

JULY | AUGUST 2014

HAZLETON

# HealthyYou

INTRODUCING  
ExpressCARE

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FULL RECOVERY  
FOR BABY KAILA

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Safety Tips

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A PASSION FOR BETTER MEDICINE

 Lehigh Valley  
Health Network

When your  
doctor is out,  
ExpressCARE  
is in.

## ExpressCARE

Walk in without an appointment,  
365 days a year.

Hazleton Shopping Center  
564 W. Broad St.  
Hazleton, PA 18201  
8 a.m. – 8 p.m. Weekdays  
10 a.m. – 6 p.m. Weekends/holidays



570-501-6220 [LVHN.org/hazleton/expresscare](http://LVHN.org/hazleton/expresscare)

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# THE RIGHT PLACE FOR THE CARE YOU NEED

WHEN TO USE YOUR DOCTOR, EXPRESSCARE OR THE ER

**It is sometimes hard to decide where to go when you or a family member needs medical attention.**

Use this guideline to help you decide the appropriate place to receive care for certain medical conditions and emergencies.

## YOUR DOCTOR'S OFFICE

It is important for you and your family to have a primary care doctor. He or she knows you best and can care for all your health needs, including managing chronic conditions. Primary care doctors usually have set appointment times. Visit your primary care doctor for:

- ▶ A yearly exam
- ▶ Vaccinations
- ▶ Routine lab tests
- ▶ Medication management
- ▶ Care for chronic conditions such as diabetes or high blood pressure

## EXPRESSCARE

Located in the Hazleton Shopping Center, ExpressCARE is open 365 days a year. While it does not replace your primary care doctor, ExpressCARE is available for you to receive care without an appointment for common illnesses and minor injuries. You'll typically be seen much

faster than in an emergency room, and insurance co-pays usually are lower than an emergency room visit. These include conditions such as but not limited to:

- ▶ Sprains/strains
- ▶ Cuts/lacerations
- ▶ Poison ivy/rashes
- ▶ Seasonal allergies
- ▶ Flu symptoms
- ▶ Bronchitis
- ▶ Ear infections
- ▶ Sore throat
- ▶ Fever

## EMERGENCY ROOM (ER)

If you have a life-threatening condition, call 911 and get to the nearest ER as soon as possible. ERs are where you'll find the advanced diagnostic technologies and specialized care for serious conditions such as:

- ▶ Heart attack symptoms (chest pain, shortness of breath)
- ▶ Stroke symptoms (sudden slurred speech or numbness)
- ▶ Severe or uncontrolled breathing
- ▶ Head trauma or loss of consciousness
- ▶ Children under 3 months old with a fever

Lehigh Valley Hospital-Hazleton is accredited as both a stroke and chest pain center.

## Next Step

FIND A DOCTOR NEAR YOU. Visit **[LVHN.org/hazleton/findadoc](http://LVHN.org/hazleton/findadoc)** or call **570-501-4264**.





# A Full Recovery for Baby Kaila

WEATHERLY FAMILY GRATEFUL FOR COORDINATED BURN CARE



“It is reassuring to know we have a system like the TeleBurn program at LVH-Hazleton and the Regional Burn Center in our area.”

-Crystal Howton

**No one knows how quick babies can be more than Brad and Crystal Howton of Weatherly.** Last November, Crystal was at work when she took a very upsetting call. Her frantic mother, who had been babysitting her 18-month-old daughter, Kaila, told her the little girl had knocked a cup of hot coffee on herself. Her grandmother had set the cup down on the table, and had turned around only for a second when Kaila reached for it and knocked the scalding liquid on her right upper body.

Kaila was transported to Lehigh Valley Hospital (LVH)-Hazleton’s emergency department (ED), where she was immediately admitted and assessed. “The staff was very compassionate,” Crystal says. “Sophie Rush, RN, was there for me in particular.” After Kaila was medicated for her pain, emergency medicine providers Annette Mann, DO, and Gregory Jones, PA-C, consulted the hospital’s TeleBurn program to photograph Kaila’s injuries. TeleBurn allows ED physicians in Hazleton to transfer burn images to the Regional Burn Center at LVH-Cedar Crest in Allentown via a special Internet application.

Together, the physicians assessed Kaila and determined her burns were serious enough to warrant treatment at the Regional Burn Center. It’s among just 45 burn centers to receive pediatric and adult verification by the American Burn Association, which rewards adherence to the high standards of modern burn care.

Kaila arrived via ambulance at the Regional Burn Center, where she and her parents were met by burn surgeon Sigrid Blome-Eberwein, MD, with Surgical Specialists of the Lehigh Valley, and her team. “When treating pediatric patients like Kaila, we promote a very child-friendly environment,” says Blome-Eberwein, the Regional Burn Center’s associate medical director. “We employ a child-life specialist, whose primary goal is to put children at ease.” This child-friendly atmosphere calmed Kaila so her burns could be assessed. Kaila had suffered second-degree scald burns to approximately 3 percent of her body. She was admitted by pediatric intensivist Sabrina Logan, MD, for airway monitoring.

The next morning, it was time to clean the wound. Kaila had to be put under anesthesia, which her mother remembers as the hardest part of her daughter’s treatment. Crystal was allowed to stay with Kaila during the entire procedure. “Dr. Eberwein and her team are simply amazing,” Crystal says. “They were kind and professional, and somehow we

## Next Step

LEARN MORE ABOUT TELEBURN. Visit [LVHN.org/hazleton/teleburn](http://LVHN.org/hazleton/teleburn) or [LVHN.org/burncenter](http://LVHN.org/burncenter).



all got through it.” Kaila’s wounds were then re-covered to prevent infection. Thankfully, Kaila would require no further procedures and returned home two days later.

Kaila has no memory of what happened that day. Her days are filled with blowing bubbles and playing ball. “She doesn’t even have a scar – it’s remarkable,” her parents say. Kaila was fortunate. Many burn patients suffer disfigurement and scarring. “Parents of children who suffer severe scarring need to know there are many things we can do to help their child,” Blome-Eberwein says. She suggests consulting the outpatient Burn Center specialists to learn about the corrections available, including new techniques such as the use of lasers.

“It is reassuring to know we have a system like the TeleBurn program at LVH-Hazleton and the Regional Burn Center in our area,” Crystal says. “Within 15 minutes we had the answers we needed and took the right course of action for Kaila.”

Scalding from hot liquids is the most common cause of burns in children.

# Have an Aching Shoulder?

## Here's why you shouldn't ignore it

**Do you toss and turn at night because of your aching shoulder or have to sleep only on one side because of shoulder pain?** Trouble sleeping at night due to shoulder pain may be a sign of a rotator cuff tear.

The pain associated with a rotator cuff injury may:

- ▶ Be described as a dull ache deep in the shoulder
- ▶ Disturb sleep, particularly if you lie on the affected shoulder
- ▶ Cause limited ability to move your arm
- ▶ Be accompanied by arm weakness

"Getting older, playing certain sports, and having certain jobs may increase your risk for suffering from a rotator cuff tear," says orthopedic surgeon Joseph Horton, MD, with Alliance Medical Group. Occupations such as carpentry or house painting require repetitive arm motions that may damage the rotator cuff.

Pain on the outside part of your shoulder is a sign of an irritated rotator cuff tendon and may be due to a tear. "If the rotator cuff is torn and not treated, it can lead to muscle atrophy and the inability to raise the arm overhead," Horton says.

Shoulder pain that doesn't get better with a few days of rest should be evaluated by a physician. It may be just an irritated tendon that can be treated with rest, strengthening and stretching exercises, or a quick corticosteroid injection in your doctor's office. However, you may require an MRI scan to look for a tear. Rotator cuff tears should be surgically repaired as soon as possible to prevent long-term pain and loss of function.

### Next Step

LEARN MORE ABOUT ORTHOPEDICS CARE AND  
JOSEPH HORTON, MD, at [LVHN.org/hazleton/Horton](http://LVHN.org/hazleton/Horton)  
or call 570-501-6730.

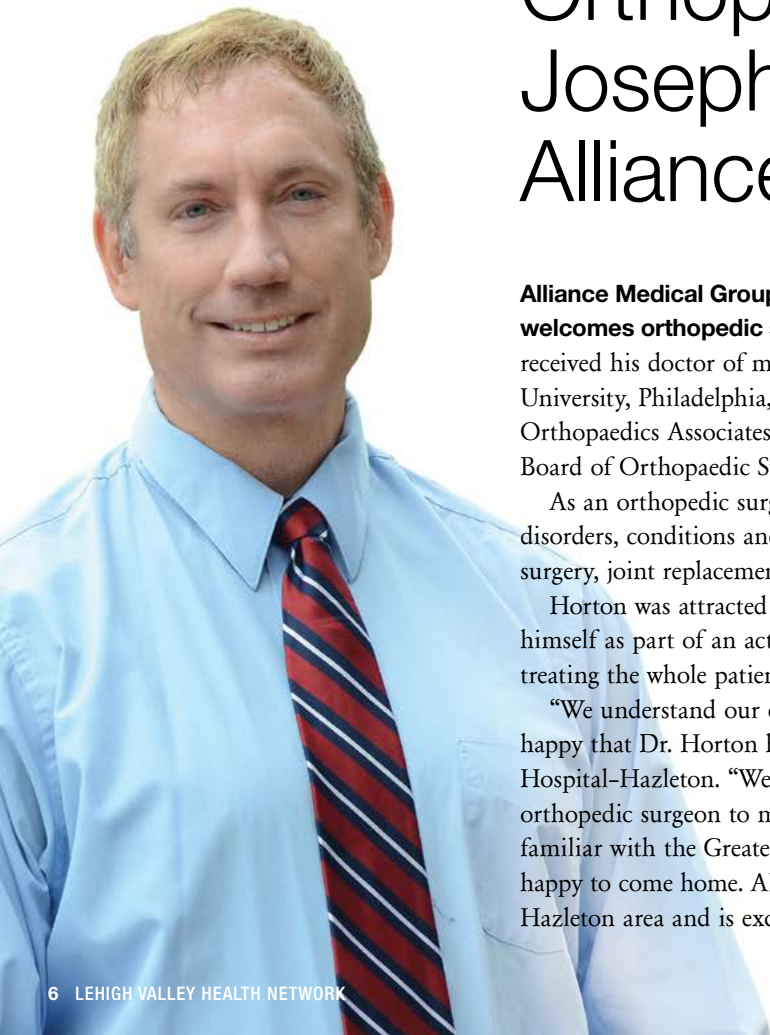
## Orthopedic Surgeon Joseph Horton, MD, Joins Alliance Medical Group

**Alliance Medical Group, a practice of Lehigh Valley Physician Group-Hazleton, welcomes orthopedic surgeon Joseph Horton, MD, into its health network.** Horton received his doctor of medicine degree from Medical College of Pennsylvania, Hahnemann University, Philadelphia, his fellowship in arthroscopy and sports medicine at New Mexico Orthopaedics Associates, Albuquerque, N.M., and is board-certified by the American Board of Orthopaedic Surgery.

As an orthopedic surgeon, Horton provides comprehensive treatment for a variety of disorders, conditions and injuries of the skeletal system including arthritis, arthroscopic surgery, joint replacement, pain, rehabilitation, sports medicine and trauma/fractures.

Horton was attracted to orthopedics as a career after suffering several sports injuries himself as part of an active lifestyle. "My philosophy of patient care is a holistic approach treating the whole patient," he says.

"We understand our community's need for orthopedics services, and we are extremely happy that Dr. Horton has joined us," says John Fletcher, president of Lehigh Valley Hospital-Hazleton. "We worked hard to recruit a high-quality, fellowship-trained orthopedic surgeon to meet our patients' needs." As a native Pennsylvanian, Horton is very familiar with the Greater Hazleton area and the northeastern area of the state. "I am so happy to come home. All of my family still lives here," he says. He will reside in the Greater Hazleton area and is excited to become part of the community.





# Tick Bites and Lyme Disease

WHAT YOU NEED TO KNOW

## Next Steps

**IF YOU FIND A TICK AND NEED HELP REMOVING IT,** visit ExpressCARE in the Hazleton Shopping Center at 564 W. Broad St., Hazleton.

**FOR MORE INFORMATION** about the treatment and diagnosis of Lyme disease, visit [LVHN.org/lyme](http://LVHN.org/lyme).

**Ticks are tiny insects that live in grass, bushes and wooded areas.** They attach their bodies onto a human or animal host. Tick bites occur most often in the spring and summer months, and are very common in northeastern Pennsylvania. Ticks can cause a wide variety of illnesses, one of which is Lyme disease. In fact, according to the Centers for Disease Control, Pennsylvania ranks eighth in reported cases of Lyme disease in the United States.

Lehigh Valley Health Network emergency medicine doctor D. Gregory Jones, DO, with Lehigh Valley Hospital-Hazleton, sees many people coming in for tick removal and bites each spring and summer. "If you find a tick attached to your skin, don't panic. You usually can remove it yourself at home," he says.

### TO REMOVE A TICK

- 1 Use fine-tipped tweezers** to grasp the tick as close to the skin's surface as possible.
- 2 Pull upward with steady, even pressure.** Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers.
- 3 After removing the tick,** thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.



"If the head or the jaw of the tick breaks off, there usually is no danger; however, you can go to your family physician or ExpressCARE, or if it is after hours, to the emergency department. We can easily remove it for you," Jones says.

In order for Lyme disease to develop, the tick must carry the Lyme disease bacteria and be attached to your skin for 24 to 36 hours. "Reducing exposure to ticks is the best defense," Jones says. He recommends wearing proper clothing when hiking or being in the woods, and bathing and inspecting your skin every day, especially if you have been outdoors. Don't forget to check pets and children.

Only about 20 percent of ticks in northeastern Pennsylvania carry the Lyme disease bacteria. However, if you develop a rash or fever within several weeks of removing a tick, see your physician so he or she can evaluate you and decide on the best course of treatment.

### EARLY LYME DISEASE SYMPTOMS

If you were recently (3-30 days) exposed to a tick bite and develop the following symptoms, see your health care provider as soon as possible:

- Red, expanding rash (erythema migrans) or "bull's-eye" rash
- Fatigue, chills, fever, headache, muscle and joint aches, and swollen lymph nodes.



**D. Gregory Jones, DO**  
Emergency medicine



# EAT WITHOUT HEAT

ENJOY REFRESHING SUMMER MEALS

**Turn off the stove.** Put away the pots and pans. Forget about cooking. It's time for the cool, easy foods of summer. Try these tips for refreshing summer meals without heating up your stove and your house.

## SHAKE UP A SALAD

There is a reason salads are a summer staple. "When the mercury is high, we instinctively crave meals that are cool and refreshing," says registered dietitian/licensed nutritionist Amy Cartwright, with the Health & Wellness Center at Hazleton. Remember to think green. "The deeper the green of your salad fixings, the more nutrients they hold," Cartwright says. To turn your salad into an entrée:

- Add protein with reduced-fat cheese, chickpeas, feta, tofu, tuna packed in water, sliced turkey or chicken, hard-boiled eggs, nuts or low-fat cottage cheese.
- Add fruit – strawberries and blueberries are great in spinach or arugula salads.

Let family members create their own salads by preparing an ingredient bar with themed choices, such as Mexican or Italian ingredients.

## ALTERNATE COOKING METHODS

Foods can be warmed and cooked without heating up the entire house. Use your microwave and switch on the crockpot when temperatures soar. Simple crockpot meals such as shredded chicken tacos can be prepared in the morning and will be ready when you are done with your day's activities. Add some taco shells and fresh accompaniments, and your meal is complete.

When it gets too hot indoors, sometimes it's best to just get outside and fire up the backyard barbecue.

## SUMMER SOUPS

Cool summer soups are a refreshing addition to warm-weather menus. "Soups are a perfect summer food because of their high water content," Cartwright says. "This replaces the steady water loss we experience in the summertime."

Gazpacho is a chilled zesty soup made with tomatoes, cucumbers and green peppers. Try it with some fresh bread or a sandwich for a perfect summertime meal.



## Great Gazpacho Soup

- 1 cucumber, seeded and diced
- 4 large tomatoes, seeded and diced
- 1 green bell pepper, seeded and diced
- 1 sweet onion, chopped
- 4 garlic cloves, minced
- 1/4 cup red wine vinegar
- 2 tablespoons lime juice
- 3 cups spicy mixed-vegetable juice (such as V8)
- Salt and pepper
- 1/4 cup chopped basil
- 1/4 cup chopped flat-leaf parsley

Mix cucumber, tomatoes, bell peppers, onion, garlic, vinegar, lime juice, vegetable juice, salt and pepper in a large bowl. Transfer half of mixture to a food processor or blender, process until smooth and return to bowl. Stir well. Stir in basil and parsley; chill for at least 2 hours to let flavors develop. Season to taste.





# Low-Cost Summer Fun

KEEP CHILDREN ACTIVE WHEN SCHOOL IS OUT



**Activities like playing tag, climbing trees and catching lightning bugs are free, but make for some of the happiest childhood memories.** Most parents of school-age children agree the best summertime activities for kids are those that are fun and low-cost.

## FAMILY OUTINGS

When budget and time constraints exist, a mini-vacation or an outing gives families a chance to spend time together away from everyday routines and stress. With busy school and activity schedules, time off is becoming just as important for children as adults. Some fun ideas:

- ▶ Go camping overnight at a campground.
- ▶ Visit a pick-your-own farm for berry picking.
- ▶ Take in an outdoor play or concert and pack a picnic.
- ▶ Visit local museums, zoos or historic sites.
- ▶ Search garage sales on a predetermined budget.
- ▶ Visit a Pennsylvania state park. Locally, Hickory Run State Park and Beltzville State Park offer many picnic areas, hiking and mountain biking trails, as well as sand beaches and lakes for swimming, which are open until September. Beltzville State Park also offers boating and fishing.

## HIKE AND BIKE

Put on your child's sneakers, pack water bottles and hit the trails. The Greater Hazleton area has many beautiful hiking trails, including the Greater Hazleton Rails to Trails, a scenic place to walk, run or bike. It offers picnicking and rest areas and is completely free. The Greater Hazleton Rails to Trails is 4 miles in length from near the intersection of Routes 93 and 424 in Hazleton to the Ashmore area.

## BACKYARD CAMPING

Give kids the taste of the great outdoors right in your own backyard. Set up a tent and roll out some sleeping bags. Take in a movie drive-in style by hanging a sheet outside and using a laptop computer projector.

## SMALL BUSINESS

If your older kids say they are bored, put them to work. Get ready for a family yard sale. Kids also can make money with a car wash, lemonade stand, bake sale or lawn mowing service.

## LOW-COST ACTIVITIES AT HOME

Don't let kids waste their summer break parked in front of the TV. Get them to exercise:

- ▶ Set up an obstacle course with different challenges and sprinklers in the backyard.
- ▶ Turn up the music and get your kids dancing.

## ORGANIZED ACTIVITIES

To get your school-age children out of the house for awhile, check with local parks and youth organizations for organized free or low-cost day programs. They also may offer organized sports such as soccer, basketball or dance classes. Local libraries often sponsor summer reading programs for all ages and may offer additional fun programs such as storytelling. Let your kids splash and swim at a community pool, many of which are low-cost and offer daily rates. Sign them up for swim lessons if necessary.

# Expanding Cardiology Services Into Berwick

**Berwick residents will soon receive needed cardiology services from Alliance Medical Group (AMG), a practice of Lehigh Valley Physician Group–Hazleton, without leaving town.** The expanded cardiology services will join the existing AMG obstetrics and gynecology services office located at 500 Fowler Ave., Suite 203, in Berwick.

Yaqoob Mohyuddin, MD, a board-certified cardiologist with more than 10 years' experience specializing in cardiovascular services, will provide cardiology services in the Berwick office. Mohyuddin is on the medical staff of Lehigh Valley Health Network and serves as department chair of cardiology at Lehigh Valley Hospital–Hazleton. Mohyuddin is passionate about enhancing the level of cardiac care received in the Berwick community by limiting the patient's need to travel

## Next Step



**WATCH VIDEOS** of Yaqoob Mohyuddin, MD, at [LVHN.org/hazleton/Mohyuddin](http://LVHN.org/hazleton/Mohyuddin) and Sheila Hockman, DO, at [LVHN.org/hazleton/Hockman](http://LVHN.org/hazleton/Hockman).

out of town for quality health care. Cardiology services to be offered at the Berwick location include:

- ▶ Cardiac diagnostic examination
- ▶ TTY/interrogation follow-up
- ▶ Holter and event monitoring
- ▶ For a cardiology services appointment, call 570-501-6580.
- ▶ Pacemaker analysis
- ▶ MUGA scans

Board-certified obstetrics/gynecology specialist Sheila Hockman, DO, provides comprehensive gynecologic and obstetric care at the Berwick location. For an ob/gyn appointment, call 570-759-1830.



Yaqoob Mohyuddin, MD  
Cardiology



Sheila Hockman, DO  
Obstetrics/gynecology

# Taking Sleep Seriously

## SLEEP STUDY IDENTIFIES LOCAL MAN'S SLEEP APNEA

**Sleep is a serious matter.** Sleep disorders are linked with poor work performance, driving accidents, relationship problems and mood disorders. Insufficient sleep also is linked to the development of chronic diseases and conditions such as diabetes, cardiovascular disease, obesity and depression.

David Dubick of Drums knows the negative effects of a sleep disorder all too well. Several years ago, the retired Eckley and Ashley Historical Society sites administrator was waking up in the morning with an extremely dry mouth and throat. He mentioned it to his family physician, Eugene Gorski, MD, with Alliance Medical Group, who suggested he undergo a sleep study. Dubick had never considered a sleep study, but he took the suggestion seriously. He later learned that his mother, who passed away in her sleep, had suffered from sleep apnea.

Dubick's sleep study was conducted at Lehigh Valley Hospital–Hazleton's Sleep Disorders Center, which features board-certified physicians, a registered polysomnography (sleep) therapist and experienced respiratory technicians who provide comprehensive diagnostic services. The team includes medical director Henry Smith Jr., MD, who is board-certified in internal medicine, pulmonary disease and sleep medicine, and Yaqoob Mohyuddin, MD, who is board-certified in internal medicine and cardiovascular disease.

The Sleep Disorders Center team recorded Dubick's brain waves, respiration, heart rate and periodic limb movement, and monitored him for seizure activity, rate of sleep and evidence of teeth grinding. Technicians monitor patients during the entire study. If patients have questions, they simply talk. There are no buttons to push.

Smith evaluated Dubick's study, which indicated he suffered from obstructive sleep apnea, and prescribed a continuous positive airway pressure (CPAP) machine. Dubick was educated in the proper use of the CPAP machine, but he was hesitant. "When I saw the machine, I was convinced I would never sleep with it," he says. But still suffering from his symptoms, he tried again and eventually got a full night's sleep. "I realized this machine was helping me," he says. "Slowly I got used to sleeping with it."

Dubick describes LVH–Hazleton's Sleep Disorders Center as a very modern facility with the latest diagnostic equipment. "Best of all, they really care," he says. "If your doctor recommends a sleep study – do it. If they recommend a CPAP machine – use it. I wake up and feel ready to take on the day."

## Next Step

**ASK YOUR HEALTH CARE PROVIDER** if a sleep study might benefit you. Lehigh Valley Hospital–Hazleton's Sleep Disorders Center is located in Hazleton's Hayden Tower (Markle Building). Call **570-501-1334** or visit [LVHN.org/hazleton/sleep](http://LVHN.org/hazleton/sleep).



# 8 Playground Safety Tips

HELP YOUR CHILD STAY INJURY-FREE



Local children  
Kyle, Juliana,  
Chloe and Alex  
at Weatherly's  
Eurana Park

**Playgrounds are perfect places to exercise your child's mind and body, and a few precautions can help keep these areas of adventure and activity safe.**

More than 600,000 children are injured on public and private playgrounds each year. The most common injuries are falls and burns, and children between the ages of 5 and 9 most often need emergency care for playground injuries. Besides the occasional scrape or bruise, more serious injuries include fractures, concussions and sprains. Even though many slides and other equipment are no longer made of metal, plastic and rubber surfaces still can become too hot.

Not all playground injuries can be prevented, but you can limit accidents by following these safety measures:

- 1 **Always inspect a playground.** Look for sharp edges or loose hand grips.
- 2 **Pick age-appropriate playgrounds.**

- 3 **Choose a playground with a soft ground cover.** Mulch, wood chips or pea gravel are good.
- 4 **Check the temperature of all equipment.** Make sure it isn't too hot.
- 5 **Dress your child appropriately.** Shoes are a must, preferably sneakers. No jewelry or clothing with drawstrings or hoods should be permitted.
- 6 **Make sure that the playground is regularly maintained.**
- 7 **Teach your child proper playground etiquette.** Always slide down feet-first, never share the slide with another child, and always use handrails.
- 8 **Watch your child at all times.**

Tell children to move away from the slide as soon as they reach the ground and to be careful crossing in front of moving swings or teeter-totters.

## Word Find

PLAYGROUND SAFETY

Find the words that relate to  
playground safety.

ADVENTURE  
AGE  
CHILDREN  
COVER  
DRESS  
EXERCISE  
HOT  
INJURY  
INSPECT  
MAINTAINED  
PLAYGROUND  
SAFETY  
SURFACE  
TEMPERATURE

T	B	E	W	S	C	B	E	D	M	P	C	P	D	S
M	E	U	S	O	A	C	B	A	X	G	T	L	Q	C
G	F	M	V	I	A	F	I	E	C	Q	A	A	C	K
N	C	E	P	F	C	N	E	W	R	O	Y	Y	U	M
K	R	S	R	E	T	R	S	T	L	Y	F	G	F	N
I	I	U	G	A	R	T	E	S	Y	K	N	R	O	E
Q	S	P	I	F	C	A	S	X	Q	E	G	O	L	R
J	I	N	S	P	E	C	T	Z	E	G	I	U	V	D
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D	X	M	O	X	G	S	E	W	J	H	Y	J	R	E
Z	K	J	X	H	N	X	A	V	H	C	G	F	K	F

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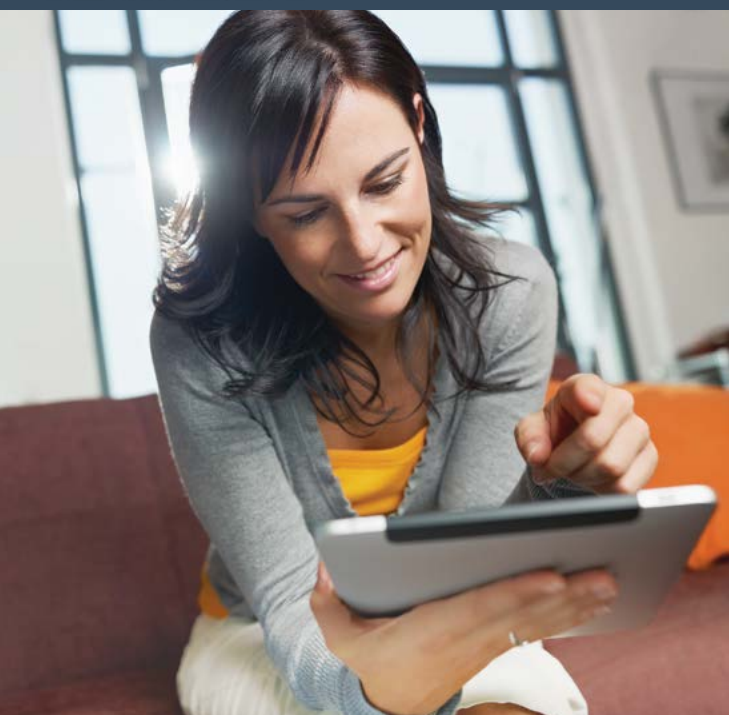
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A PASSION FOR BETTER MEDICINE



## Enroll in My Health Portal Today

**Lehigh Valley Hospital (LVH)–Hazleton’s My Health Portal is a secure online website that gives you convenient 24-hour access to personal health information from anywhere with an Internet connection.**

All information comes from your Lehigh Valley Hospital (LVH)–Hazleton electronic health record, and includes inpatient and outpatient information from LVH–Hazleton, the Health & Wellness Center at Hazleton and Alliance Medical Group.

My Health Portal allows you to:

- ▶ Access your health information online
  - Medication information
  - Health information including lab results, test reports, discharge instructions and more
  - Allergies and conditions
  - Immunizations
- ▶ Request and view appointments
- ▶ Request prescription refills

You can use My Health Portal to connect with your health care providers and your authorized family members by communicating through messages with your health care provider between visits. Your information is safe because My Health Portal passwords are encrypted, and URLs are rewritten so they cannot be copied and pasted. You and authorized family members are the only ones who can access your information.

You can use My Health Portal on your laptop, smartphone or tablet.

### **ENROLL IN MY HEALTH PORTAL TODAY**

**VISIT [LVHN.org/hazleton](http://LVHN.org/hazleton).**

**CLICK** on My Health Portal in the upper right-hand corner.

**COMPLETE** the enrollment questionnaire.

**CHECK** your email for your one-time user name, password and My Health Portal link.

**CLICK** on the link from your email to access My Health Portal.

**ENTER** your one-time user name, password and security question, then click “log on.”

**ENTER** a new user name and password.

**EXPLORE** My Health Portal.

## Next Step

**FOR MORE INFORMATION**, including enrollment details, please contact our health portal navigator at **570-501-4777** or visit **[LVHN.org/hazleton](http://LVHN.org/hazleton)**.