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Daily Dose: January 10, 2017

CentraCare Health

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Daily Dose

OUR BEST
BEGINS WITH **ME**



Jan. 10, 2017

Submit items to communications@centracare.com by noon the day prior to publication.

[Attend Our Service Promise workshop](#)

[Interruption of service for employee ID badges](#)

[Get your W2, 1095-C documents through Employee Self Service](#)

[Compliance Week word find](#)

[No shame. No blame. No names.](#)

[Please use B level when walking indoors at St. Cloud Hospital](#)

CentraCare Health

Events

centracare.com

Employee/volunteer meetings

Plan to attend an employee/volunteer meeting. President & CEO Ken Holmen, MD, will present along with a senior leader from your area.

- **Jan. 13:** 7:30 a.m. & 10 a.m., CCH – Sauk Centre
- **Jan. 30:** 7:30 a.m. & 2:30 p.m., CCH – Monticello
- **Jan. 31:** 7:15 a.m., 12:30 p.m., 2:15 p.m., CCH – Melrose

Attend Our Service Promise workshop

Our Service Promise is focused on the service we provide to each other, our patients, our visitors and our community. As employees of CentraCare Health, we will be committing to seven promises to help deliver on Our Best For You. Over the next two years, all employees will have an opportunity to attend an Our Service Promise workshop. Workshop schedules are available in Pathlore. Our Service Promise is built from Our Best Begins With Me and Our Best For You work, so you must attend an Our Best Begins With Me workshop before attending an Our Service Promise workshop.

To register:

- Go to the Learning Center on CentraNet. Access the Online Education Registration Center.
- Under “Find a Class,” click on “course catalog.”
- Then type in “promise.”
- Click on “select.”
- Then “register for a class.”
- All available classes will be displayed. Follow the prompts to complete your registration.

If you have questions, contact the Education department or your department leader.

Interruption of service for employee ID badges

No CentraCare Health employee ID badges will be issued from noon **today** to

OUR SERVICE PROMISE

Weight Watchers Webinar: The Weight Watchers Experience

During this **free** webinar at 2 p.m. **Jan. 17**, Weight Watchers experts will take you through a guided tour of the Weight Watchers Beyond the Scale Program including these topics:

- How to eat better, move more and shift mindset
- Weight Watchers SmartPoints food plan
- Digital and mobile tool

Get behind the scenes, interact with our experts and ask questions in this engaging setting.

[Click here](#) to register.



noon **Jan. 11** due to new carpet installation. We are sorry for any inconvenience this may cause.

Get your W2, 1095-C documents through Employee Self Service

Log in to Employee Self Service (ESS) on [CentraNet](#) and click on “My Delivery Settings” and authorize electronic delivery of your 2016 W2 and 1095-C Affordable Care Act document. Doing so will save you time as you won’t need to wait for your W2 or 1095-C to arrive in the mail. W2 and 1095-C documents are not emailed to you. An email is sent to notify you that documents are ready. Log into the ESS website and print your documents at your convenience. Previous year documents are available there as well.

Electing electronic W2s and 1095-C documents is a very secure method to receive your documents. By electing electronic documents, you are minimizing the opportunity for your personal data to be lost or stolen in the mail and saving supply and postage dollars for CentraCare!

The ESS site is protected by CentraCare Information Services security. The website you visit to print your W2 and 1095-C is fully protected within the firewall at CentraCare. If you have questions or concerns, please call Human Resources or Payroll at ext. 54591.

Compliance Week word find

Please print and complete the [Compliance Week word find](#) and send it via interoffice mail by **Jan. 11** to CentraCare Health Compliance, Stearns Way. All who participate will be put into a drawing taking place Jan. 13. Two winners will each win \$30 toward logowear.

No shame. No

Greater St. Cloud Area Pillars Forum

Attend the Greater St. Cloud Area Pillars Forum from 7:30-10 a.m. **Feb. 1** at the River's Edge Convention Center, St. Cloud. The 7th Annual “Better Together” community forum will feature:

- Don Ness, former mayor of Duluth, who will present “How to Foster Community Vitality and Inclusion”
- A snapshot presentation on the poverty in the greater St. Cloud area
- Highlights from the community pillars: community engagement, arts, entertainment and recreation, housing, infrastructure, economy, safety, education,



and the police will not be notified. The hospital will give protective shelter, health care and aid to newborns. The health care providers will work with county social services to find a home for the baby. [Learn more.](#)

St. Cloud Hospital

Please use B level when walking indoors

Employees who walk indoors to get their daily exercise should walk on B level which includes the long gray mile. **When walking on B level, please be mindful of staff with carts and to listen and watch for staff with carts around corners.**

Please avoid walking in hallways and patient care areas on all other floors of St. Cloud Hospital to prevent disruption to patients and to protect their privacy. Please avoid the 2nd floor hallways leading to Cardiac Rehab as this is a patient care area as well.

blame. No names.

According to Minnesota law, an unharmed newborn — up to 7 days old — can be brought to any hospital or urgent care facility. A mother also can call 911 and give the baby to the ambulance staff. It is completely confidential

wellness and green

There is no charge to attend but registration is required at pillars.greaterstcloud.com.

Sponsored in part, by CentraCare Health and Feeling Good MN.

Conversations with a Cardiologist

Does red wine protect you from heart disease? Should you take an aspirin daily? Is there a heart disease gene?

CentraCare Heart & Vascular Center Cardiologist, Richard Backes, MD, will debunk myths and deliver facts for keeping your heart healthy and adding years to your life. Bring your own questions for an evening of casual, yet lively conversation on **Feb. 9**. [Find](#) ticket locations and other details.

Volunteer! Run! Walk! Get Points!

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

Share your success story at
questions@centracare.com

OUR BEST
BEGINS WITH **ME**

The popular [CentraCare Earth Day Run](#) 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. [Get the details!](#)

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