Eli Lilly and Company recently developed the Humulin R U-500 KwikPen to improve glycemic control in people with severely insulin-resistant diabetes; something Good Samaritan’s Pharmacy staff knew was needed a few years ago.

Traditionally, most diabetic patients use U-100 insulin where there are 100 units of insulin per milliliter. U-100 insulin products are available in both vials and pens. In recent years, there has been an increasing number of patients with adult onset diabetes and increasing number of patients needing higher doses of insulin to control their blood sugar. Many of these patients require the use of U-500 insulin, a concentrated product with 500 units of insulin per milliliter. The U-500 insulin product is manufactured by Eli Lilly and Company and the product was only provided in vials that required each dose to be measured in syringe prior to its administration. A patient safety issue resulted since insulin syringes are only manufactured to measure and administer U-100 insulin. Using U-100 syringe with insulin U-500 results in a dose that is five times greater than is indicated on the syringe. This patient safety issue has resulted in a number of medication errors nationally.

Good Samaritan employees, Jim Eskew, R.Ph., MBA, Director of Pharmacy, and Shane Wilson, R.Ph., Pharmacy Operations Coordinator, noticed the increase of confusion with dose conversion within the hospital when prescribing insulin to patients. “A physician may prescribe a patient to take 50 units of insulin, which, if using U-100, would be exactly 50 units,” said Eskew. “But if a patient was taking U-500, 50 units would be equal to 250 units of insulin when measured in a U-100 syringe because it is five times stronger.” In the hospital, the dose could be clarified following a discussion between the physician, pharmacist and patient. But the confusion over the use of U-100 syringes with U-500 insulin remained for patients at home.

Eskew, Wilson and other Good Samaritan Pharmacy employees began to brainstorm and decided that the development of a U-500 prefilled pen was needed. With an insulin U-500 pen the patient could dial up their actual dose of insulin, which would eliminate the confusion of giving U-500 insulin with a U-100 insulin syringe.

Eskew shared this information with his brother, Mike Eskew, who is a member of the Eli Lilly Board of Directors. “I explained what was needed to my brother and asked him to pass the message along to John Leichliter, the CEO of Eli Lilly to see if the prefilled pen was a product they would consider,” said Eskew.

Eli Lilly was in the development stages of such a product and Good Samaritan’s interest accelerated the process. “Advancing innovation is at the heart of Lilly’s business,” said Enrique Conterno, president, Lilly Diabetes. “Unfortunately, diabetes continues to be a major public health problem in the U.S., and the needs of people with diabetes continue to evolve. When our customers provide insight into how we can make life better for people with diabetes, we listen intently and work to provide solutions.”

The U.S. Food and Drug Administration recently approved the use of the Humulin® R U-500 KwikPen® in January of 2016. The product became available to the public this past April. Diabetic patients all over the country and at Good Samaritan now have access to a safe and convenient administration device for the use of U-500 insulin.

“We strive to promote new knowledge and innovation within the hospital,” said Rob McLin, President and CEO of Good Samaritan. “The teamwork and compassion exhibited by our pharmacy department illustrates how dedicated our employees are to our patients. Good Samaritan is continuously working to achieve safe patient care and this is just one example of how we always put the patient first.”
This Past Year in Shining Stars

July 2015
Don Black

August 2015
Carol Boyer

September 2015
Brant White

October 2015
Clayton West

November 2015
Cammy Chance

December 2015
Theresa Hutchison

January 2016
Doug Hamilton

February 2016
Charles Afghani

March 2016
Ashley Blubaum

April 2016
Joyce Stoelting

May 2016
Donna Stoops

June 2016
Debbie Swain

July’s Shining Star is Mary Pargin

The July Shining Star is Mary Pargin, Trauma Program Manager. Mary worked countless hours to achieve Good Samaritan’s trauma designation. The site surveyors commented on how well organized the visit went and how knowledgeable Mary was about our process. In 18 months she resolved 38 deficiencies to accomplish no deficiencies during the site visit. She led a team to do process improvement. She made sure physicians understood the importance of becoming trauma certified and encouraged them to attend meetings. She was also listed as a strength during the site visit. Mary came in on nights and weekends to perform education and follow-ups. This designation will have an impact on Good Samaritan’s clinical quality, finances and benefit the communities we serve.

June DAISY Winner is Penny Rehwald

Penny is the June Daisy Winner for her compassionate care during a family’s difficult time. After a time of death was called on a pediatric patient, Penny went to the ER and made a memory box for the family. She took pictures, made footprints and worked to create a special momento for the grieving family. Penny spent time speaking with the family provided resources and information to help during the grieving processes. Her unwavering support and care meant everything to the patient and family.

Mary (middle), is congratulated for being the July Shining Star by Karen Haak, Chief Nursing Officer; Vicki Potts, Director of Acute Care; Dr. Kelly Anderson, Emergency Medicine Physician; and Rob McLin, President and CEO. Click HERE to see the presentation of Mary’s Award.

Penny (center), is congratulated for being the June Daisy Winner by Karen Haak, Chief Nursing Officer; Margie Suozzi, Director Women’s, Children’s and Medical Nursing; and OB staff. Click HERE to see the presentation of Penny’s reward.

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8 Biometric Testing
Jim Gaines, Jr.
Environmental Services
Environmental Services Attendant

What you have done? I changed my eating habits and lost weight.

What motivated you to make the change? Good Samaritan’s wellness program for employees in which biometric testing is done. Through one of the testing sessions, it was discovered I was diabetic and had high blood pressure. They stressed I was a “walking time bomb” for a heart attack or stroke.

How have you incorporated this into your life? I just told myself I wanted to be in good health and made the changes. I avoid fast foods as much as possible, although I do occasionally have something different. I reward myself at times!

How has it made you feel? I feel great and love being told how much better I look. Everyone is amazed at how much weight I lost in a short period of time.

Tips for success/staying motivated? My motivation was just seeing the weight drop and feeling so much better. I wasn’t aware I felt bad until I felt better.

What healthy/lifestyle-related change(s) have you made? I omitted all sugar from foods and stopped drinking sweet tea and soda. I started eating three meals a day. (I never ate breakfast before, well maybe donuts!)

How did you make the change/what have you been doing? I started eating three meals a day. (I never ate breakfast before, well maybe donuts!)

Anything else you would like to add? I just want to thank the nurses at the testing session who stressed how dangerous my health was and how important it was to take control of it. Because of them, I got the help I needed. After making the changes and taking the medication required, my doctor has now taken me off of the diabetic medication, and my blood pressure and cholesterol are perfect.
Lean Six Sigma

We’ve Always Done It That Way

These six words, said to be the most expensive six words in the business world, are no longer true at Good Samaritan. With the full implementation of the Epic computer system, most of the Good Samaritan staff have had their worlds turned upside down and they can no longer say, (at least in reference to computer systems) “We’ve always done it that way!”

Processes have been changed, work flows revised, and all staff now have the opportunity to look at the patient experience with “new eyes”-- identifying waste, viewing systems from the “voice of the customer,” and utilizing tools such as spaghetti diagram, process maps, standardization, and takt time/cycle time to make the new workflows as productive and efficient as possible.

Yellow Belt classes will resume in August and will explain many of the terms used above. All employees are required to attend Yellow Belt classes, but if anyone needs a refresher as we delve into these uncharted waters of Epic, please don’t hesitate to call your department’s Lean Six Sigma ambassador, Kim Everett (3152) or Brandee Hahn (3122) for assistance. If you haven’t already done so, now – in this time of rapid change – is a great time to learn the techniques and terminology taught in Yellow Belt classes that will help move Good Samaritan into our next phase of world class patient care!

You can also email Kim or Brandee by clicking on their emails: keverett@gshvin.org | bhahn@gshvin.org

For Your Benefit

Compliance is essential in keeping healthy when you are diabetic. However, we know the cost of diabetic supplies can add up quickly over time. In 2015, Good Samaritan members had $22,000 in claims paid for diabetic supplies. Diabetic supplies are covered on the Good Samaritan Health Plan at 80% reimbursement. Submitting your supply claims for reimbursement does go toward your deductible. UMR has created a Diabetic Supply Claim Submission Form to ease the process and make sure that your claims are processed smoothly. The form is available at these locations: on the UMR employee portal, on the Good Samaritan intranet under Forms/Human Resources or you can pick one up in the Benefits Office. Just follow these simple steps:

1. Complete the Diabetic Supply Claim Submission Form – This helps UMR easily distinguish the claim.
2. Attach a detailed receipt – It should clearly indicate what was purchased, the amount and the purchase date. In some cases, it may also help to make a copy of the UPC code from the package to attach if the item isn’t clearly defined on the receipt.
3. Fax the submission to Theresa Katke at UMR - The fax number is 855-410-2291 and is printed on the bottom of the form. You may also drop the form and receipts off to our UMR representative during their monthly visit or the Benefits Coordinators can fax it for you.

Depending on where you obtain your supplies, some vendors may be able to submit an electronic claim to UMR directly.

REMINDER: Timely filing is important. You may submit claims for up to one year from purchase date.

If you have any questions about filing diabetic claims, contact Reneé (x3315) or Laura (x3375) in the Benefits Office. Or email them directly by clicking on their address: rmquain@gshvin.org | lhazelman@gshvin.org

We Want to Hear from You!

Employee Opinion Survey Coming Soon | July 7 - 29, 2016

Vitally important to our mission are trusting relationships among staff, across departments and with leadership. Our last Employee Survey was administered in spring 2015, so we want to check our progress. We will be conducting a brief employee opinion survey from July 7-29. The link to take the survey is on the GSH intranet page. This survey will be shorter than our normal opinion surveys and will consist of 10 questions focusing on employee engagement. Your opinion matters!

Better Breathers Club

Healthy. Well. And Wise.

Better Breathers Club, associated with the American Lung Association, offers patient-centered, and community-based educational opportunities and support to persons with chronic lung disease and their families, friends and support persons. (Especially COPD, but also asthma, idiopathic pulmonary fibrosis (IPF), lung cancer and other chronic lung diseases).

Next Meeting
Wednesday, July 6, 2016
Presented by: Sondra Hand, RD, CD, CDE
Chief Clinical Dietitian - Good Samaritan
Good Samaritan Cancer Pavilion | 12:00 to 1:30 p.m.
Light lunch will be served.

Contact Tammy Howell, CRT, Respiratory Support Services to register or for more information at 812-885-3215 or by clicking on her email - thowell@gshvin.org.
Patient Comments

“I was very, very well taken care of the entire time. Thank you!”
–Ambulatory

“Nurses always explained to our grandson what they were going to do. Very patient and kind.”
–Emergency

“The valet parking is very helpful to so many people. This is a very caring hospital for sure.”
–Inpatient

“I recommend Good Samaritan to everyone! We are truly blessed to have you in Vincennes!”
–Outpatient

Performance Excellence

Have you ever thought about stopping the line?

Good Samaritan has experienced major changes in the past 12 months. In the summer of 2015 we moved inpatients to the Gibault Memorial Tower and now in the summer of 2016 we have transitioned to Epic, a new Electronic Medical Record (EMR). The original intent of the EMR was to create a safeguard in administering patient care. It was designed to enhance the continuum of care as patients progressed from one level of care to the next. It was also intended to provide alerts/warnings when potential errors were identified, i.e. drug interactions, drug-allergy alerts, etc.

Although the EMR is an amazing tool for our patients, it is not fail safe as human factors are still a major part of the process. There is still potential for error as humans are the individuals entering the data and ordering the treatment. This is where “stopping the line” comes into the picture. If you see a situation where you feel that there is potential harm about to occur, “stop the line.” Don’t assume that the EMR is correct or that your peer or the attending physician is aware of the issue. Take the time to voice your concern. Do not proceed with only a hope that things will be in the best interest of the patient.

This concept is covered in the Target Zero initiative that Good Samaritan adopted in 2012. The acronym ARCC is the equivalent to “stopping the line.”


Your actions in stopping the line might prevent an infection, avoid a medication error or even give someone another holiday with their loved ones. You may never know the full impact of your actions, but you can be certain that you are doing everything you can to keep the patient safe.

With the significant changes we have experienced in the past and the ongoing learning of the new system that continues into the future, as employees it is our responsibility to ensure that we don’t allow ourselves to get overwhelmed and think that we don’t have time to practice safe quality care for our patients. Although each employee’s title may be different, in reality the bottom line is that we are all Patient Safety Advocates for our patients. We always have time to keep our patients safe.

REMEMBER... if you feel there is an unsafe situation, Stop the Line!

Ice, Ice Baby

Ice Cream Social

Thursday, July 21
1:30 - 4 pm
Midnight - 1:30 am
Dining Room D

MCV Ice Cream Social
11:30 am - 2 pm

Lab Students

Congratulations to the School of Medical Laboratory Science students who are graduating in July.

Students from left to right are: Shearie Kummerer, Alexa Heumann, Elaine Durchholz, Courtney Morris, Melony Neff and Mykalia Meng.
May New Hires

**Convenient Care Clinic**
- Hayley Alton - Rad Tech / Medical Assistant

**Environmental Services**
- Micah Bland - Environmental Services Assistant
- Cindi Deffendall - Environmental Services Assistant
- Chris Milligan - Environmental Services Assistant
- Rebecca Schaefer-Estaniaslao - Environmental Services Assistant
- Thomas Weddell - Environmental Services Assistant
- Anne Westfall - Environmental Services Assistant

**Hospice**
- Sara Wilson - Hospice Volunteer Coordinator

**Information Systems**
- Mary Roark - Application Analyst
- Danny Scott - Director Information Systems

**Laboratory**
- Carly Waggoner - Laboratory Assistant

**Nursing Services**

- **Care Management**
  - Freda Neal - Care Management Nurse

- **Clinical Decision Unit**
  - Terri Fry - Student Nurse Extern
  - Lauren Givens - Graduate Extern

- **Emergency Services**
  - Leanna Bailey - Graduate Extern
  - Sydnee Hasement - Student Nurse Extern
  - Jennifer Fredrick - Emergency Services Technician
  - Cameron Robinson - Medical Scribe

- **ICU**
  - Erika Blueher - Nurse Assistant
  - Jessie Bottoms - Monitor Technician
  - Makayla Dunkin - Student Nurse Extern
  - Brooke Goodwin - Nurse Assistant
  - Tyler Graber - Student Nurse Extern
  - Keira McCarter - Nurse Assistant
  - Katie Myer - Student Nurse Extern

- **Inpatient Oncology**
  - Brittany Boone - Graduate Extern
  - Angie Herrell - Graduate Extern
  - Kathy Morgan - Student Nurse Extern
  - Jennifer Robinson - Graduate Extern

- **Medical / Pediatrics**
  - Brittany Keeler - Multi-Skilled Worker
  - Lauren Primus - Student Nurse Extern
  - Amanda Rothenberger - Graduate Extern
  - Audra Sloan - Student Nurse Extern

- **Nursing Administration**
  - Colton Houchin - Safety Assistant / Nurse Assistant

- **OB**
  - Sarah Chattin - Staff Nurse
  - Brittany Daughtery - Graduate Extern
  - Jennifer Heldebrandt - Student Nurse Extern
  - Jennifer May - Staff Nurse

**Rehab Unit**
- Madisson Brower - Nurse Assistant
- Savannah Coronna - Rehabilitation Technician
- Angel Crist - Student Nurse Extern
- Sarah Groneman - Student Nurse Extern
- Kayla Johnson - Nurse Assistant
- Delaney McDowell - Rehabilitation Technician
- Paige Passen - Nurse Assistant
- Ashlyn Sullivan - Student Nurse Extern
- Reese Tondee - Multi-Skilled Worker
- Lyndee Valenzuela - Multi-Skilled Worker

**Surgical Unit**
- Taylor Brough - Student Nurse Extern
- Quinn Duke - Nurse Assistant
- Hannah Hendrix - Multi-Skilled Worker
- Melody Leighty - Student Nurse Extern
- LeeAnn Roberts - Staff Nurse

**Transportation**
- Cory Culp - Orderly

**Patient Access**
- Mindy Lindsay - Access Associate
- Jeannie Rose - Access Associate
- Alannah Wolfe - Access Associate

**Patient Accounts**
- Alli Donovan - Patient Accounts Representative
- Sheila Tewell - Patient Accounts Representative

**Perioperative Services**
- Will DeBrock - Multi-Skilled Worker
- Valerie Loudermilk - Graduate Extern
- Destinee Scott - Student Nurse Extern

**Physical Medicine**
- Anna Suanes - Physical Therapist Registered
- Leah Mincey - Physical Therapist Asst. Certified
- Alexia Wilcox - Registry Speech Therapist

**Physician Services**
- Whitney Clark - Receptionist
- Victoria Collier - Receptionist
- Sarah Hembree - Physician Practice Nurse
- Amanda Holscher - Physician Practice Nurse

**Respiratory Care**
- Tyler Mizerak - Polysomnographic Technologist

**Samaritan Center**
- Danielle Christian - Resource Specialist
- Hayley Hamm - Resource Specialist
- Britney Howder - Resident Assistant
- Megan Joergens - Psychiatric Social Worker I
- Kelly Kopatch - Psychiatric Social Worker I
- Elizabeth Kuenstler - Psychiatric Social Worker I
- Wayne Lee - Resource Specialist
- Shivani Vaishnavi - Secretary
- Alex Worland - Psychiatric Nursing Technician
July Anniversaries

Shannon Banes............. 1
Misty Brown............. 1
Drew Cary............. 1
Joy Cassitty............. 1
Lauren Charlton............. 1
Gina Davidson............. 1
Leah Delisle............. 1
Charity Dorworth............. 1
Misty Dreiman............. 1
Sarah Jacob............. 1
Tracy Kerzan............. 1
Amanda Ledbetter............. 1
Megan Lutz............. 1
Logan McKnight............. 1
Kourtney Osmon............. 1
Alison Owens............. 1
Madison Schuckman............. 1
Susan Thompson............. 1
Audrey Trella............. 1
Sara Vanjicki............. 1
Cylea Asher............. 2
Brandie Brown............. 2
Tyler Bunte............. 2
Staci Helms............. 2
Erica Hill............. 2
Ryan Johnson............. 2
Sandra Kimmiller............. 2
Jodi Marchal............. 2
Lindsay Mendenhall............. 2
Ashton Myers............. 2
Wini Pelletier............. 2
Anna Pierson............. 2
Charla Sager............. 2
Alex Smith............. 2
Joyce Ashby............. 3
Dawn Cardinal............. 3
Brie Crouch............. 3
Penny Culp............. 3
Kara Doyle............. 3
Lynda Hoke............. 3
Rowena Jubay............. 3
Michelle Kidwell............. 3
Silas Lemons............. 3
Travis Lewis............. 3
Jerry Linneweber............. 3
Lauren Mackey............. 3
Joanna Primeau............. 3
Paige Shanes............. 3
Lisa Trinkle............. 3
Clayton West............. 3
Danielle Deisher............. 4
Josh Eagleson............. 4
Leah Loy............. 4
Jill Marmaduke............. 4
Jamie Miller............. 4
Frankie Spore............. 4
Debra West............. 4
Janice Fisher............. 5
Alyssa Honaker............. 5
Samantha Neighbors............. 5
Joyce Tussey............. 5
Sherryl Chamberlin............. 6
Dawn Harrison............. 6
Patty Hoops............. 6
Rio Hudson............. 6
Mary Jones............. 6
Debra Phegley............. 6
Susan Wright............. 6
Steven Lindsey............. 7
Beth Meyer............. 7
Gabe Smith............. 7
Brooke DeBusk............. 8
Tina Hines............. 8
Ellen Parmenter............. 8
Erica Toole............. 8
Kristi Waggoner............. 8
Brenda Coffman............. 9
Gary Hackney............. 9
Lauren Hawkins............. 9
Lisa Rewald............. 9
Judy Doyle............. 10
Melissa Lough............. 10
Glenda Schaefer............. 10
Peggy Deem............. 12
Christi Ginder............. 12
Joan Hart............. 12
Janice Doll............. 13
Janice Kellersohn............. 13
Kurtis Potts............. 13
Lou Gard............. 14
Candice Hagen............. 14
Brooke Robinson............. 14
Tracie Smith............. 16
Debbie Abrassart............. 17
Carolyn Sievers............. 17
Danyelle McCravy............. 18
Jerry Madison............. 19
Christina McCravy............. 19
Leanne Sievers............. 21
Jennifer Field............. 22
Brian Barker............. 24
Joe Ognovich............. 24
Tammy Harbison............. 25
Susan Hunt............. 25
Rose Tackett............. 25
Sharon Wells............. 25
Linda Werling............. 25
Debra Dyehouse............. 26
Brenda Horrall............. 26
Debra Cary............. 27
Susan Diggs............. 27
Kim Hughes............. 27
Patricia Inyart............. 27
Michelle Parker............. 28
Donna Stoops............. 28
Mike Williams............. 28
Janet Williams............. 28
Kari Donovan............. 29
Diana Kent............. 29
Charles Perkins............. 29
Kelly Wehrheim............. 29
Cherrie Caughran............. 30
Maria Small............. 30
Clara Biehl............. 31
Martha Stroud............. 33
Sheryl Smith............. 34
Carla Aldredge............. 35
Elizabeth Lashley............. 35
Tonjia Mason............. 36
Debbie Swain............. 36
Terri Schutter............. 37
Elsie Stephens............. 39
Julie Wise............. 39
Pat Richardson............. 41
Paul Morgan............. 42
Tim Miller............. 43
Rita Donovan............. 47

Physician Anniversaries

Sarah Jacob, MD ............. 1
Jonathan Kirkwood, MD ............. 1
Jacob Ringenberg, MD ............. 1
Caroline Steinman, DO ............. 1
Neil Jariwala, MD ............. 2
April Cox, DO ............. 3
Johnathan Grant, DO ............. 3
Brian Cunningham, MD, FAPM ............. 5
Honesto Fenol, Jr., MD, FAPM ............. 5
Shalin Arnett, DO ............. 6
Charles Hendrix, Jr., MD, FAPM ............. 6
Mariano Polidori, MD ............. 7
Michael Herron, MD ............. 13
Scott Stine, MD ............. 15
Sabrina Atkinson ............. 16
Dornhoefer, DO ............. 16
Brian Arnold, MD ............. 17
Noel Suanes, MD ............. 17
Daniel Herman, Jr., MD 20
Rafael Lao, II, MD ............. 22
Jane Bridges, MD ............. 24
Kurt Maddock, MD ............. 26
Tae Chung, MD ............. 29
Richard Walter, DO ............. 31
Daniel Neumann, MD ............. 31
Philip Watson, DO ............. 33
Bruce Mallat, MD ............. 35

Vincennes University

Cynthia L. (Kent) Murphy - Vincennes University - Certificate in General Studies & Associates Degree in Science / Pharmacy Technician - Daughter of Kevin Kent, Endoscopy, and (Dee) Diana Kent, Patient Access, and Granddaughter of Sylvia Kent, Food Service

Rivet High School

Hunter Ingram - Son of Holly Schlanker-Ingram, R.Ph., Pharmacy

Graduation Edits

Find Fred!

A banner with Fred’s picture on it will be placed in a different location every week leading up to the 100 Men Who Cook event. The first person who finds where Fred is located will win a prize from the Marketing Department. Just call ext. 3336 and let us know you Found Fred!
(Only one winner will be chosen per week.)
Click here to learn more about 100 Men Who Cook and to tip Fred. All proceeds go to Generations Meals on Wheels program.
Biometric Testing is coming to an end!
The last day for testing is July 22!

For all of you who have participated- thanks for being a HERO! Your cholesterol, blood pressure and blood sugar numbers are key indicators of your risk for serious illness. If you know these important numbers, you can make changes to improve your health and reduce your risk of developing heart disease, diabetes and other serious illnesses. Talk with your primary care provider about your biometric results and begin making positive lifestyle changes TODAY!

Thanks to everyone who helped with biometric testing! It took a lot of staff and volunteers to accomplish this screening!

Employees on the Good Samaritan Medical Plan are eligible for $12/pay - $312/year if you meet ALL of the following criteria:
• Tobacco Free (for 6 months including electronic cigarettes)
• BMI <30 (Calculate your BMI on the CDC BMI Calculator on the Wellness site of the Intranet by clicking here)
• Blood Pressure < 140/90 (both numbers)
• A1C < 6.5

Reasonable Alternative: Your health plan is committed to helping you achieve your best health status. Rewards for participating in biometric testing are available to all employees. If you do not meet one or more of the health standard criteria for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Susan Yochum at 3316 or click to email slyochum@gshvin.org by September 30, 2016, and we will work with you (and if you wish, your doctor) to find a wellness program with the same reward that is right for you in light of your health status. To qualify for the $12/pay incentive you must complete a reasonable alternative for EACH of the criteria missed.

Reasonable alternative requirements must be approved by the Employee Wellness Coordinator and agreed upon by the employee. Reasonable alternative standards must be completed within 90 days of signing the reasonable alternative agreement. The employee is responsible for making and keeping all reasonable alternative appointments. Those who meet all four biometric criteria, your financial incentives will begin in the September 8th pay.

All employees requesting a reasonable alternative by September 30, 2016 will have an initial meeting with the Wellness Coordinator to determine the completion requirements and to sign a reasonable alternative completion agreement.

Reasonable alternative may include one or more of the following requirements:
• 3-6 coaching sessions with a Wellness Coach
• Completion of the Welch Diabetes Education Center program
• Completion of program with MTM pharmacist.
• Three consecutive normal blood pressure readings
• Completion of 1-800-Quitline program OR the Freedom From Smoking program
• Completion of program with an Employee Assistance Program professional.
• 10% weight loss from biometric testing
• Physician waiver may be accepted for certain cases such as pregnancy.

August 31 Days of Change!
Take this opportunity to begin to make positive lifestyle changes for a healthier you!

Healthy behaviors enhance your quality of life. Take the challenge to use the 31 days in August to make a healthier change. Break a bad habit or start a good one, either way, commit to making a healthy change!

Sign up for 31 Days of Change for a chance to win $50 and work on making a positive behavior change!

Stop by Employee Wellness, email slyochum@gshvin.org or call 3316 to register and get your daily tracker. Choose the behavior change that you would like to work on, read daily emails for encouragement, tips and support and track your behavior change progress on your daily tracker. After your 31 days of change, turn in the completion form to Employee Wellness by Thursday, September 8th to be entered in a drawing for two chances to win $50!!