to be informed about and engaged with our health network. These new communication resources will allow you to receive information more frequently and on your schedule so you have the information you need to be at your best.

Leadership Rounds Continue

LOCATION	DATE AND TIME	LEADER
7th floor	Sept. 5 at 2 p.m.	Anthony Valente, MD
6th floor	Sept. 6 at 6 a.m.	Michael Golden, RN
5th floor	Sept. 5 at 4 p.m.	Michele Roberts, RN
4th floor	Sept. 6 at 4 p.m.	Murray Swim
3rd floor	Sept. 5 at 6 a.m.	John Fletcher
2nd floor	Sept. 8 at 12:30 p.m.	Melissa Curto

COMMUNITY EVENTS

Parkinson's Support Group

Wednesday, Sept. 6, 1-2 p.m.
Fitness Center at the Health & Wellness Center at Hazleton, aerobics room
Call **570-501-6717** for information.

What Every Person Should Know About Stroke

Learn about the signs, symptoms, treatment and rehabilitation.
Wednesday, Sept. 6, 2-3 p.m.
Gunderson Center for Inpatient Rehabilitation, LVH–Hazleton, sixth floor
Call **570-501-4600** to register or for information.

Bariatric/Weight-loss Management Information Session

Learn about surgical and nonsurgical weight-loss options.
Monday, Sept. 11, 6-8 p.m.
Alley Medical Center, 301 W. Third St., Berwick
Call **570-501-4LVH** to register or for information.

MUM SALE KICKS OFF UNITED WAY CAMPAIGN

Fall is in the air. With fall comes mums and the annual United Way colleague campaign. At LVH–Hazleton, both go hand in hand. Kicking off the campaign season is the annual fall mum sale. The mums come in 8-inch pots, either yellow or purple, at a cost of \$5 per pot. Order forms, which have been emailed to all colleagues, are to be returned to Marfy Yanac, RN, Family Birth and Newborn Center, no later than Wednesday, Sept. 6. Money must accompany your order with checks made payable to LVH–Hazleton. The mums may be picked up outside the hospital cafeteria on Tuesday, Sept. 12. All proceeds go toward the LVH–Hazleton United Way campaign. Contact Yanac at **570-501-4200** with any questions or for more information.



Miller-Keystone Blood Drive

Thursday, Sept. 14, 12-5 p.m.
LVH–Hazleton first floor lobby conference room
Call **570-501-6204** to register for a donation time. Bring personal identification card.

ANNUAL COLLEAGUE FOOTBALL TAILGATE PARTY

Thursday, Sept. 7 during lunch hours
LVH–Hazleton cafeteria • Wear your favorite football team jersey.

Menu

- Asian pepper steak
- Hoagie by the inch
- Caribbean pulled jerk chicken sandwich
- Assorted wings and appetizers
- Mocktails
- Nacho bar

Fitness Center Facts

Beginning Sept. 1, all colleagues can use LVHN Fitness facilities in the Lehigh Valley and Hazleton at no cost and with no minimum visit requirements as part of a new colleague health benefit called My Total Health. The vision of My Total Health is to create a workplace culture that makes it easy for all colleagues to be at their best by providing support to live healthy lives. Fitness benefits are also available to spouses and families at reduced rates. This chart illustrates the cost for basic membership, as well as classes at the Fitness Center at the Health & Wellness Center at Hazleton.

For more information or to become a member, call the Fitness Center at **570-501-6750**. You may also complete the online form at lvhn.org/joinHWC.

TYPE OF MEMBERSHIP	PRICE	DETAILS
LVHN colleague (Basic membership, gym only)	FREE	
Colleague's immediate family (Basic membership, gym only)	\$30/month	6-month term
Family of three (Basic membership, gym only)	\$85/month Each additional immediate family member is \$25	6-month term
Immediate family (Gym and unlimited classes)	\$52.83/month	6-month term
LVHN colleague (Unlimited classes)	\$11.54/per pay or \$300/year (Payroll deduction)	1-year term
Punch Card – Cardio (10 classes)	\$40	Expires in 3 months
Punch Card – Body Pump/Yoga (10 classes)	\$40	Expires in 3 months
Single class – Cardio	\$6	
Single class – Body Pump/Yoga	\$6	
Colleague evaluation – Basic	FREE	Blood pressure, weight, BMI and introduction to equipment
Comprehensive evaluation	\$25	Introduction to equipment, in-body scan and body measurements
Comprehensive evaluation	\$50	Introduction to equipment, in-body scan, measurements, two personal training sessions and designed individual personal program (\$150 value)



Physicians and APCs Invited to Education Forum

Physicians and APCs are invited to attend Lehigh Valley Physician Hospital Organization's (LVPHO) second Provider Pathways Forum on Thursday, Sept. 21, from 6-7 p.m. Helping patients choose wisely as they make decisions regarding health care is the topic of this forum. Dominic Lorusso, Consumer Reports Director of Health Partnerships, is the featured speaker.

"Choosing Wisely" is an initiative of the American Board of Internal Medicine (ABIM) Foundation designed to promote conversations that help patients choose care that is supported by the evidence, not duplicative of other tests or procedures, free from harm and truly necessary.

Members of LVPHO are encouraged to attend the educational session, which is part of the Achieving Clinical Excellence (ACE) incentive program. Incentives will be paid to physicians (\$100) and APCs (\$65) who attend at one of six convenient locations.

Who should attend: Physician and APC members of LVPHO

Date: Thursday, Sept. 21, 6-7 p.m.

Speakers: Dominic Lorusso, Consumer Reports
Mark Wendling, MD, LVPHO Executive Director
Joseph Candio, MD
Joseph Habig, MD, LVPHO Medical Director
Live: LVH–Cedar Crest auditorium
Simulcast: LVH–Hazleton Employment & Technology Center (3rd floor)
LVH–Muhlenberg ECC room C
LVH–17th Street video teleconference room (1st floor)
LVH–Pocono 2D conference room
LVH–Schuylkill E. Norwegian Street Wall Auditorium

"As providers, we need to think about value and quality more than ever," says LVPHO Executive Director Mark Wendling, MD. "The forum will provide clinicians with information and tools to master important conversations that can help patients understand their care and cut down on unnecessary procedures and costs. It's a universal mission everyone should embrace."

To register for the event, email Editorial Coordinator Lori McFerran or call **610-969-0019**.