

Open Enrollment is Oct. 6-27

Review the packet you'll get in your home mail.

Open Enrollment To-Dos

Check your debit card expiration date and email address.

Terry's Take: The Wellness Journey

Fitness makes a big difference in her life.

Your Support Team

They're beside you as we work to build our staff.

Epic News for Pocono Colleagues

We're launching Epic in the Poconos on Oct. 28.

Missing Person Alert

The woman was last seen near LVH-Cedar Crest.

Watch Leader to Leader – Video

Learn about our convenience strategy and more.

Colleagues Catch the Solar Eclipse – Photos

Share photos of your team looking skyward.



LVHN news

What Happens When Ear Infections Keep Coming Back? »

Creating a Safe Sleeping Environment for Baby »

Gamma Knife Icon Offers
Advantages Over Other
Radiosurgery Treatments »

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Coming in September: Your 2018 Open Enrollment Packet

BY [SHEILA CABALLERO](#) · AUGUST 24, 2017

Your health and the health of your family is a priority for us at LVHN. That's why we offer benefit-eligible colleagues a comprehensive benefit plan to support your overall well-being. An Open Enrollment packet containing detailed information on our 2018 medical, dental, vision, supplemental life insurance and flexible spending account (FSA) benefits will be mailed to your home in mid-September. You also can [attend an Open Enrollment Help Session](#) to learn more and get your questions answered.

Here's what you need to know about this year's Open Enrollment:

- **You'll get a sneak peek at My Total Health.** It's part of our vision to support you and your family on the wellness journey. My Total Health includes comprehensive benefits, programs and services to help you and your family thrive, so you can live your best life possible.
- **You must enroll through Lawson.** Both new and current colleagues must use Lawson (accessible on the SSO toolbar) to enroll from Oct. 6 through Oct. 27.
- **Enrollment packets include everything you need to know.** Your packet includes highlights of the 2018 benefits information, examples to help you choose between our PPO and HSA health plans, and a summary of material modifications. You also can view Open Enrollment information electronically on the HR intranet page.

Please review all documents carefully before you enroll in benefits. If you don't receive your packet by Sept. 30, call the Colleague Benefit Resource Center at 484-884-3199.

2018 LVHN Health Plan



Lehigh Valley
Health Network



Check Your Home Address in Lawson

28 AUG, 2017



Open Enrollment Is Now Open

7 OCT, 2016

Check Your FSA/HSA Debit Card Expiration Date and Email Address

BY [RICK MARTUSCELLI](#) · AUGUST 24, 2017

[Open Enrollment](#) takes place Oct. 6 through Oct. 27.

Don't forget to enroll in your benefits in Lawson. Here's a reminder to do two more important things during this period:

- 1. Check the expiration date on your Flexible Spending Account (FSA) and Health Savings Account (HSA) debit cards.** If your card is not expiring on Dec. 31, 2017, do not destroy it. Just like any other debit or credit card, a new card is issued when the old one expires. If you no longer have your debit card, requesting a new one is simple. Log onto [MyPopulytics.com](#). From the Quick Links Menu select "WealthCare-FSA & HSA Account," click on "Debit Card" in the tool bar, then click on the "scissors" icon under action. Your replacement card will be issued and delivered within 10 business days.
- 2. Check your email address in [MyPopulytics.com](#).** During Open Enrollment and throughout the year, Populytics sends important information to you via email. If you have an HSA account, you must maintain a current email address in MyPopulytics.com because UMB Bank primarily communicates via email. If you need help logging in to your account, call Populytics Member Services at 484-862-3505.



Terry's Take: The Wellness Journey

BY [TERRY CAPUANO](#) · AUGUST 21, 2017

Working in health care requires a lot of energy to stay physically present and mentally focused. Days are busy, challenging and often long. Over the years, I've discovered that keeping up with my demanding schedule requires one more item on my to-do list – exercise.

Several days a week I get up before dawn for my LVHN Fitness workout. Those early morning sessions on the treadmill, elliptical or in a class make a big difference in my day.

When I can't find time for a regular workout, I don't feel good. That self-awareness helps me stick to my fitness routine.

Making time for fitness makes a big difference in my life.

Chances are it can make a difference in yours too. That's why [the health network is offering free membership](#) for all our colleagues to LVHN Fitness and the Fitness Center at the Health & Wellness Center at Hazleton.

I've made exercise a part of my life for as long as I can remember. It gives me energy, reduces stress, keeps me strong and is good for my bone health. Some days if I can't get to the gym, I walk with a friend instead. That long walk is good for my body and my soul because it gives us time to catch up and reconnect.

While the gym may not be your cup of tea, chances are there is another form of physical activity that is. Putting more activity into your day by walking your dog, taking the stairs or parking farther away can give you the energy you need to do the things most important to you.

Wellness is a journey that offers many rewards. As a health network we're concerned with the health of our entire community – including our more than 17,000 colleagues. Staying physically active throughout the entire lifespan is important for our health and well-being, our families and our patients.

I hope you'll join me on the wellness journey by taking advantage of our free colleague LVHN Fitness membership. And when you're there – in the middle of an intense workout – remember the rule followed by me and my fellow exercisers: What happens at the gym, stays at the gym.



How do you stay energized for the day? I'd love to hear what you're doing and how you make time for exercise in your life.



Terry Ann Capuano

About me: My name is Terry Capuano, RN, and I am the Executive Vice President and Chief Operating Officer at LVHN. I have worked at LVHN for more than 30 years and consider it an honor to serve as your COO. I greatly enjoy meeting colleagues, sharing stories and enhancing relationships throughout the health network. [Learn More](#)

Your Support Team

BY [KIM JORDAN, DNP, RN](#) · AUGUST 25, 2017

A few years ago when the Epic system went live at our local hospitals, team work was critical. In one of the LVHN Daily articles leading up to that go-live was this African proverb that reminded us of the need for “team.” It states, “If you want to go fast, go alone. If you want to go far, go together.”

That idea still sticks today. We are working hard to build up our registered nurse staff, yet our patient care work goes on. How? As I see it, we have built an amazing team of administrative partners, technical partners and patient observation assistants who provide support where we need it – at our patients’ and nurses’ sides. They help our collective skills go farther than we could ever hope to go alone.



Ancillary team is key

Right now, administrative partners (APs) are covering multiple units and carrying multiple phones. These AP “Houdinis” make magic happen, especially for patients waiting in our emergency departments and post-anesthesia care units. Their dedication helps ensure patient flow to the next stage of care, which increases patient satisfaction.

However, right now we have several part-time AP positions open. Do you know someone who has the patience, kindness, professionalism and attention to detail that an AP must possess? If so, encourage them to look at the AP positions posted at LVHN.org/careers.

Quick updates

We continue to aggressively hire staff. A special thank you to our human resources colleagues, as well as anyone who has recommended a nurse who then applied with us. These efforts mean that starting next week, we will add 18 Med/Surg RNs to our organization. These professionals will help ease the case load for everyone else.

Also, our retention committee continues to meet, and we are beginning to zero in on some projects. In the coming weeks I will share some of their very cool ideas that are beginning to take shape.

Thank you for your dedicated work...

...and remember to enjoy these last weeks of summer. Whether you are getting kids back to school or off to college, please know that I understand we all have lives outside of our careers here. Thank you for putting our patients first so many times – just remember to take care of yourself and the ones you cherish at home.

Enjoy your gardens or bike rides at sunset – whatever it is that helps you recharge. Not only will you feel refreshed, but you will bring that energy back to LVHN.

Kim

P.S. In that spirit, this blog will have a one week break too. We'll see you back here on Sept. 8.



Kim Jordan

About me: My name is Kim Jordan, DNP, RN, and I am Senior Vice President and Chief Nursing Officer at LVHN. I came to LVHN 15 years ago as director of the open-heart and transitional open-heart units. I consider it an honor and a privilege to lead our outstanding nursing colleagues.

Epic News for Pocono Colleagues

BY [JENN FISHER](#) · AUGUST 21, 2017

Epic, LVHN's integrated electronic medical record (EMR) system, will go-live on Saturday, Oct. 28 at select LVPG–Pocono locations and the LVH–Pocono Access Center. James Demopoulos, MHA, senior vice president of LVPG Operations, Donald Levick, MD, MBA, chief medical information officer of LVHN and Elizabeth Wise, MSN, MBA, FACHE, president of LVH–Pocono shared the news with LVH–Pocono and LVPG–Pocono colleagues on Monday.

Who is involved?

Go-live will include all LVPG–Pocono colleagues who provide care on an outpatient basis and those who work at the LVH–Pocono Access Center. For patients, this covers a wide spectrum of services, ranging from physician practices and surgical specialties to community safety net programs, Pocono-area ExpressCARE locations as well as behavioral health services.

Training on deck

As learned in the Lehigh Valley where disparate EMR systems were replaced with one integrated Epic system in Feb. 2015 (LVPG practices) and Aug. 2015 (Lehigh Valley Hospitals), training is key to a successful Epic go-live. In advance of the Pocono go-live, all staff who work at the selected LVPG–Pocono locations and the LVH–Pocono Access Center will have Epic training. Epic training information will be shared with those colleagues in the coming days.

When Epic is operational, colleagues at LVPG–Pocono locations will use one system to access, update and validate patient information. Because each patient will have a single medical chart, health care providers across the LVHN continuum with access to Epic will be able to optimize a patient's experience – it will lessen the need for patients to explain their medical history; it will help reduce orders for unneeded tests; and will help ensure that a patient's prescriptions work well together.

Patients also will have an opportunity to open a personal MyLVHN account, providing access to the patient portal. MyLVHN is securely accessed through a patient's mobile phone or other internet-connected device and offers a convenient way to see test results, review upcoming appointments,



schedule sick or well visits, have an LVHN Video Visit, request prescription refills and more.

Missing Person Alert

BY [EMILY MITCHELL](#) · AUGUST 23, 2017

Salisbury Township Police area asking for your help to locate a missing person.

Audrey Penn is a 78-year-old female with Alzheimer's disease. She was last seen at her nursing home in the 1200 block of S. Cedar Crest Blvd. at 3:30 a.m. on Wednesday, Aug. 23. Authorities believe she could have left the nursing home anytime between 3:30 and 7 a.m. She was last seen wearing green pants and a green and purple flowered shirt.

Police are asking LVH-Cedar Crest colleagues for any information on possible sightings during the Wednesday morning commute.

If you have information, please call Sgt. Sabo or Det. Kress at 610-797-1447, or dial 911.



Watch Leader to Leader – August 2017

BY [ADMIN](#) · AUGUST 22, 2017

Do you want to know what's going on in our health network? Watch the Leader to Leader meeting, which are held the third Thursday each month. Using a PowerPoint presentation as a guide, colleagues share updates on key issues and initiatives. Here are this month's presentations.

In order to watch the below videos, you need to have Microsoft Silverlight installed on your computer. If the links do not open properly, try refreshing your browser. If you have questions or need assistance, please contact information services at 610-402-8303.)

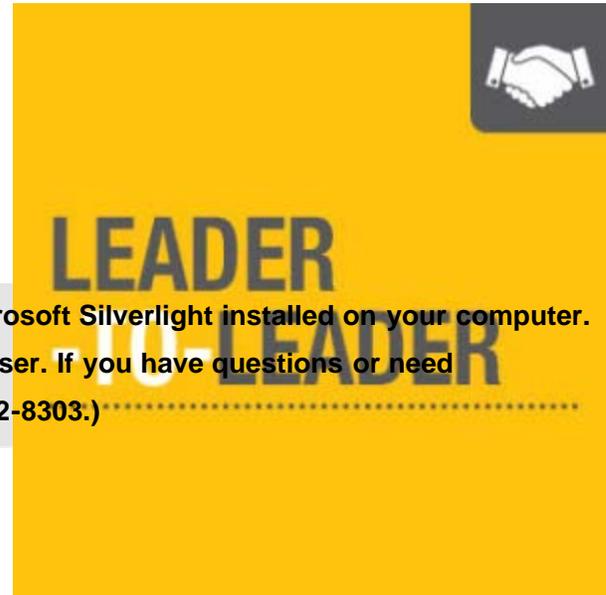
[August PRIDE/Service Star](#)

[Convenience Strategy at LVHN](#)

[Focus on Health & Wellness](#)

[Network Metrics](#)

[Respect & Inclusion](#)



LVHN Colleagues Catch the Solar Eclipse

BY [EMILY MITCHELL](#) · AUGUST 21, 2017

Across the health network, colleagues took time Monday afternoon to witness the solar eclipse of 2017.

Did you watch the eclipse with colleagues? Share a photo with us [here](#) and look for your picture on LVHN Daily.

eclipse2



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Colleagues watching the solar eclipse at the 1245 building.