

1-5-2017

## Daily Dose: January 05, 2017

CentraCare Health

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# Daily Dose

OUR BEST  
BEGINS WITH **ME**



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Jan. 5, 2017

Submit items to [communications@centracare.com](mailto:communications@centracare.com) by noon the day prior to publication.

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## Events

[centracare.com](http://centracare.com)

### Residency newsletter

Read the [CCFHC Preceptor Connection](#), and hear from second-year resident, Amy Olmschenk, DO, as she gives Preceptor recognition to Patrick Kern, DO, in rheumatology and hear from first-year resident, Brittany D. Kirkeby, DO, on learning by experience.

### EAP webinar

*"SMART goals for the new year"*

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## CentraCare Health

### We Envision Value focus

The “value” arm of our Triple Aim Strategic Framework calls upon us to continually identify and implement ways to reduce costs, while maintaining or improving quality and service. Our We Envision Value (WEV) program captures these cost savings. Recorded savings through November 2016 were \$654,000, which is far short of the \$15 million goal.

For these reasons, we have asked all leaders in the health system to focus on achieving \$25,000 in cost saving in the third quarter, Jan. 1, 2017 – March 31, 2017. Leaders will need the support of all employees to reach this goal. Please be curious and open to more efficient ways of doing your work, and please also be accountable for doing your part in identifying and implementing cost saving measures. The executive team thanks you in advance for the way you will step up to this challenge — you always do! And we sincerely appreciate it.

### Flexible Spending Account reminders

#### 2017 Flexible Spending Accounts

- **Health Partners is the new claim administrator for 2017 Flexible Spending Accounts (FSA).**
- 2017 FSA can be viewed on the Health Partners website at [healthpartners.com/centracare](http://healthpartners.com/centracare). If you don't currently have a Health Partners account, you will need to set one up.
- **\*\*All 2017 claims** need to be submitted directly to Health Partners. See the FSA User Guide found on [CentraNet/Employee](#)

Attend this free Employee Assistance Program (EAP) webinar from 1-1:30 p.m. **Jan. 6** at any computer with Internet and sound.

Often, the transition to a new year is a signal to many people that it's time to make a change. This seminar will explore prioritizing personal and professional goals through making them specific, measurable, assignable, realistic and timely.

[Click here](#) to register.  
(Registration is required.)



Resources/Benefits/FSA tab.

- **\*\*\*If you received a “Benny Card” in the mail, they are to be used to purchase prescriptions only.**

### **2016 Flexible Spending Accounts**

- Employees have until **March 15** to turn in claims for any balance remaining from 2016. **All 2016 claims will continue to be submitted to Human Resources for processing** until the March 15 deadline. Remember that the dates of service must be from 2016.
- Balances for 2016 can be viewed in Employee Self Service on CentraNet. Visit [CentraNet](#)/Employee Resources/Benefits/FSA tab for instructions.
- **2016 Medical Expense Rollover:** An accumulative total of up to \$500 of unused 2016 medical expense will roll over into an account at the end of March 2017 and be transferred to a Roll Over account with Health Partners on April 1, 2017. Information regarding 2016 Roll Over accounts can be viewed on [CentraNet](#)/Employee Resources/Benefits/FSA tab for 2016 Roll Over.

### **VISTA program offers position at farmers market**

#### ***Applications due Jan. 9.***

AmeriCorps VISTA is looking for someone to work full time for one year at CentraCare Health Foundation’s BLEND program beginning Jan. 30. This person's main focus will be expanding and promoting the already successful farmers market to increase the impact and scope. He or she also will execute promotional activities for the farmers market for both internal and external audiences including signage, press releases, blog posts, media relations and more. He or she also will plan nutritional education activities to take place at the farmers market, collect feedback to improve relationships with partners and increase access to those in poverty, participate in cultural and professional development training, find ways to make the healthy choice the easy choice and

### **Earth Day Early Bird Deadline Jan. 8**

Register for the popular [CentraCare Earth Day Run](#) event through Jan. 8 and you can take advantage of all early bird discounts. The event will take place **April 21-22** on the St. Cloud State University campus and has something for all ages and activity levels. Exclusive for employees only, the Employee Wellness Program will offer a \$35 discount and 25 wellness points for participating, including participating as a volunteer. Hurry, [get the full details](#) today so you don’t miss out on this special offer, including doing the 5K run or walk for free.

### **Outpatient Nicotine Dependence Program**

This five-week outpatient nicotine dependence program, from 4:30-5:30 p.m. beginning **Jan. 11**, features personalized treatment, a support group,

so much more. This position will be based out of CentraCare Health Plaza, but will include work within other CentraCare sites and the greater St. Cloud community.

[Click here](#) for more information and to apply.

## New Wellness website

CentraCare has partnered with Viverae, a wellness program provider, to deliver a fun and engaging experience to help you create or maintain a healthy lifestyle. Feel good every day with a secure website that lets you begin working on health goals with peer challenges, health app and device data integration and more resources to help you make measurable progress toward your goals.

All CentraCare Health employees are eligible to participate in the program by logging on to [www.centracarewellness.com](http://www.centracarewellness.com).

**Employees need to create a new account.** [Click here](#) for directions.

**Participants have the option to receive text message reminders.**

- Complete Member Health Assessment (MHA) and Biometric Screening
- Important challenge sign-up dates and targeted program deadlines

Note: Opt-in on [www.centracarewellness.com](http://www.centracarewellness.com) to receive text message reminders. Standard text messaging rates apply.

All programs are confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Any information shared with the Viverae® team will not be disclosed, except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

## Tips for winter

medication therapy, relapse prevention and self-help plan. The program takes place at and is led by experts from the CentraCare Heart & Vascular Center. Call ext. 57448, for more information. If this date and time doesn't fit your schedule, talk to us about other options.

## Verbal De-escalation for Providers

This presentation from 6-7 p.m. **Jan. 17** will help providers plan appropriate responses to de-escalate potentially violent situations and apply de-escalation tips in response to difficult behavior in the safest, most effective way possible.

This live activity earns a maximum of 1.0 AMA PRA Category 1 Credit™.

[Click here](#) for more details.

## exercise

CentraCare Earth Day Run will be held **April 21-22**, but early bird registration ends soon. Sign up by the end of the day on Sunday to take advantage of the best prices.

For those starting to train for one of the Earth Day races or just trying to be healthier in 2017, [we've got tips](#) to help you safely exercise in winter.



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## St. Cloud Hospital



### Top 10 baby names for 2016

St. Cloud Hospital compiled the top girl and boy names for babies born in the Family Birthing Center at St. Cloud Hospital in 2016. [Click here](#) to see the top 10!

### Heart Center's echocardiography laboratory re-accredited

The CentraCare Heart & Vascular Center's echocardiography laboratory has been re-accredited by the Intersocietal Accreditation Commission (IAC). The Heart Center has been accredited by the IAC since 1997. IAC grants accreditation to facilities that provide quality patient care in compliance with national standards

## Schwartz Center Rounds®

### *"From College to Chemo: Lessons from a Teenager"*

Employees are invited to Schwartz Center Rounds® from noon to 1 p.m. **Jan. 17** in St. Cloud Hospital Hoppe Auditorium for a presentation titled "[From College to Chemo: Lessons from a Teenager.](#)"

Box lunches are provided starting at 11:30 a.m. No registration required. For more information, contact Judy, ext. 71285.

Schwartz Center Rounds sessions are open to all employees, affiliated clinicians, trainees and other authorized personnel.

## Advanced Practice Provider Education

CentraCare Health advanced practice providers are invited to attend a [Palliative Care presentation](#) from 11:30 a.m. to



through a comprehensive application process and detailed case review.

## South Bistro open on week-ends in January

The South Bistro at St. Cloud Hospital will be open from 7:30 a.m. to 2:30 p.m. on week-ends in January.

Have you found Our Best Begins With Me working for you at home or work?

Share your success story at [questions@centracare.com](mailto:questions@centracare.com)

OUR BEST  
BEGINS WITH **ME**

[Registration](#) from 7:30 a.m. to 12:30 p.m. **Jan. 25** in the St. Cloud Hospital Spruce Room.

No registration necessary.

Participants can earn a maximum of one contact hour.

 **BOUNCE BACK**  
promoting health through happiness

## Wanna Come Out and Play?

The Bounce Back Project is hosting a night of laughter with [Wanna Come Out and Play](#), featuring the comedy of The Peabody Players at 8 p.m. **Jan. 27** at River City Extreme in Monticello. Online registration is available for \$10 at [centracare.com](http://centracare.com).

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