

1-12-2017

Daily Dose: January 12, 2017

CentraCare Health

Follow this and additional works at: http://digitalcommons.centracare.com/daily_dose



Part of the [Organizational Communication Commons](#)

Recommended Citation

CentraCare Health, "Daily Dose: January 12, 2017" (2017). *Daily Dose*. 9.
http://digitalcommons.centracare.com/daily_dose/9

This Newsletter is brought to you for free and open access by the CentraCare Health Publications (Newsletters, Annual Reports, Etc.) at DigitalCommons@CentraCare Health. It has been accepted for inclusion in Daily Dose by an authorized administrator of DigitalCommons@CentraCare Health. For more information, please contact schlepers@centracare.com.

Share this:   

Daily Dose

OUR BEST
BEGINS WITH **ME**



Jan. 12, 2017

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

[Our Best Begins with Me in 2017](#)

[Care Options Sheet available through Smartworks](#)

[Melon Up! Raises \\$5,000 for Coborn Cancer Center](#)

[Volunteers — Everyday heroes](#)

[Hallway closures on Medical Unit 1](#)

[Linens must be signed out](#)

[South Bistro open on week-ends in January](#)

Events

centracare.com



Hip pain slowing you down?

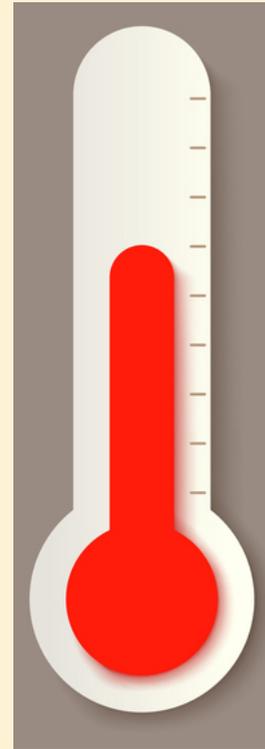
Many people are limited by hip pain in their everyday lives. As a result, playing with kids or grandkids, golfing, biking, gardening and other cherished activities may bring more pain than joy.

Our Best Begins with Me in 2017

It's 2017, and we're not done with Our Best Begins with Me (OBBWM) yet! Currently, 64 percent of staff have been trained. Work continues within departments and at all levels to reinforce the culture concepts.

Resolve to do these in 2017!

- Chart your department staff members' work styles. We know all styles get results but learn how you can work more effectively together.
- Pick a theme and dive a little deeper! Try one that is more challenging for your department or maybe your favorite. See all animations and posters. (password: CCH2016)
- Show your appreciation to someone by purchasing an OBBWM tumbler.
- Express your gratitude by sending an OBBWM thank-you note. If you need more, [email us!](#)
- Receive a free OBBWM phone case (models available are iPhone 5, iPhone 6, iPhone 6+, Galaxy s5). [Email us](#) your name, department and model of phone and we'll send you one!



Join us for a [hip pain seminar](#) from 6-7:30 p.m. **Feb. 2** at St. Cloud Orthopedics, 1901 Connecticut Ave. S., Sartell.

Andrew Mulder, MD, orthopedic surgeon will discuss:

- Hip pain and arthritis
- Surgical and non-surgical hip pain treatment options
- Robotic technologies in hip replacement

Appetizers and refreshments will be served. This event is free, but seat reservations are recommended due to limited space.

To register, call 320-255-5606 or visit [centracare.com](#).

This educational event is hosted by [St. Cloud Hospital Bone & Joint Center](#), [St. Cloud Orthopedics](#) and [St. Cloud Surgical Center](#).

Care Options Sheet available through Smartworks

With the number of care options available throughout CentraCare Health, deciding what is best for patients and families can be confusing. An updated “Care Options Sheet” now is available on Smartworks, form number 5001094. This one-page overview compares the primary care clinic, *eClinic*, Pediatric Walk-in Care, Urgency Center and Emergency Room. At a glance, patients can view and compare hours, cost, conditions treated, etc. to choose the best care for them. The information also is available on our [website](#).

	My primary care clinic	eClinic	Pediatric Walk-in Care	Urgency Center	Emergency Room
Availability	Check your clinic's hours	On-call doctor will return your treatment plan within 60 minutes if you submit your interview between 8 a.m. and 9 p.m. daily, including holidays and weekends.	Monday – Friday 8 a.m. to 4 p.m.	9 a.m. to 9 p.m. 365 days a year Check visit times at centracare.com	Anytime
Appointment	Yes	No	No	No	No
Cost	Varies by visit and insurance	\$25 plus cost of any prescription. You are only charged if your condition can be safely treated online.	Varies by visit and insurance, generally similar in cost to an office visit.	Varies by visit and insurance, generally lower cost than a hospital ER visit.	Highest cost
Location	In a community near you (Visit centracare.com for locations)	Available from any device with internet access (Visit centracare.com/eclinic)	CentraCare Health Plaza Suite 1315, St. Cloud	CentraCare Health Plaza St. Cloud	At a hospital near you
Ages	Varies	MN residents ages 2-65	Ages birth - 22*	All ages	All ages
Conditions treated	<ul style="list-style-type: none"> health screenings ongoing health conditions physicals preventive care urgent care needs wellness focus 	<ul style="list-style-type: none"> acne allergy medication refills cold/flu/cough sores or fever blisters cold, sinus infection or sore throat constipation and/or diarrhea current oral birth control medication refills deer tick bites/lyme disease prevention eczema or dermatitis female bladder or yeast infections fungal skin infection hay fever/allergies heartburn or reflux (GERD) influenza flu prevention malaria prevention mild/exercise-induced asthma medication refills motion sickness prevention pediatric diaper rash pink eye substance use cessation 	<ul style="list-style-type: none"> cough/cold ear pain fever minor injuries/lacerations pink eye rash sore throat stomach pain urinary symptoms vomiting/diarrhea 	<ul style="list-style-type: none"> abdominal pain acute injury evaluation blood clots or leg pain broken bones cough and cold symptoms cuts requiring stitches dislocations, sprains and strains eye pain and injury fast-onset joint and back pain fever, dehydration, nausea or vomiting headache/migraine mild chest pain with no cardiac history minor head injury minor injuries from motor vehicle collisions nosebleed pediatric illness and injuries respiratory issues including asthma 	All conditions – due to unpredictable patient volumes and high cost of care, patients with non-emergent conditions are encouraged to see their primary care provider. Conditions are treated by most acute/critical first.
Unique features	Ongoing health care from a board-certified primary care provider who knows you well	Care provided by CentraCare providers	Care provided by board-certified pediatric providers * Unless married, pregnant or a parent	More advanced imaging and lab capabilities than a traditional urgent care clinic	Care provided by board-certified emergency physicians

Do you have a question? Contact your primary care clinic, e-mail your provider through MyChart or call a nurseline offered through many health insurance plans. 5001094 | 12/18

CENTRA CARE Health

Melon Up! Raises \$5,000 for Coborn Cancer Center

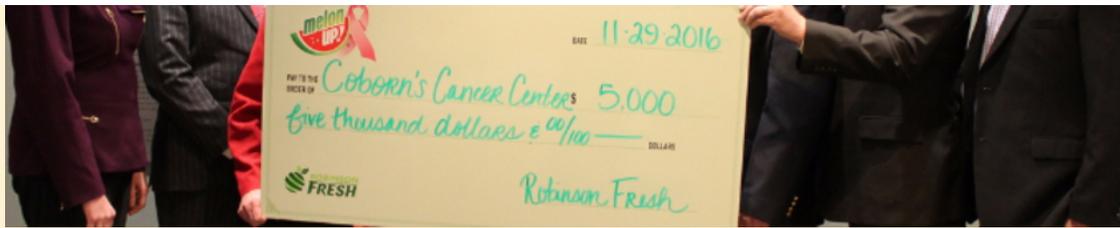
Coborn Cancer Center thanks Robinson Fresh, a subsidiary of CH Robinson, for their generous donation of \$5,000 raised through their Melon Up! event. We are grateful for donations like these because they allow us to provide cancer patients with some extra support before, during and after cancer treatment. If you are interested in hosting a third-party event in support of CentraCare Health causes, guidelines can be accessed by calling the Foundation office at 320-240-2810.



Weight Watchers meeting locations

CentraCare pays for half of your Weight Watchers monthly membership and currently hosts on-site meetings at St. Cloud Hospital and Long Prairie locations. We are fortunate to offer these meetings on-site but can only continue to do so if attendance remains steady. Declining attendance has forced us to discontinue several of our Weight Watchers meetings this past year. Hopefully we can bring these meetings back in the future.

Journey Home, CentraCare Square and South Point are potential locations where meetings could be held. Employees do not need to work specifically at these locations to attend meetings there. They are welcome to attend meetings at a location that is most convenient for them.



L-R: Jane Vortherms, director, Outpatient Medical Oncology & Chemotherapy Services, Coborn Cancer Center; Brad Konkler, VP Philanthropy, CentraCare Health Foundation; Cathy Tieva, director, Radiation Oncology, Coborn Cancer Center; Eric Chamberlain, Robinson Fresh; Emily Coborn, Coborn's Inc.; Chris Coborn, Coborn's Inc.; Jim Dorcy, Robinson Fresh; Tom Williams, Coborn's Inc.; Chris Dock, Robinson Fresh

Volunteers — Everyday heroes

Every day, CentraCare Health volunteers make a positive impact on our visitors, patients, residents and staff — and the care we provide. If you have what it takes and want to make a difference, apply today to become the next everyday hero. Visit centracare.com/volunteer, call 320-255-5638 or email volunteer@centracare.com to learn more.



[Volunteer opportunities](#) are available throughout CentraCare Health.

[Watch this video](#) about CentraCare Health volunteers.

Volunteering is the perfect way to make a difference in people's lives, put your talents to use, develop new skills and even explore careers.

Please share! Thank you for sharing this information with people in your organization, your friends, your family and others you know who can volunteer to help us provide exceptional quality care with compassion!

If you are interested in attending one of these potential meeting locations, contact [Tanya Lindquist-Fleegel](#), ext. 53625.

Becoming the best you in 2017

What do you want from 2017?

Consider signing up for CentraCare Health's Mindfulness Program, which is an introduction to the basics of mindfulness meditation and its ability to enhance resilience, health and wellbeing. This program for employees begins **March 1** at St. Cloud Hospital. Half the sessions will be online and at-home practice; the other half requires attendance.

Employees who complete the course receive **45 wellness points**. [Learn more and register today.](#)

Registration deadline is Feb. 22.

The program is supported by CentraCare Health Foundation

St. Cloud Hospital

Hallway closures on Medical Unit 1

The hallways on Medical Unit 1 on the 5th floor east addition of St. Cloud Hospital are being resurfaced for the next four to six weeks. Alternate routes are posted on the unit.

Linens must be signed out

All linens leaving the Laundry department must be signed out. There are clipboards by each exit for non-Laundry staff to sign out what is being taken. This information is used for a variety of purposes, including Medicare reporting, so it is vital it be signed out accurately and every time. Thank you for your cooperation.

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



OUR BEST BEGINS WITH ME

What's new with the 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.

Register for a new account.

You need to register for a new account if you haven't already done so in 2017. [Learn how.](#)

[Learn more](#) about what the new wellness program has to offer.

Reward points: There are many ways to earn points. (It is slightly different from last year).

[Learn ways to earn reward points.](#)

For questions about the
Wellness website, contact
Viverae customer service at
888-848-3723.

CentraCare Health Communications, 320-229-4980

CentraCare Health | St. Cloud, MN 56303 US



[Subscribe](#) to our email list