This Week at LVHN



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, Dr. Nester's 2014 Annual Meeting presentation, the latest edition of Healthy You, information about screenings for blood pressure and BMI, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news.

Lehigh Valley Physician Group (LVPG) Practices to Change Names, Implement Epic in 2015 To make it easier for community members to identify practices affiliated with LVPG, we will introduce a new naming convention for all LVPG practices.

LVHN Extended Partnership with Pocono Medical Center

We're beginning a new clinical affiliation with Pocono's Dale and Frances Hughes Cancer Center.

A Week of Free Fitness at LVHN Fitness Centers

LVHN Fitness is encouraging a healthy start to the new year by inviting all colleagues to use our fitness facilities free of charge for the first full week of 2015.

Everything You Always Wanted to Know about Epic Parking

Before you drive to training, learn where you can park, the security measures that are in place and which events will impact parking during the first two weeks of Wave 1 training.

Orthopedic Surgery at LVHN: Meet Prodomos Ververeli, MD - VIDEO

He's one of the leading surgeons in the region in his specialty, performing more than 600 joint replacements a year.

Wellness - Avoid the 'Workout Blues'

Follow three tips to stay true to your exercise program.

Happy New Epic Year!

Wave 1 training begins next week, and since resolutions are the name of the game in January, here are a few for those ready to begin their LVHN Epic training.



Read the latest issue of Healthy You



Watch Dr. Nester's **Annual Meeting** Presentation

KNOW YOUR Get screened today.

READ LEHIGH VALLEY HEALTH NEWS a blog on LVHN.org containing timely health information and health network news.



« Motivational Monday: A Lifetime of Glory

Everything You Always Wanted to Know about

Lehigh Valley Physician Group (LVPG) Practices to Change Names, Implement Epic in 2015

This message is from Michael Rossi, MD, MBA, president, Lehigh Valley Physician Group (LVPG); Jim Demopoulos, senior vice president, LVPG operations; Michael Sheinberg, MD, Epic project medical director, and Emily Greene, brand manager, marketing and public affairs

Starting in the new year, we will be making it easier for community members to identify the practices affiliated with Lehigh Valley Physician Group (LVPG). That's why we will introduce a new naming convention for all LVPG practices.

These names will follow a standard format: LVPG, followed by the specialty, followed by the location. To find the new name for our practices, please see the attached list, visit LVHN.org/lvpg or call 610-402-CARE. Please share the attached list with your colleagues – or post it prominently at your workstation or within your department.

Please note that these name changes will be phased in, and you may see communications that include a practice's old name and its new name. This will give our patients time to adjust and will help us fully transition to our new identity.

LVPG includes more than 1,000 providers, more than 140 practices and 45 specialties. It includes neonatal care to pediatrics, primary care including family and internal medicine and women's health, through just about every specialty and subspecialty you or someone you care about may require. Our name change reflects our commitment to care for people in the Lehigh Valley and beyond throughout every stage of life.

Another part of that commitment is giving our patients access to personal health information. It's why Lehigh Valley Health Network (LVHN) and LVPG are transitioning to Epic. This new electronic medical record will transform our current multiple systems into one single, integrated system that communicates broadly and easily throughout our network of hospitals and providers. With Epic:

• You'll tell your story once – Over the next year your medical history will be available across the spectrum of care providers you see at LVHN and LVPG.

• It's secure – Only health care providers authorized to see your information will have access to that information.

• You're a participant – You will have access to your personal health information through our new, user-friendly patient portal called MyLVHN. You can use MyLVHN to review information from past appointments, check your immunization record, request a prescription refill or send a secure, non-urgent message to your care team, all from the convenience of your internet-connected mobile phone, tablet or computer. In the near future, you also will be able to schedule an appointment with your primary care provider directly through MyLVHN.

We will implement Epic in LVPG practices starting February 18, 2015.

While we are making these changes, the things that really matter to our patients will remain the same. We are the same physicians, health care providers, clinical and office staff who have been privileged to be with you. We are your partners when it comes to your health and the health of those you love.

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Mission Central | Lehigh Valley Physician Group (LVPG) Practices to Change Names, Implement Epic in 2015

This entry was posted by Admin on December 30, 2014 at 9:01 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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« Happy New Epic Year!

Extended Partnership with Pocono Medical Center

This message is from Tom Whalen, MD, Chief Medical Officer

In keeping with our practice to inform you about new developments involving our health network I am announcing that LVHN is extending its partnership with Pocono Medical Center (PMC). In addition to the existing program relationships we have with PMC for trauma, interventional radiology and child safety, we are beginning a new clinical affiliation with their Dale and Frances Hughes Cancer Center.

Details are provided in the following news release which is being sent to the media later today:

Pocono Medical Center's Dale and Frances Hughes Cancer Center Announces New Clinical Affiliation with Lehigh Valley Health Network

Dr. Michael Greenberg Announces Plans to Step Down as Cancer Center Medical Director

East Stroudsburg, PA, December 19, 2014 – Pocono Medical Center announced today that it is entering into a new agreement with Lehigh Valley Health Network (LVHN) to provide medical director and professional services for Radiation Oncology at the Dale and Frances Hughes Cancer Center. Patients will be cared for by the physicians who provide radiation oncology services at the LVHN cancer centers in Allentown and Bethlehem.

The new affiliation follows the decision by Michael Greenberg, MD, who has been medical director at the cancer center since 1988, to step down, effective Feb. 28.

LVHN's physicians are experienced in all aspects of radiation therapy, have a history of receiving strong patient satisfaction scores and quality outcomes. Their leadership has produced consistent quality and innovation at LVHN and will help Pocono Medical Center's radiation oncology program continue expanding its services.

Jeff Snyder, Pocono Medical Center president and CEO, said, "We are excited about this new affiliation with the highly-respected Lehigh Valley Health Network, which will continue to serve area residents with world-class cancer care.

Mr. Snyder added, "We are most grateful to Dr. Greenberg for his many contributions to our cancer center and our patients. We wish him much continued success."

Dr. Greenberg, said, "After 26 years of helping to build what has become a world-class cancer center, it is time to move on to a new challenge. We have accomplished much in these two-and-a half decades, and I am proud of having played a part in developing this important service to the community."

LVHN will begin providing services on March 1, 2015 and will be working closely with Dr. Greenberg and our oncology team to provide a seamless transition of care.

This entry was posted by Admin on January 2, 2015 at 10:05 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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Orthopedic Surgery at LVHN: Meet Prodomo

A Week of Free Fitness at LVHN Fitness Centers

'Tis the season to be jolly, and also for consuming too many holiday calories. LVHN Fitness wants to encourage a healthy start to the new year by inviting all network colleagues to use our fitness facilities, free of charge, for the first full week of 2015.

For the week of Jan. 5-11, all colleagues are invited to use any of our four LVHN Fitness facilities – One City Center, Cedar Crest, Muhlenberg and Mack Boulevard – at no charge during all operating hours. Complimentary services will include all cardiovascular and weight-training equipment, as well as all group fitness classes and locker room amenities. There will be a fee included for other services such as fitness assessments, personal training, massage services and use of the Multisport Simulator at One City Center.

Here's how to take advantage of Free Fitness Week:

- Step 1 Bring your LVHN badge and show it to the attendant at the front desk.
- Step 2 Sign a waiver to participate in Free Fitness Week.
- Step 3 Receive a one-week pass to show at the front desk each time you work out.
- Step 4 Exercise.

LVHN Fitness is here to help colleagues meet their health and wellness needs in 2015. Membership for LVHN employees is just \$44/month at all facilities with eligibility for Culture of Wellness reimbursement.

This entry was posted by Ted Williams on December 31, 2014 at 10:58 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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Everything You Always Wanted to Know about Epic Parking

Wave 1 end user training begins next week – are you ready? Before you hop in your car to drive to training, review your Wave 1 End User Checklist to double-check your readiness (Are you registered? Have you done your prerequisite elearnings?) Then, take a moment to learn about where you can park, the security measures that are in place and which events will impact parking during the first two weeks of Wave 1 training. *Review the full Epic Parking flyer* to learn more about walking to training, how to pay for parking and more.

Where to Park

Parking is available near LVHN-One City Center in these garages:

Allentown Transportation Center (ATC) Deck

Corner of Linden and 6th Streets (**only** use entrance on 6th Street, across from the Morning Call office building).

GPS: 110 N. 6th Street, Allentown, 18101

Spiral Deck

Corner of Linden and 8th Streets (only use entrance and exit on Linden Street).

GPS: 820 Linden Street, Allentown, 18101

• IMPORTANT: Information about work affecting an elevator in the Spiral Deck

The Allentown Parking Authority reports that maintenance work will affect ONE elevator closest to 8th Street. This particular elevator will be off-limits **for two weeks**. Other elevators within the Spiral Deck are operating and should be utilized by Epic learners until maintenance work is completed.

Handicap-accessible parking

If you have a state-issued placard for accessible parking (either temporary or permanent,) use this garage:

- 8th Street Garage (only entrance is on right side of N. 8th Street between Hamilton and Linden Streets; look for second driveway after the building ends).
- GPS:21 N. 8th Street, Allentown, 18101

You can enter One City Center from interior of the garage and take elevator to the 5th floor for LVHN Epic training.

Security

Epic learners can feel assured attention has been placed on your security. Here are the people on-the-ground who are able to help you find your way to training.

Ambassadors

In and near the PPL Center and LVHN–One City Center, look for people wearing red blazers. This team of professional guides will help you find your way to LVHN–One City Center for your training.

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Mission Central | Everything You Always Wanted to Know about Epic Parking

· Security officers

Between 5 p.m. and 12 a.m. you will see additional security present in the area, wearing reflective vests. Two security officers will patrol and offer assistance near the 8th Street Garage and Spiral Deck area. Two additional security officers will patrol near the Allentown Transportation Center (ATC) Deck.

Security escort

Security officers are available to escort you. Call security services at 610-402-8220 to arrange an escort.

Allentown Police Officers

The Allentown Police Department will patrol the Linden Street corridor and adjacent areas to the Spiral and ATC Decks.

Events

The first week of Epic training also happens to include Disney-sized events that will impact parking. Take these events into consideration when you are planning your arrival time in downtown Allentown between Dec. 30 and Jan. 11:

- Wednesday, Dec. 31 10 p.m. New Year's Eve celebration, 7th and Hamilton Streets
- Wednesday, Jan. 7 Disney on Ice, PPL Center 7 p.m. • Thursday, Jan. 8 7 p.m. Disney on Ice, PPL Center • Friday, Jan. 9 Disney on Ice, PPL Center 7 p.m. Saturday, Jan. 10 11 a.m. Disney on Ice, PPL Center Saturday, Jan. 10 3 p.m. Disney on Ice, PPL Center Saturday, Jan. 10 7 p.m. Disney on Ice, PPL Center • Sunday, Jan. 11 12 noon Disney on Ice, PPL Center
- Sunday, Jan. 11 4 p.m. Disney on Ice, PPL Center

This entry was posted by Jenn Fisher on December 30, 2014 at 4:00 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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Orthopedic Surgery at LVHN: Meet Prodomos Ververeli, MD – VIDEO

When Prodromos Ververeli, MD, was on the high school football team, he played six games with a broken hand, hiding the injury from his parents so he wouldn't miss the action on the field.

Injuries like that one inspired him to become a board-certified orthopedic surgeon. Now he's one of the leading surgeons in the region in his specialty,

performing more than 600 joint replacements a year.

In this video, Ververeli speaks to how gratifying it is to see patients who were in wheelchairs before surgery, able to walk unaided after knee or hip replacement.

"The days that really get me is when I'm seeing patients in the office, especially the first or second month after surgery, and you get the random hug of someone tearing up and saying, 'Thank you for giving me my life back and letting me do the things I want to do.'"

He sees patients at VSAS Orthopaedics.

Meet more of our surgeons at LVHN.org/surgery.

This entry was posted by Alyssa Young on December 31, 2014 at 11:00 am, and is filed under Be Inspired, 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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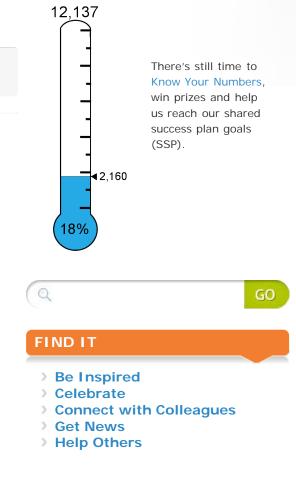
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Wellness Wednesday – Avoid the 'Workout Blues'

Do you tend to start and abandon exercise programs more often than Taylor Swift writes songs about her ex-boyfriends? If so, try these tips from Lehigh Valley Health Network family medicine physician Amy Miller, DO, with Valley Family Medical Center, and exercise physiologist Kelsey Coates, with LVHN Fitness.

- Get fit for you (not for the scale). Sometimes even if you have a successful week say working out five days in a row the scale can be stubborn, which can cause you to be discouraged. If instead you remind yourself of the other benefits you feel stronger bones, more energy, a better mood you'll be more successful. "Your overall goal should be a healthier you, mentally, physically and spiritually," Miller says.
- Do an activity you enjoy. Exercise shouldn't be a drag. Try classes such as Zumba or meet friends for a walk or run. "Even ballroom dancing or active playing with your children can help your personal quest for wellness," Coates says.
- **Don't look at the person (or machine) next to you.** It's too easy to get "exercise envy." So if you think someone looks fitter than you, or if their numbers on the treadmill are better than yours, ignore it. "Celebrate your personal goals instead," Miller says. Give yourself a checkmark or sticker every time you make it to the gym. Then, after earning a set number, reward yourself with a relaxing massage or another prize.

This article can be found online as part of the January/February edition of Healthy You. Want to receive health tips each week? Sign up to receive Healthy You Tip emails, along with monthly newsletters with recommendations for better health and information on conditions specific to you, at lvhn.org/subscribe.

This entry was posted by Amanda Coe on December 31, 2014 at 3:00 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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Mission Central | Wellness Wednesday - Avoid the 'Workout Blues'

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Extended Partnership with Pocono Medica

Happy New Epic Year!

Way back in 2013 when Lehigh Valley Health Network (LVHN) leaders announced we were ready to transform our electronic medical record systems (EMR) into one integrated system, "Epic go-live day" was but a dream in the distance. Fast forward to the start of 2015, and it's incredible realizing we are less than 50 days away from launching our brand new Epic EMR system and new patient portal on February 18.



Training Resolutions

Wave 1 training begins next week (January 5), and since resolutions are the name of the game in January, here are a few for those ready to begin their LVHN Epic training:

- Finish prerequisite elearnings on The Learning Curve (TLC) before the first day of class
- **Print training materials you want to reference or take notes on**. Find those materials on this Sharepoint page: Epic Transformation Resources Shared Documents page for Training Documents or link from the Epic Transformation intranet resources page.
- Know where to park for training. Check out our Mission Central story, Everything You Always Wanted to Know about Epic Parking and the Epic Parking flyer for Dec. 30 through Jan. 11.

Go-Live Support Who's Who

Wave 1 go-live on February 18 will be supported by a number of people – with some key players right in ambulatory practices. Here's a list of who will be on-site offering Go-Live Support:

Super users: Wave 1 super users just wrapped up advance LVHN Epic training in December and will attend end user training in January. Super users were selected by their practices because of their ability to help others understand new and different concepts, their knowledge about workflow processes, and last but not least, their outgoing and friendly personalities. These super users will work with their colleagues in their practices to offer help and assistance at-the-elbow on go-live day and beyond.

Provider site champions:Nearly every practice has selected a provider site champion, (their titles range from LVPG practice leaders and provider subject matter experts to Chairs, Assistant/Associate Medical Directors and other providers with administrative/nonclinical time.) Provider site champions will support their peers during go-live and optimization and will also provide colleague support for Personalization Labs where users can tailor LVHN Epic to their individual needs.

Another go-live support role that will be fulfilled by super users and provider site champions is the **"super nova user."** A super nova user is an extension to the super user program and will help with rapid communication needs. During a work shift, one super user or provider site champion will carry a pager. The LVHN Epic team will alert the

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Mission Central | Happy New Epic Year!

super nova user of any updates, changes or critical issues via pager. The super user nova will then be responsible to alert end users to urgent information from the LVHN Epic team.

Your Wave 1 Datebook

Time's getting short: Register for Wave 1 end user training on TLC and complete prerequisite elearnings.

Now: Technical Dress Rehearsals (TDR) in ambulatory settings

Jan. 5, 2015: Wave 1 end user training begins

Feb. 4, 2015–March 11, 2015: PTO restrictions in effect for Wave 1 (ambulatory) colleagues

Feb. 7-8: Wave 1 conversion weekend

Feb. 9:Wave 1CadenceGo-live

Feb. 18, 2015: Go-live for Wave 1, ambulatory settings

Mid-2015 and beyond: Optimization

Your Wave 2 Datebook

Now: Wave 2 inpatient equipment delivery and set-up

Now through May 1, 2015: Wave 2 testing

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

March 23-27: Wave 2 pilot training

May 11-31: Wave 2 super user training

June 1-July 26: Wave 2 end user training

July 20, 2015–Aug. 14, 2015: PTO restrictions in effect for Wave 2 (inpatient) colleagues

Aug. 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 January 1, 2015 at 1:00 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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