

There's a lot going on at Lehigh Valley Health Network (LVHN). 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 edition of Healthy You magazine, information about screenings for blood pressure and BMI, how to ask questions on Mission Central, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news.

[Board of Trustees Names Brian Nester, DO, MBA, FACOEP, President and Chief Executive Officer](#)

Brian Nester, DO, was appointed as president and CEO on Wednesday night.

[Correction on Turkey Toss Date for Lehigh Valley Hospital–Muhlenberg](#)

You will receive your turkey coupon in the mail this week, but please be aware that there is a correction in the locations.

[Celebrate Veterans Day](#)

All colleagues are invited to attend a celebration on Tuesday, Nov. 11, from 11-11:20 a.m.

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You'll read how clinical colleagues throughout our network have led by example.

[Second Core Bundle on The Learning Curve](#)

The second core bundle is now available on TLC and must be completed by Dec. 31, 2014.

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Remember that contributions to your FSA must be used for services received within the calendar year.

[Wellness - Cold Weather Eating](#)

Stay conscious of your eating habits as we enter fall and winter.

[Epic and LVHN: Getting Ready for Go-Live](#)

Find out what our Epic team is working on to make sure everything is ready for that day.

[Marshall Miles, DO: Plastic Surgery Patients' Gratitude is a Gift – VIDEO](#)

"I really do feel like when I'm interacting with the patients, I'm interacting with people from my own community, and I think that gives me a stronger tie to the patient," he says.



Read the latest
issue of Healthy You



Ask Questions
Any Time on
Mission Central

KNOW YOUR
NUMBERS

Get screened today.

READ LEHIGH VALLEY HEALTH NEWS

a blog on LVHN.org containing
timely health information and
health network news.

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« Wellness Wednesday – Cold Weather Eating

Epic MyChart®: Pulling Back the Curtain on Personal Health Information »

Board of Trustees Names Brian Nester, DO, MBA, FACOEP, President and Chief Executive Officer

This message is from William F. Hecht, Chairman, Lehigh Valley Health Network Board of Trustees

Last night the Lehigh Valley Health Network (LVHN) Board of Trustees officially appointed Brian Nester, DO, MBA, FACOEP, as LVHN's President and Chief Executive Officer (CEO).



During the past four months, Dr. Nester has served as LVHN's Acting President and CEO. In that time he displayed exceptional foresight and leadership, and instilled confidence in both the Board and in LVHN's senior management team. Because of this, it became clear that Dr. Nester was the right person to serve as LVHN President and CEO and to guide our organization through the ever-changing health care landscape.

We will share this exciting news with the media and with our community at noon today. Please [download the media release](#) for additional details.

Please join me in congratulating Dr. Nester.

This entry was posted by [Admin](#) on November 6, 2014 at 11:37 am, 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.

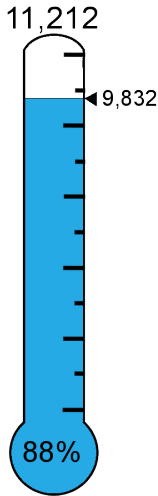
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We Reached 88%

Nearly 10,000 colleagues completed their health and wellness assessment.



Watch for information on open enrollment 2015 in your home mailbox the week of September 15.

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Correction on Turkey Toss Date for Lehigh Valley Hospital–Muhlenberg

You will receive your turkey coupon in the mail this week. **There is a correction in the locations.** We will give turkeys at Lehigh Valley Hospital–Muhlenberg on Thursday Nov. 20. Please see the corrected voucher below for the correct dates, times and locations of the turkey toss. Please share this message with your colleagues who do not regularly check email or Mission Central.

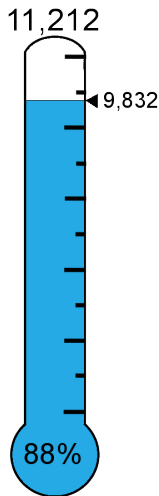
Please remember to bring your coupon from the mailing to pick up your turkey. Thank you and Happy Thanksgiving.



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This entry was posted by [Ashley Miller](#) on November 4, 2014 at 4:13 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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Mission Central | Correction on Turkey Toss Date for Lehigh Valley Hospital–Muhlenberg



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Celebrate Veterans Day Tuesday, Nov. 11

Veterans Day was established in 1954 to thank and honor all living veterans who have honorably served our country – in war and in peacetime. The armistice that ended the major hostilities of World War I was signed at the 11th hour of the 11th day of the 11th month of 1918, so the holiday is observed annually on Nov. 11.

Hundreds of LVHN colleagues have served or are still serving in our armed forces. We'll be honoring them and all veterans during a celebration on **Tuesday, Nov. 11, from 11-11:20 a.m.** in the Lehigh Valley Hospital-Cedar Crest auditorium. The celebration also will be simulcast to the following locations:

- LVH-17th Street Auditorium
- LVH-Hazleton Third Floor Center-Employment and Technology Building
- LVHN-Mack Boulevard Auditorium
- LVH-Muhlenberg ECC D
- LVH-Cedar Crest ECC 8 (auditorium overflow)

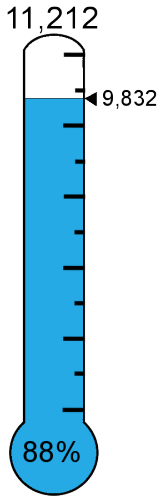
All colleagues are invited to attend and show their support. All service colleagues (active duty military, honorably discharged veterans and members of the guard and reserve) are invited to wear their uniforms (in whole or in part; caps and fatigue jackets acceptable, class A, B or C acceptable) to work on Nov.11. Consult with your supervisor as appropriate if you plan to wear your uniform. If you happen to spot a veteran, please thank him or her for their service and dedication to our country.



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This entry was posted by [Gerard Migliore](#) on November 4, 2014 at 3:50 pm, and is filed under [Celebrate](#), [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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Mission Central | Celebrate Veterans Day Tuesday, Nov. 11



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< Motivational Monday: Do What You Can

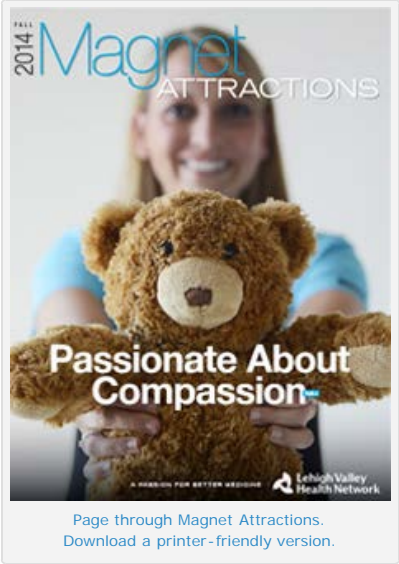
Celebrate Veterans Day Tuesday, Nov. 11 >

Ready to Share Your Knowledge? Get Inspired by Reading the Newest Issue of Magnet Attractions

As a clinician, you have great knowledge to share. If you've ever thought about presenting a poster, making an oral presentation or sharing your expertise in a peer-reviewed journal, the Fall 2014 issue of Magnet Attractions will inspire you. You'll read how clinical colleagues throughout our network have led by example. The Fall 2014 issue is exclusively available on [Mission Central](#). You can [comment on each story](#). You also can flip through the issue or download a printer-friendly PDF.

Our cover story shows how nurses on 7C successfully combatted compassion fatigue, then had their work published in the Clinical Journal of Oncology Nursing. Inside you'll also read about:

- [A PICC nurse who helped pioneer a new catheter with exceptional outcomes](#)
- [An interprofessional approach to safe mobility of mechanically ventilated patients](#)
- [Respiratory therapists who are passionate about publishing](#)
- [Noise-reduction strategies that keep our hospitals quiet at night](#)
- [Nurses who volunteer in our community](#)



Magnet Attractions profiles our story at LVHN and shows how our clinical staff truly magnifies excellence. Let us know your thoughts about Magnet Attractions on Mission Central by [registering to leave a comment](#).

This entry was posted by [Kyle Hardner](#) on November 3, 2014 at 3:00 pm, and is filed under [Be Inspired](#), [Connect with Colleagues](#), [Learn](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

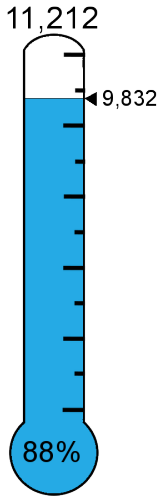
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Watch for information on open enrollment 2015 in your home mailbox the week of September 15.

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Second Core Bundle on The Learning Curve

The second core bundle of fiscal year 2015 is now available on The Learning Curve (TLC). The mandatory training must be completed by Dec. 31, 2014.

The second-quarter bundle includes courses that focus on protecting the environment, as well as protecting the health and safety of our patients and colleagues.

To access the bundle, click the TLC icon on your SSO toolbar. Your assignment will be listed on the "To Do" list on your learner home page. This is the second of four bundles that will be available in fiscal year 2015. Future release and deadline dates will posted on Mission Central.

This entry was posted by [Admin](#) on November 5, 2014 at 10:00 am, 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.

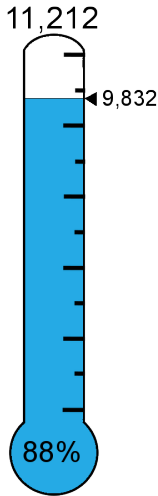
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Mission Central | Second Core Bundle on The Learning Curve



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< Lehigh Valley Health News Digest: Oct. 27 – 31

Marshall Miles, DO: Plastic Surgery Patients' Gratitude is a Gift – VIDEO >

Don't Lose Your 2014 FSA

Remember that contributions to your Flexible Spending Account (FSA) must be used for services received within the calendar year.

To use your remaining 2014 flexible spending dollars, you must incur qualified expenses by December 31, 2014. If you have dollars remaining in your account, please reference the email you should have received from Populytics on Oct. 29, 2014. While you have until March 31, 2015 to claim reimbursement for those expenses, any funds unused by Dec. 31, 2014 will be forfeited.

Keep in mind incurring expenses is not the same as submitting a claim. In order to be reimbursed with 2014 funds, claims must be incurred by Dec. 31, 2014, and submitted to Populytics by **March 31, 2015**.

To view your available FSA balance, please visit [MyPopulytics.com](#) and log in. Click on WealthCare, then My Accounts, then Benefit Account Summary. If you have questions about your 2014 funds or any FSA issue, please call Populytics at 484-862-3505 or email at Service@Populytics.com.

This entry was posted by [Ted Williams](#) on November 3, 2014 at 9:46 am, 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.

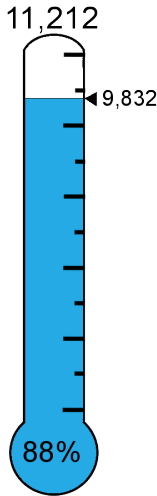
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Wellness Wednesday – Cold Weather Eating



As summer becomes a memory and we turn back the clocks, the produce aisle can begin to look a little sparse and your favorite fall comfort foods might be beckoning. But don't let your commitment to healthy eating diminish as we head into colder weather.

"From season to season, focus on taking in the amount of healthy calories appropriate for your height, weight and activity level," says Lehigh Valley Health Network registered dietitian Renee Selby. "That plan should not fluctuate."

When the weather gets cold, your body burns slightly more calories warming the cold air you breathe in, Selby says. But that doesn't mean you need to consume a lot more calories. "We think we do and tend to eat more in order to feel warm," she says.

This week's wellness challenge: Stay conscious of your eating habits as we enter fall and winter.

Work on getting enough fluids. "One of the biggest nutritional needs you have in winter is to replace lost fluids," Shelby says. "Especially when you're breathing heavily during exercise or physical labor, your body humidifies that cold air by drawing on its water molecules." Drinking alcohol doesn't count – it dilates blood vessels and increases heat loss, Selby says. Additionally, you should limit coffee and other caffeinated drinks, which are dehydrating.

Eat the right carbohydrates. "Healthy carbohydrates give your muscles the fuel they need for winter activities like shoveling snow or outdoor sports," Selby says. Choose whole-grain breads and cereals, nuts and beans.

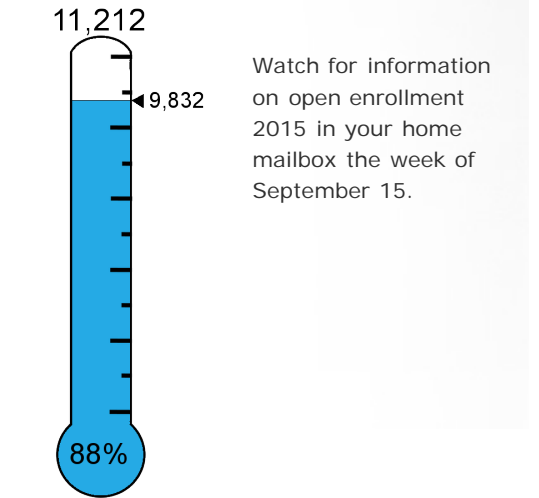
Keep up with fruits and vegetables. Add frozen vegetables to soups, stews, chili and casseroles. They're packed with nutrients and readily available year-round. Look for options such as squashes, pumpkin, kale and brussel sprouts. Citrus-based fruits are good as well. "Proper nutrition helps regulate your core temperature," Shelby says.

Plan ahead. "If you're going to an outdoor sports activity, bring energy bars, trail mix and bananas to keep your metabolism stoked and your body warm," Selby says. "Children

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in particular get hungrier and more fatigued in cold weather."

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

This entry was posted by [Amanda Coe](#) on November 5, 2014 at 1:00 pm, and is filed under [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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< Board of Trustees Names Brian Nester, DO, MBA, FACOEP, President and Chief Executive Officer

Epic MyChart®: Pulling Back the Curtain on Personal Health Information

If you were born three or more decades ago, it's likely all important information about you, your weight, your length, your parents' names and any special notes about your health was all handwritten and then typed, creating the first page of your medical record – a record that was all about you, but not easily accessed by you or your parents.



Fast forward to a new century, and Lehigh Valley Health Network (LVHN) is in the midst of an electronic medical record (EMR) transformation as we implement the Epic EMR platform. The Epic system integrates each patient's health information across the health care continuum – from inpatient through ambulatory – ensuring every provider sees what has already transpired for that patient: that symptoms and conditions are noted; that allergies are listed; that imaging tests and study results are available; that complete medication lists are reviewable. But that's not all. Epic pulls back the curtain on personal health information and fully transforms how each patient sees, experiences and interacts with his or her own medical information using Epic's patient portal application called MyChart®.

We're Not in Kansas Anymore...or the Doctor's Office, for That Matter

Access to personal health information provided via MyChart means patients won't "leave behind" medical information after an appointment – or lose access to it even if they happen to move away. Instead, each patient will be offered secure access to his or her own personal health information using this user-friendly portal after it goes live on February 18, 2015 in ambulatory sites. Established patients will either sign-up in their provider's office or on LVHN.org once the system is live. To reflect our LVHN brand, MyChart will be called MyLVHN, a name that's already familiar here since it is used for our current patient portal.

MyLVHN: Almost as Magical as Ruby Slippers

Patients want access to their personal health information wherever they are and MyLVHN will deliver on that need. Patients will be able to log-on to the secure portal using either their computer or smartphone. Whenever a patient has a question – whether about a recent appointment, their bill, or to figure out when he or she last had an immunization, MyLVHN will be available to help them connect with their information – or with their provider. The goal is to help patients become integrated partners in their care.

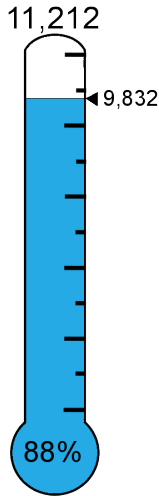
Using MyLVHN, patients can:

- Access after-visit summaries
- Schedule or cancel an appointment
- Communicate with doctors' offices
- Review medication lists
- Request refills
- View immunization record

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- Receive appointment reminders
- Get health maintenance reminders
- Review billing records
- Pay online

Over the Rainbow: The Treasure of Personal Health Information

Not only is it a convenience for patients to gain access to their personal health information, it's also empowering. Using MyLVHN, patients will have a way to read and review test results with their loved ones. They can schedule well appointments or receive appointment reminders. And if you are a patient at LVHN or a Lehigh Valley Physician Group practice, you can help our patients see the benefit of the portal by signing up for MyLVHN, yourself. As a MyLVHN user, you will be able to personally advocate for the great features offered by the application, and help encourage your patients to take a greater role in their own wellbeing.

Your Epic Datebook

Now: Wave 1 ambulatory super user training registration open on TLC

Now: Wave 1 training assignments on TLC

Now through May 1, 2015: Wave 2 testing

Beginning November 24: Technical Dress Rehearsals (TDR) will begin. All devices will be tested to ensure they work for Wave 1 go-live.

Beginning December 1: Wave 1, ambulatory [super user](#) training AND [early bird Cadence training for front desk colleagues](#)

Beginning January 5, 2015: Wave 1 end user training

January 16, 2015: Deadline for Wave 2 inpatient super user applications

Beginning February 4, 2015 through March 11, 2015: PTO restrictions in effect for Wave 1 colleagues

February 7-8: Wave 1 conversion weekend

February 9: Wave 1 [Cadence](#) Go-Live

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

March 23-27: Wave 2 pilot training

May 11-31: Wave 2 super user training

June 1-July 26: Wave 2 end user training

Beginning July 20, 2015 through August 14, 2015: PTO restrictions in effect for Wave 2 (inpatient) colleagues

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

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

This entry was posted by [Jenn Fisher](#) on November 6, 2014 at 4:35 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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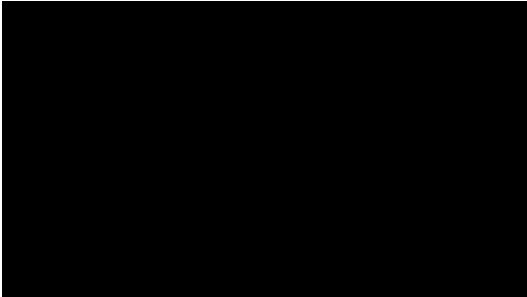
We are producing videos of our doctors and advanced practice clinicians (APC) to help our community find trustworthy health care providers. We will share them here to introduce you to these colleagues. You'll learn about their personality, philosophy of care and inspiration for practicing medicine. These videos are embedded in our website's [Find a Doctor](#) tool, where you can learn about each provider's educational background and more. Enjoy!

When [Marshall Miles, DO](#), performs plastic surgery to correct a child's congenital deformity like cleft lip and palate, he feels like he's giving his patient's parents a gift. Their hugs and gratitude are like a gift in return.

The board-certified Lehigh Valley Health Network plastic surgeon is a Bethlehem-area native whose father also is a physician.

"I really do feel like when I'm interacting with the patients, I'm interacting with people from my own community, and I think that gives me a stronger tie to the patient," he says.

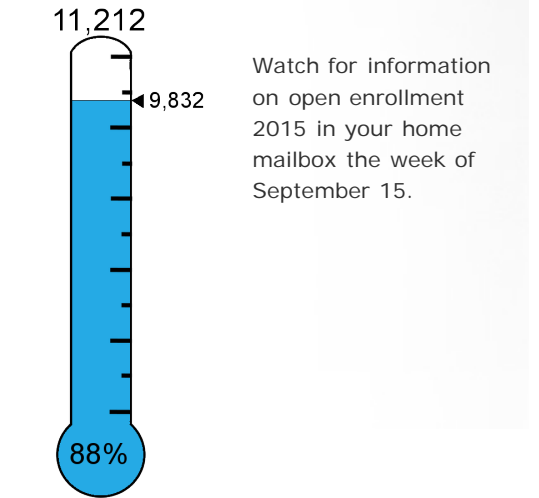
Miles sees patients at [Plastic Surgery Associates of Lehigh Valley](#). Get to know him with this video.



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