

Attend an Open Enrollment Help Session

Get assistance to select the right benefits for you.

New Surgeons Strengthen LVHN's Excellence

Michael Pasquale, MD, welcomes 18 surgeons to our team.

TigerText: A New Secure Messaging System

Get the app to transmit information safely.

Affordable Health Plans for Medicare Patients

They're available to eligible patients of LVHN physicians.

Starting the Day on a Top Note

Kim Jordan shares her uplifting conversation with a colleague.

Attend the Regional Urology Symposium

It will be held Oct. 20 and 21 at Skytop Lodge.

Bill Reppy Named to Congressional Roundtable

Improving the Affordable Care Act is the group's aim.

This Week's United Way Winners

If you donated, your name may be on the list.

Your Retirement Plan at Work

Register for this VALIC seminar.

Visit New York City Nov. 25

Join the Recreation Committee on this holiday trip.

Colleague Flu Shot Clinics Begin

[See Dates](#)



Women's Self-Defense Course

[Register](#)



Give to the United Way

[Read More](#)



LVHN news

LVHN Claims Morning Call
Readers' Choice Awards »

Sinusitis – A Common Ailment
So Easily Confused »

Know the Signs of Gallbladder
Disease »

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Open Enrollment Starts Oct. 6. Attend a Help Session.

BY [SHEILA CABALLERO](#) · OCTOBER 3, 2017

It's time to choose your benefits for 2018.

Your health and the health of your family is important to LVHN. That's why we offer a comprehensive benefits package for all benefit-eligible colleagues. Here's what you need to know:

- **Review your packet** – Review the 2018 Open Enrollment packet you received at your home address in September.
- **Choose your benefits** – Choose the benefits that best meet your needs and those of your benefit-eligible dependents. Benefit options include medical, dental, vision, supplemental life and flexible spending options.
- **Get assistance** – If you have questions or need assistance making your selections you can attend one of our convenient [Help Sessions](#). (You will need your SUI and password to log into Lawson during Help Sessions.) You may also refer to our [2018 User's Guide](#) for step-by-step instructions to guide you through the process.
- **Enroll Oct. 6-27** – Once you're ready, go to Lawson (on your SSO toolbar) to make your selections. You may continue to make changes to your selections until the close of Open Enrollment on Oct. 27. You must click "Save Your Enrollment" once you have made all your selections.

Please note that all colleagues must re-enroll in benefits each calendar year, even if your selections don't change. If you choose not to elect LVHN's benefit offerings, you should select the "waive" option in Lawson.

If you have questions about Open Enrollment, please call the Colleague Benefit Resource Center at 484-884-3199.

2018 LVHN Health Plan



LVHN.org 800-882-LVHN
Lehigh Valley Health Network

New Surgeons Strengthen LVHN's Surgical Excellence

BY [ADMIN](#) · OCTOBER 6, 2017

This message is from Michael Pasquale, MD, Chair of the Department of Surgery.

Exceptional organizations have one thing in common. They are all made up of great people. That is abundantly clear at LVHN. Our health network is exceptional because of the skilled, dedicated, experienced and compassionate people who comprise it.

In my role as Chair of the Department of Surgery, I see how health care professionals with these characteristics impact the lives of patients and their loved ones every day. The high-quality, safe care colleagues deliver gives people peace of mind. Their drive for excellence results in LVHN being ranked among the nation's best hospitals by respected organization such as Vizient, U.S. News & World Report and the American College of Surgeons.



Furthermore, we're delivering leading-edge surgical care to a large number of people. At the [LVHN Institute for Special Surgery](#), we perform more than 35,000 surgeries and 100,000 procedures every year, which is 70 percent more surgical procedures than any network in our region. That's evidence the people of our community confidently rely on us to provide the best possible care. We're humbled by their trust in us and driven to make our surgical teams even stronger in all the communities we serve.

To ensure people have access to the surgical care they need close to home, we're adding and recruiting new surgeons to our team. Our newest physicians come to LVHN from renowned organization such as Brigham and Women's Hospital and UPMC. Each surgeon has the skill and experience people have come to expect at LVHN.

Please welcome these surgeons to LVHN, visit their [Find a Doctor](#) profiles on LVHN.org, and spread the word in our community that LVHN is the place for special surgery and innovative procedures.

Cardiothoracic surgeons with [LVPG Cardiac and Thoracic Surgery–1250 Cedar Crest](#)

- [Ahmed Nassar, MD](#), performs surgery at LVH–Cedar Crest and LVH–Muhlenberg.
- [Kelly Wanamaker, MD](#), performs surgery at LVH–Cedar Crest, LVH–Muhlenberg and LVH–

Pocono.

- **Richard Chang, MD**, specializes in minimally invasive thoracic surgery and performs surgery at LVH–Cedar Crest and LVH–Muhlenberg.

Orthopedic surgeons with [LVPG Orthopedics and Sports Medicine](#)

- **Rupam Das, MD**, specializes in general and sports-related orthopedic surgery, and performs surgery at LVH–Muhlenberg.
- **Jonathan Brown, MD**, specializes in total joint replacement surgery. He will join our team in July 2018 and perform surgery at LVH–Muhlenberg.
- **Daniel Torres, MD**, specializes in hand surgery and performs surgery at LVH–Muhlenberg.
- **Chelsea Evans, DO**, specializes in family practice and sports medicine, and performs surgery at LVH–Cedar Crest.
- **Peter Spohn, MD**, is a general orthopedic surgeon who performs surgery at LVH–Hazleton.

Plastic surgeon with [LVPG Plastic and Reconstructive Surgery–1243 Cedar Crest](#)

- **Yee Cheng Low, MD**, is a general plastic surgeon who performs surgery at LVH–Cedar Crest and LVH–Muhlenberg.

Urologic surgeon with [LVPG Urology–Muhlenberg](#)

- **Jatin Gupta, DO**, is a general urologic surgeon who practices at LVH–Muhlenberg.

Trauma surgeons with [LVPG General and Trauma Surgery–1240 Cedar Crest](#)

- **Malia Eischen, MD**, specializes in general and trauma surgery and practices at LVH–Cedar Crest.
- **Rolene Adolphine, MD**, specializes in general and trauma surgery and practices at LVH–Pocono.

General surgeons

- **Mark Nicolau, MD**, with [LVPG General and Bariatric Surgery–Muhlenberg](#), is a general surgeon who performs surgery at LVH–Muhlenberg.
- **Martin Walko, MD**, with [LVPG Surgery–Health & Wellness Center](#), specializes in general and bariatric surgery and performs surgery at LVH–Hazleton.
- **Josh Nochumson, MD**, with [LVPG Surgery–Health & Wellness Center](#), specializes in general and

colorectal surgery and practices at LVH–Hazleton.

- **Jonathan Perry, MD**, is a general surgeon who will join the surgical team at LVH–Hazleton in July 2018.
- **Blake Stewart, DO**, is a general surgeon who practices at LVH–Schuylkill.

Neurosurgeon

- **Luis Cervantes, MD**, specializes in general, spine and trauma surgery, and practices at LVH–Pocono.

In the future, we'll continue to introduce you to new LVHN physicians on LVHN Daily. It's one more way we're giving you the information you need to be an LVHN advocate in our community. Tell your family and friends about all our physicians. Together, we'll make our community healthier and LVHN even stronger.

TigerText – LVHN’s New Secure Messaging System

BY [TED WILLIAMS](#) · OCTOBER 3, 2017

Clinicians often need to communicate with a colleague about a patient. How often does this happen?

- The colleague is on rounds or in the operating room and cannot be disturbed.
- The clinician phones and waits for the colleague to call back but is tied up when the callback comes.
- The clinician sends an alpha page asking the colleague to call but runs into the same callback issues.
- The clinician considers sending a quick text but realizes standard texting applications aren’t secure and aren’t to be used to transfer patient information.



Such headaches are commonplace and time-consuming. That is why LVHN has taken steps to address the problem with [LVHN Secure Messaging](#), a cellphone, web and desktop app called TigerText that’s being used in hospitals across the country. It permits secure exchanges of patient information and other sensitive communications, including photos and video if necessary, in a moment’s notice. LVHN also is working with TigerText on the implementation of role-based functionality, which is the ability to assign a provider to a role, allowing a user to text based on a role rather than needing to know who is on call.

“It’s very similar to the texting feature in your cellphone with some significant enhancements,” says LVHN Chief Medical Information Officer Donald Levick, MD. “It is a much more convenient, efficient way to securely exchange information versus picking up a phone to page someone, then having to wait until that person responds.” In addition to the mobile app, TigerText also offers web and desktop versions.

Levick’s team, the information services (I/S) department and various clinicians, began testing the TigerText app in December and have been rolling it out to providers and other departments over the last six months. While the primary target was clinical departments for the secure exchange of medical information, it’s also proven to be a valuable tool among nonclinical departments that have the need for immediate confidential communications. TigerText is available to LVHN colleagues on all campuses who receive supervisor approval, and implementation is ongoing.

“We are working to define pilot programs to our nursing staff at this point,” Levick says. “When the role-

based functionality enhancement is complete, we will begin to pilot hospital-issued mobile devices for our nursing staff.”

As cellular coverage has been an issue in some LVHN facilities and in some specific areas, colleagues always have the opportunity to access the Wi-Fi portion of LVHN’s Guest Network. Visit the secure messaging page for [Wi-Fi details](#).

Initially, TigerText went live on Dec. 27, 2016, being deployed to 530 “early introduction customers” – LVH–Cedar Crest physicians and residents. TigerText was deployed to the entire medical staff in January and more recently has been made available network-wide. To date, more than 3,500 colleagues utilize TigerText and the expectation is the system will soon become a crucial element in LVHN communications. Already, more messages are being exchanged through TigerText than through health network pagers. You can [register for TigerText](#) today.

“Pagers have become outdated, and TigerText will likely be replacing them network-wide except for some specific uses, such as code pagers,” Levick says. “We still have some things to work out, but I’m sure this will prove to be an invaluable tool in the near future.”

Medicare Patients of LVHN Physicians Eligible for New Affordable Health Plans

BY [TED WILLIAMS](#) · OCTOBER 2, 2017

Colleagues who know someone who is Medicare-eligible and has an LVHN physician as a health care provider should let that person know about several affordable 2018 Medicare Advantage health plans through Highmark Blue Shield. These health plans will be made available during the insurance company's annual election period running from Oct. 15 through Dec. 7.



The wide-range of plans include a zero-dollar monthly premium that will be offered in Lehigh and Northampton counties, and plans with very low price points that will be available in Carbon, Schuylkill and Monroe counties as well as Lehigh and Northampton.



[LVHN entered into a partnership with Highmark Blue](#)

[Shield last year](#) in order to create long-term health improvements that would lower costs for both individuals and employers.

This press release provides more details on the new Medicare Advantage plans being offered through Highmark Blue Shield below.

Highmark Blue Shield Announces 2018 Medicare Advantage Plans for Central Pennsylvania

PITTSBURGH (Oct. 1, 2017) – Highmark Blue Shield announced today a wide range of affordable Medicare Advantage health plans for Medicare-eligible individuals to choose from during the 2018 annual election period, which begins October 15 and runs through December 7, 2017.

“Our plans are simple to understand and easy to use,” said Debbie Smith, senior vice president of Senior Markets at Highmark. “We offer affordable plans at multiple price points including zero dollar monthly premium plans. We are especially pleased that Highmark’s extensive network in Central Pennsylvania includes in-network coverage with our strategic partner Lehigh Valley Health Network.”

“Partnering with Highmark for the benefit of our Medicare-eligible population is an excellent adjunct to the recent expansions of Lehigh Valley Health Network into the east-central regions of Pennsylvania,” said Gregory G. Kile, chief insurance officer, Lehigh Valley Health Network. “Our quality care and the

flexible options provided by Highmark are a perfect match for optimizing the health of our communities.”

Community Blue Medicare HMO, Highmark’s most popular Medicare Advantage plan in Western Pennsylvania, will now be available with a zero premium for the first time in Central Pennsylvania.

Members pay:

- No additional monthly premiums
- No co-pays for primary care visits
- No co-pays for tier one generic drugs at preferred pharmacies
- No deductibles

“Seniors tell me they love the idea of zero premium plans, but then ask how much the monthly premium is,” Smith noted. “They cannot believe such plans are possible. Yet, Highmark has over twenty thousand members enrolled in zero premiums plans who already know they’re not too good to be true.”

Community Blue Medicare HMO zero premium plans offer members robust medical and prescription drug benefits as well as many supplemental benefits. Like members in other Highmark Medicare Advantage health plans, they can access routine dental cleanings every six months, routine vision care, free SilverSneakers gym memberships, routine chiropractic treatment and hearing aids. Annual wellness exams and preventive health screenings are also included. Consumers can read more about zero premium plans on the [Highmark Health Blog](#).

Community Blue Medicare PPO is Highmark’s new product offering for 2018. Community Blue Medicare PPOs offer the same benefits and use a similar network as the Community Blue Medicare HMO plans, with the additional freedom to travel across the United States and find in-network coverage. Detailed descriptions of all Highmark Medicare Advantage plans, including network and pricing are available at Shop.Highmark.com/Medicare.

Highmark’s Medicare Preferred Value Network for Pharmacy is another new benefit for Medicare eligible individuals in Central Pennsylvania. It is one of several ways Highmark helps members save money on prescription drugs. Members who choose to fill their prescriptions at participating pharmacies will save money on prescription co-pays and coinsurance, including a zero dollar co-pay for tier one preferred generic drugs. Participating pharmacies include Giant, Rite Aid, Walgreen’s, Walmart, Costco, Sam’s Club and other popular retail pharmacies.

Highmark’s Freedom Blue PPOs, BlueRx PDP standalone prescription drug plans, and Medigap Blue Medicare Supplement plans round out Highmark’s Medicare product offerings for 2018. Medigap Blue members have access to any local hospital in Pennsylvania and any physician of their choice.

Starting the Day on a Top Note

BY [KIM JORDAN, DNP, RN](#) · OCTOBER 6, 2017

Earlier this week, I started my day learning from one of our colleagues, Judylee Negrete, RN, a PICC nurse at LVH–Muhlenberg. As I told her at the end of our chat, I wish every day could start with an uplifting conversation like this one.

To give you some background, Judylee started her career as a nurse’s aide at Muhlenberg (back in 1978 when it was called Muhlenberg Medical Center). With the encouragement of her nursing colleagues, she earned her registered nurse license in 1991. During her career – almost entirely spent at LVH–Muhlenberg – Judylee has provided care in the ER, the ICU, was a patient care coordinator (PCC) and is now a PICC nurse. “Looking back, I would do nothing ever except be a nurse,” she says.



Here are some of the great takeaways I got from our discussion:

Be open to learning

Early in her career, Judylee was floated to several units. She says, “I didn’t like it very much and said so.” But one day, Anne Panik, RN, (former CNO for LVHN and former director of the ER at LVH–Muhlenberg), spoke to Judylee. “She told me that anything out of my comfort zone was a learning experience and that I should embrace the float assignments and learn from them. I never forgot Anne’s advice. I have spent the rest of my career being open to learning experiences, whether I was faced with new challenges or new opportunities, such as learning the skills I needed to be a PICC nurse.”

Share your knowledge as a mentor

“I have mentored a lot of people in my 30-plus years in health care. Some of those people are now managers, which makes me feel very proud,” Judylee says.

To be an effective mentor, follow Judylee’s tips:

- Make sure the person you are mentoring knows that no question is silly or should not be asked. Share your wealth of information.

- New nurses have a lot of “book knowledge” but much less clinical experience. Let your mentee know you will show them how to do an unfamiliar clinical procedure and that they should never be afraid to ask for help.
- Offer constructive critiques so your mentee knows you sincerely care about them and you will help them refine their patient care knowledge.

Phenomenal attitude

Judylee’s long career here is thanks to many things, including (I believe) her phenomenal attitude and, she says, the people she has worked with. “It’s the simple things I remember. People thanking you. Families and patients who are happy to see you. Co-workers who boost your morale with a kind word. There’s always another day in our journey, so take it and run with it.”

Why do you love being a nurse at LVHN? If you are willing to share your thoughts, as Judylee did, please email me (Marie.Jordan@lvhn.org), and we will feature another nurse or two in the future.

Thank you

Spending time listening to Judylee Negrete’s thoughts about being a nurse here at LVHN, and what might encourage others to spend their careers here, made me feel great about our mutual home away from home. Some conclusions from our chat:

- We all want to feel appreciated.
- We all want to be heard.
- We can all contribute to both of those areas.

I appreciate the professional (and exceptional) care you give to patients. Not a day goes by that I do not hear from a patient, family member or a colleague about your skill and compassion. I also want you to know my email and ears are open. Contact me with your ideas (Marie.Jordan@lvhn.org); help us make LVHN the place everyone wants to work. I’m in this for the long haul. How about you?

Kim



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.

Regional Urology Symposium at Skytop Lodge Oct. 20-21

BY [TED WILLIAMS](#) · OCTOBER 3, 2017



Five LVHN urologists will be among 23 presenters taking part in the 3rd Regional Urology Symposium: Advances and Updates, a network-sponsored educational program scheduled for Oct. 20-21 at Skytop Lodge, 1 Skytop Lodge Road in Skytop, Pa.

Angelo Baccala, MD, LVHN's Chief, Division of Urology, joins fellow health network urologists Joseph Feliciano, MD, Clifford Georges, MD, James Johannes, MD, and Maria Voznesensky, MD, in the program. The symposium also features physicians from Cleveland Clinic, Memorial Sloan Kettering Cancer Center and Fox Chase Cancer Center among other highly regarded institutions. Suresh Nair, MD, Physician-in-Chief, LVHN Cancer Center, will be presenting as well.

All LVHN physicians, residents, advanced practice clinicians, nurses and allied health care providers are invited to attend the program. LVHN designates this educational activity for a maximum of 11.75 AMA PRA Category 1 Credits. Physicians should only claim credits with the extent of their participation in the educational activity.

Urologic topics for the Friday, Oct. 20 session include:

- Endourology, 8:15-9:50 a.m.
- Kidney Cancer, 10:05 a.m.-noon
- Prostate Cancer, 1-2:35 p.m.
- Female Urology, 2:50-4:45 p.m.

Saturday, Oct. 21 topics include:

- Benign Prostatic Hyperplasia (BPH), 8-9:35 a.m.
- Erectile dysfunction and Men's Health, 9:50-11:25 a.m.
- Hot topics in 2017, 11:25 a.m.-1 p.m.

Registration fees include the educational program plus related food events (breaks, lunches, Friday evening reception). The fees are as follows:

- Physicians – \$349 prior to Oct. 13; \$374 on site (if space permits)
- Advanced Practice Clinicians – \$200 prior to Oct. 13; \$225 on site (if space permits)
- Residents/Nurses/Other – \$100 prior to Oct. 13, \$125 on site (if space permits)

The complimentary Friday evening reception will be held for all registrants. Anyone wanting to add a guest for the reception should include an additional \$100 payment prior to Oct. 12, \$125 on site.

To register for the program, [complete electronic registration and payment by credit card online](#). You will receive an email confirmation of your registration. Anyone with questions should call the Department of Education at 610-402-2277.

Reppy Named to Congressional Roundtable on Health Care

BY JANE DANISH · OCTOBER 5, 2017

LVH–Schuylkill President Bill Reppy has joined a roundtable panel of community members directly impacted by health care legislation to discuss and debate the Affordable Care Act (ACA) and offer recommendations on how to improve the ACA.

The roundtable is an initiative of U.S. Rep. Matt Cartwright, whose district includes Schuylkill County and portions of Carbon, Lackawanna, Luzerne, Monroe and Northampton counties. Cartwright serves on the House Committee on Appropriations and the Committee on Oversight and Government Reform.

Reppy will join 21 other individuals including other medical professionals, business owners, representatives from patient advocacy groups, insurance company professionals and others.

“This roundtable represents a diverse cross-section of our business, industry and health care community,” Reppy says. “LVH–Schuylkill is very pleased to have a seat at the table where we will discuss the challenges and opportunities we face.”

The roundtable format is meant to encourage discussion, debate and conversation among a diverse group of professionals in order to recommend sustainable solutions to strengthen our health care system. The outcomes from the panel will be shared with other members of Congress as part of ongoing work to reform and refine the ACA.

According to the congressman, the roundtable was formed because health care is a complex national issue. Additionally, it is one of the few issues that has a direct impact on Americans young and old, regardless of socioeconomic status, race, gender or ability.

“I am eager to begin the roundtable meetings early next month, and I look forward to the lively conversation that will ensue from such an accomplished and passionate group of people,” Cartwright says.



Are you a Winner? You can be When you Give to the United Way.

BY [ADMIN](#) · OCTOBER 5, 2017

Our annual LVHN United Way campaign runs through Dec. 1. This year's theme is "Our Future. Our Community." Your donation will help the United Way of the Greater Lehigh Valley support vital community-based programs that focus on education, food access, healthy aging and emergency services.

Each week, colleagues who donate are entered into a drawing for a variety of exciting prizes. Don't fret if you don't win. Your name will automatically be entered into the following week's drawing. Below is the list of winners for week one.



Winner

Prize

Susan Shutt Gift certificate: Recreation Committee tickets/trips

Donated by: LVHN Recreation Committee

Krista Egner Gift card: Tapas on Main/Cachette Bistro & Creperie

Donated by: Tapas on Main/Cachette

Magdalene Cruz-Rivera Gift card: The Udder Bar

Donated by: The Udder Bar

Kimberly Reitz Gift card: Sodexho

Donated by: Sodexho

Martha Ramirez LVHN PTO Day

Donated by: Human Resources

Basil Dolphin Gift card: Feasta Italiano

Donated by: Feasta Italiano

Tiffaney Graner Personal Training Session (\$75)

Donated by: LVHN Fitness

Michael Weiss Personal Training Session (\$75)

Donated by: LVHN Fitness

There's still time to donate. You can give to the campaign by clicking the United Way icon on your SSO toolbar. *(Please note: To donate to the United Way, you must click the "United Way" icon. If the icon does not appear, refresh your toolbar under the "Options" drop down. The "Give Now" icon is for colleagues to donate to Lehigh Valley Health Network.)*

VALIC – Your Retirement Plan at Work

BY [TED WILLIAMS](#) · OCTOBER 4, 2017

VALIC Retirement, the company managing our retirement plans, will host the seminar “Your Retirement Plan at Work” at the following locations:

Oct. 10 – 12-1 p.m., LVHN–Mack Boulevard room 6B

Oct. 11 – 12-1 p.m., LVH–Cedar Crest ECC room 5

Oct. 12 – 12-1 p.m., LVH–17th Street auditorium

Oct. 18 – 12-1 p.m., LVH–Muhlenberg ECC room D

Oct. 19 – 12-1 p.m., LVHN–One City Center room 8 East 2



Registration is required to attend one of these seminars. [Click here to register](#) and enter one of the following codes:

For LVHN–Mack Boulevard seminar: LVHALL11AZ

For LVH–Cedar Crest seminar: LVHALL11AV

For LVH–17th Street seminar: LVHALL11AR

For LVH–Muhlenberg seminar: LVHBET11AS

For LVHN–One City Center seminar: LVHALL11AV

VALIC Retirement advisors are available to help you at:

LVH–Cedar Crest:

Jeff Hofmann: 610-402-8801

Michael Ryan: 610-402-8801 (advisor for LVPG colleagues)

-

LVH-17th Street:

Tim Schroyer: 610-969-2625

-

LVH-Muhlenberg and Health Network Laboratories:

Kevin Gertz: 610-392-9912

-

LVHN-One City Center:

Michael Ryan 601-402-8801

Tim Schroyer 610-969-2625

Questions about Medicare supplements, Advantage or prescription plans?

Peggy Strouse 484-862-3478

New York On Your Own Holiday Trip on Nov. 25

BY [TED WILLIAMS](#) · OCTOBER 4, 2017

Join the LVHN Recreation Committee on its annual holiday trip to New York City. Take a horse and buggy ride through Central Park, see a Broadway show, spend the day shopping, take the double decker bus tour and see the many sights of New York or just walk around and enjoy the sights and sounds of the city during the holiday season.

Bieber Bus will leave from the water tower area of LVH–Cedar Crest campus at 8 a.m. and depart New York at 7 p.m.

Saturday, Nov. 25, 2017

New York On Your Own Holiday Trip

Price: \$30 per person

[Complete a registration form](#) or contact [Nikki Maranki](#) for more details.

