

CARING. PEOPLE. QUALITY. INTEGRITY.

Time to Schedule Biometric Screenings and Annual Health Assessments

Since 2014, the McLeod Healthier You team has worked with employees and their spouses on our McLeod Health Insurance Plan to live healthier lifestyles and save money on their health insurance premiums.

Each year, we utilize your feedback to enhance the Healthier You program. Below are the changes for the 2018-2019 screening year. This year, employees can earn premium discounts and monetary incentives with or without spouse participation. By fulfilling all requirements below by either the employee and spouse, the premiums and monetary incentives are greater.



an account once they have logged onto the App or website. You can use your personal or work email. The company code is **MCH**.

- Biometric Screenings will be held from August 1, 2018 until November 30, 2018.
- The Biometric Screening Schedules will be posted under the Living Well section on the McLeod Health Compass and in the inHealth App.

- McLeod Healthier You will also accept results from your provider's office.
- ***If you miss the November 30, 2018 deadline, you can make an appointment to screen prior to April 15, 2019 and your premium reduction will begin in May 2019.***

Summary of Requirements

1. Health Risk Assessment (HRA) and Biometric Screening

- McLeod Health employees and spouses covered by McLeod Health insurance will each receive a \$25 per month premium reduction (\$50 total per month) in 2019.
- If the spouse chooses **not** to complete the HRA and Biometric Screening, the McLeod Health employee will still receive the \$25 per month premium if they have completed the HRA and Biometric Screening.
- The HRA is recommended to be completed on your cell phone by downloading the inHealth App (see page 4 for more information) or you can visit <https://portal.inhealth4change.com> on your computer. McLeod employees will need to create

2. Tobacco Use Screening

- McLeod Health employees and spouses covered by McLeod Health insurance who (1) Fail to complete the tobacco use test as a new hire; (2) Test positive for tobacco use, or disclose tobacco use; or, (3) Fail to complete an approved Tobacco Cessation Program will each be subject to a \$50 premium surcharge per month in 2019 (\$1200 total per year).
- If the spouse chooses not to complete the Tobacco Use Screening, test positive for tobacco use, and fails to complete an approved Tobacco Cessation Program, the McLeod Health employee will only be subject to the \$50 per month premium surcharge in 2019 (\$600 total per year).

Continued on page 2

Biometric Screenings and Annual Health Assessments

(continued)

3. Annual Wellness Visit with Primary Care Physician (PCP) or Healthier You Nurse Practitioner

- McLeod Health employees and spouses covered by McLeod Health insurance will each receive a \$100 cash incentive (\$200 total) by completing their Annual Wellness Visit with their Primary Care Physician or a Healthier You Nurse Practitioner/Provider in 2019.
- If the spouse chooses not to complete the visit, the McLeod Health employee will still receive the \$100 cash incentive if they have completed their wellness visit.

4. Body Mass Index Screening or participate in Health Coaching/Care Management

- McLeod Health employees and spouses who are covered by McLeod Health insurance will each receive a \$100 cash incentive (\$200 total) by having a Body Mass Index (BMI) between 18.5 – 24.9 or participate in Health Coaching/Care Management.
- If the spouse chooses not to complete the Body Mass Index Screening, the McLeod Health employee will still receive the \$100 cash incentive if they have completed and met their screening requirements.

5. Glucose Screening or participate in a Diabetes Prevention Program/Care Management

- McLeod Health employees and spouses who are covered by McLeod Health insurance will each receive a \$50 cash incentive (\$100 total) by having a Glucose Screening result less than or equal to 100 or participate in a Diabetes Prevention Program/Care Management.

- If the spouse chooses **not** to complete the Glucose Screening, the McLeod Health employee will still receive the \$50 cash incentive if they have completed and met their screening requirements.

6. Blood Pressure Screening or participate in Health Coaching/Care Management

- McLeod Health employees and spouses who are covered by McLeod Health insurance will each receive a \$50 cash incentive (\$100 total) by having a Blood Pressure less than 120/80 or participate in Health Coaching/Care Management.
- If the spouse chooses **not** to complete a Blood Pressure Screening, the McLeod Health employee will still receive the \$50 cash incentive if they have completed and met their screening requirement.

Important Deadline Information:

1. Insurance premium discounts will begin January 1, 2019 if HRA and Biometric Screening completed by November 30, 2018.
2. If you miss the November 30, 2018 deadline, you can make an appointment to screen prior to April 15, 2019 and your insurance discount will begin in May 2019.
3. Employee must be actively employed on November 1, 2019 to receive monetary incentives.
4. Employee and Spouse must be enrolled in the McLeod Health plan as of September 1, 2019 to qualify for monetary incentives.
5. Monetary incentives will be paid through payroll on November 28, 2019 if requirements are met by September 30, 2019.

See a
DOCTOR
Anytime,
Anywhere.

McLeod 
TeleHealth.org

DOWNLOAD THE APP

A Healthier You can earn big **REWARDS!**

Participating in the Healthier You Wellbeing program gives you exciting opportunities to earn a premium reduction and other valuable rewards for working toward a healthier lifestyle.

Incentive Metrics	Employee	Spouse	Due Date
Complete Health Risk Assessment and Biometric Screening • <i>Must complete the HRA and Biometric Screening to qualify for the monetary incentive</i>	\$25 per month premium reductions in 2019	\$25 per month premium reductions in 2019	Nov. 30, 2018
Employees & Spouses who: 1. Fail to complete the Tobacco use test as a new hire; 2. Test positive for Tobacco use; or disclose Tobacco use 3. Fail to complete an approved Tobacco Cessation Program	\$50 Premium Surcharge per month in 2019 (\$600 penalty)	\$50 Premium Surcharge per month in 2019 (\$600 penalty)	Nov. 30, 2018
Complete an Annual Wellness Visit with your Primary Care Physician or Healthier You Nurse Practitioner	\$100 Incentive	\$100 Incentive	Sept. 30, 2019
Body Mass Index (BMI) Screening is between 18.5-24.9 or participate in Health Coaching/Care Management	\$100 Incentive	\$100 Incentive	Sept. 30, 2019
Glucose Screening less than or equal to 100 or participate in a Diabetes Prevention Program/Care Management	\$50 Incentive	\$50 Incentive	Sept. 30, 2019
Blood Pressure Screening less than 120/80 or participate in Health Coaching/Care Management	\$50 Incentive	\$50 Incentive	Sept. 30, 2019



**Download the inHealth well-being app today
to track your rewards.**

Use your Company ID to register:

MCH



HealthierYou@McLeodHealth.org • 888.808.7466

DOWNLOAD THE INHEALTH WELL-BEING MOBILE APP TODAY

Create Your Healthier You Well-being Account **TODAY!**

**Follow these steps to connect to
your well-being.**

1. To create an account, download the inHealth well-being mobile app to your Apple or Android phone.
2. Once your download is complete, open the mobile app and click "Create Account."
3. Enter your **Company ID: MCH** and click "Next" in the top right corner of your screen.
4. Complete all information in the sign-up form.
5. Your Password must be between 8 and 15 characters. It must contain at least one number and one special character. Accepted special characters are !@#\$\$%^&*.
6. Review the Terms of Service and Privacy Policy and mark the "I Agree" checkbox.
7. Click "Create" in the top right corner of your screen.

Congratulations!

**You are on your way to a healthier lifestyle...
from the palm of your hand!**



Free Rock for Kids Concert to Benefit McLeod Children's Hospital

On Friday, August 17, the McLeod Health Foundation and McLeod Volunteer Services will host the Rock for Kids Concert featuring the band Tru Sol in Downtown Florence from 5:30 p.m. to 10:00 p.m.

The 2018 McLeod Children's Hospital Ambassador, Caydence Quesada, along with several miracle children, will be in attendance and available for a meet and greet.

All attendees are also encouraged to dress as their favorite rock star.

This family-friendly event is free to the public. Food and beverages will be available at the event, and all sales are made via tickets which can be purchased at the ticket booth.

All proceeds from the Rock for Kids concert benefit McLeod Children's Hospital. For more information or sponsorship opportunities, please contact Davis Sawyer with the McLeod Health Foundation at (843) 777-2138.



ROCK FOR KIDS CONCERT

*featuring
TruSol*

FRIDAY, AUGUST 17, 2018
Downtown Florence
5:30 pm to 10:00 pm

**Food and beverages will
be available at the event.**
**All sales are made via tickets
which can be purchased
at the ticket booth.**

**All proceeds from the
Rock For Kids Concert
benefit McLeod
Children's Hospital.**

**STAY
CONNECTED**
Follow Us
on Facebook



To obtain important information from McLeod Health such as emergency notifications, hospital updates, weather-related news, physician updates, upcoming events, job openings, patient stories and health information, **follow McLeod Health on Facebook.**

Go to www.facebook.com/McLeodHealth/ and click on the Like button. You can also click on the Following button located next to the Like button and select See First in Your Newsfeed and Receive Notifications from McLeod Health.

McLeod Nurses Receive DAISY Award

May



Josh Harrison

June



Shelly Vodrazka

July



Emery Aldea

To recognize those Nurses at McLeod Regional Medical Center who are true examples of Nursing Excellence, patients, family members and co-workers may nominate nurses for the DAISY Award for Extraordinary Nurses. The award is part of the DAISY Foundation's program to recognize the super-human efforts nurses perform every day.

Nurses may be nominated for their strong clinical skills and the compassionate care they provide. Nomination forms are available on each nursing unit at McLeod Regional Medical Center or can be found at www.McLeodNursing.org.

May

McLeod Registered Nurse **Josh Harrison** was named the May DAISY Award Recipient for McLeod Regional Medical Center on May 17, 2018. Harrison, a Patient Care Supervisor on the Stroke Unit, was nominated by Carrie Shaw, a Clinical Nurse Manager at McLeod Regional Medical Center and wife of stroke patient, Curtis Badder, for the extraordinary care Badder received while in the McLeod Stroke Unit.

"My husband, at 43-years-old, experienced symptoms that we felt could be a pinched nerve," said Shaw. "His symptoms progressively worsened so we came to the McLeod Emergency Department. Once there we were shocked when we were informed Curtis had suffered a stroke."

Curtis was admitted to the McLeod Stroke Unit. Shaw said, "When I entered his room, Josh was sitting with my husband reviewing the admission assessment. I had a lot of questions running through my head, but I never had a chance to ask any of them because Josh answered them all. He made Curtis and I feel safe, relaxed, and educated on what to expect in the next few days."

"Josh was an angel for me and my husband while we were in the Stroke Unit. I am so very thankful he is a part of my McLeod family. It makes my heart happy to know he also provides other patients and their families reassurance and a sense of safety and comfort," added Shaw.

Badder added, "Josh made me feel at ease at a time when I was feeling very scared and confused. His friendly and caring demeanor were relaxing and reassuring and made me more comfortable. I am so appreciative of his care and I'm glad I can be here today to share my gratitude."

June

McLeod Registered Nurse **Shelly Vodrazka** was named the June DAISY Award Recipient for McLeod Regional Medical Center on June 18, 2018. Vodrazka was nominated for the care she provided to Renee Prosser's mother when she was a patient in the McLeod Coronary Care Unit.

"When we received the test results that indicated our Mom was not going to make it, Shelly cried right along with my Dad and I as we sat trying to process what was being said," recalled Prosser. "Shelly was so apologetic for showing her emotions. I don't believe she realized how comforting it was to know that Mom's caregiver shared our feelings and tears."

Vodrazka also elected to remain after her shift to help the family with the transition to hospice care. "Shelly cared for my Mom and for my family," said Prosser. "She gave all she could that day, and I will be forever grateful to her. Shelly exemplifies the true meaning of nursing and providing excellence in healthcare."

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McLeod Nurses Receive DAISY Award *(continued)*

July

McLeod Registered Nurse **Emery Aldea** was named the July DAISY Award Recipient for McLeod Regional Medical Center on July 17, 2018. Aldea was nominated for the care she provided to Jeff Osborn when he was a patient in the McLeod Heart and Vascular Intensive Care Unit.

“Emery showed constant love and care for me as I was recovering from triple bypass open heart surgery,” said Osborn. “She truly loves her job and it shows through everything she does. It is not just a job for her. Emery took time to answer questions and always had a pleasant attitude. When it came time for me to go home, she hugged not only me, but my wife, Maribeth, as well and wished us the best. We truly enjoyed her presence. May God keep his hand on her.”

Maribeth Osborn added, “Emery worked tirelessly with Jeff once he woke from anesthesia to keep him comfortable. She kept us informed of everything she was doing, whether adding a medication or drawing blood. I was able to keep a level of calm because everything Emery did demonstrated that she was one hundred percent vested in the care of my husband. She was Jeff’s guardian angel the day of his surgery, and for that I will be eternally grateful.”

Orthopedic Surgeon Presents to Lions Club in Society Hill



McLeod Health Cheraw Orthopedic Surgeon Dr. Tom DiStefano gave a presentation on “Is Joint Replacement Right For You?” at the Society Hill Lions Club on July 19, 2018.

Dr. DiStefano discussed joint pain of the knee and how to determine if a joint replacement is the right option to improve mobility and quality of life. Approximately 30 Lions Club members and guests attended the event.

The McLeod Health Dillon Volunteer Auxiliary “Grow with Books” Literacy Project



Pictured left to right: Emma Altman, Teen Volunteer, and Auxilians Barbara Hinson, Lib Flowers and Jan Austin.

In partnership with the Dillon County Library, the McLeod Health Dillon Volunteer Auxiliary’s “Grow with Books” Literacy Project stimulates an interest in reading at an early age. A packet with a child appropriate book, bookmarks, library cards, and “Reading is Fun” literature is given to each newborn at McLeod Health Dillon. A letter stressing the value of using the library as a resource is also included.

“We accepted this as a fundamental project realizing that reading and promoting literacy begins at birth,” said Jan Austin, Project Chairman. Approximately 300 babies are born each year at McLeod Health Dillon.

“Our goal is to impress upon parents that you can share reading with your baby right away. Infants respond to your voice and the rhythm of your words. A love of books is one of the greatest gifts you can give to a child. Reading to babies and young children helps them develop an early interest in learning to read and generally learn to read more quickly than other children,” said Austin. “It is rewarding to see a mother’s face light up when you bring them the packet,” she added.

Auxiliary members recently devoted time to making additional packets for the upcoming months.

KEY SPEAKERS | OPENING OF TIME CAPSULE | REFRESHMENTS



75 YEARS
in the
HEART OF THE
COMMUNITY.

75/20
ANNIVERSARY

20 YEARS
in the
TRUSTED HANDS
OF MCLEOD.



McLeod Dillon
JOIN THE CELEBRATION

SUNDAY, NOVEMBER 4 | 3 PM | MCLEOD MEDICAL CENTER DILLON

McLeod Health Clarendon Recognized for Quality



McLeod Health Clarendon received a Top Performer Award in Medication Communication from Professional Research Consultants, Inc. The Award was presented during a hospital-wide celebration.

Pictured left to right: Mike Hiltibidal, Executive in Residence, Service Excellence; Paul Schumacher, AVP of Ancillary Services; Pam Flagler, AVP of Quality and Safety; Kim Jolly, CNO; Daniel Cross, Director of Pharmacy; Jil Hopkns, Service Excellence Manager and Tammie Cameron, Director of Medical Surgical and Swing Bed Units.

McLeod Health Clarendon is pleased to announce its recent recognitions for providing excellence in healthcare by national healthcare research leader Professional Research Consultants, Inc. (PRC) and Blue Cross Blue Shield (BCBS) Rewarding Excellence Program.

Professional Research Consultants (PRC) Top Performer

Professional Research Consultants, Inc. (PRC) conducts the hospital's patient experience surveys. McLeod Health Clarendon received a Top Performer Award in Medication Communication, which includes questions about medication explication and medication side effects. A Top Performer Award recognizes performance at or above the 100th percentile among a group of more than 2,000 hospitals nationwide. The awards were presented during PRC's 2018 Excellence in Healthcare Conference.

Blue Cross Blue Shield (BCBS) Rewarding Excellence Program

Instead of compensating hospitals for the number of procedures they perform, BCBS rewards them for the quality of care they provide through a program called Rewarding Excellence. The award is based on how closely hospitals follow best practices and how well they care for patients. BCBS believes in focusing on transparency in the health care system and rewarding the best-performing providers. Because of the quality of care provided to patients at McLeod Health Clarendon, the hospital received the BCBS Rewarding Excellence Award.

Hospital Compare Overall Hospital Quality

The Hospital Compare website is designed to help patients and their families learn about the quality of hospitals, compare facilities in their area side-by-side, and ask important questions about care quality when visiting a hospital or other healthcare provider. McLeod Health Clarendon has been recognized with a 4-star designation, which is higher than the national average of 3 out of 5 stars.

"We understand what matters most to patients at McLeod Health Clarendon is the quality and safety of care they receive. Our top priority is to improve positive patient outcomes," said Rachel Gainey, McLeod Health Clarendon Administrator. "McLeod Health Clarendon is pleased to be recognized for quality healthcare that is achieved through teamwork and dedication of our entire hospital staff. However, the pursuit of quality improvement at McLeod Health Clarendon is unending. These accomplishments are a positive step in our quality journey, yet we recognize that we can never stop improving care for patients. Healthcare is constantly becoming more complex and challenging, and our team is committed to providing the best care possible to our patients now and in the future."

Retirees

Nelda Fowler
Hospitality Services
MRMC
38 years

Fannie Lawson
Environmental Services
McLeod Health Clarendon
26 years

Sherrill Nielson Named Chief Nursing Officer of McLeod Health Seacoast



Sherrill Nielson

McLeod Health is pleased to announce the appointment of Sherrill Nielson, RN, BSN, MSN, to the position of Chief Nursing Officer of McLeod Health Seacoast.

In this position, Nielson will be charged with fostering excellent nursing practices and exceptional patient care programs and services for McLeod Health Seacoast.

She will also have management oversight of the hospital's inpatient nursing program.

During Nielson's 22-year tenure with McLeod Health, she has worked as Director of Surgical Intensive Care and as an Administrative Supervisor. In 1998, she opened and developed the new Trauma Surgical Care Unit at McLeod Regional Medical Center and was responsible for the management of the Medical Intensive Care Unit.

During her career, she gained experience in pre- and post-operative care units as well as the management of a

gastrointestinal lab unit. Most recently, Nielson served as the Associate Vice President of Trauma Services overseeing four clinical areas with responsibility of operations, financial management, and performance improvement. All service lines within the division have seen growth in both volume and scope of services.

"Sherrill has an impressive track record of success in nursing, particularly in leadership roles," said Monica Vehige, Administrator for McLeod Health Seacoast. "With her deep knowledge base of the McLeod Health organization, its priorities, and its endeavors, she understands the quality of work essential to the continued growth of services to support the care of the patients we serve."

Nielson started her nursing career with McLeod Health as a staff nurse in the Surgical Intensive Care Unit at McLeod Regional Medical Center in Florence. She graduated from Florence-Darlington Technical College with her Associates Degree in Nursing and received both her BSN and Master's in Nursing from Chamberlain University.

Nielson and her husband, Chris, will be relocating to the Grand Strand area.

McLeod Welcomes New Physicians and Hospitalists



Please click on the image above to learn more about Dr. Terri Jaggers and other new physicians at McLeod.



Please click on the image above to learn more about Dr. Ben Hinman and other new hospitalists at McLeod.

For optimal viewing, open the Flickr album in Google Chrome or Mozilla Firefox.

Upcoming Events



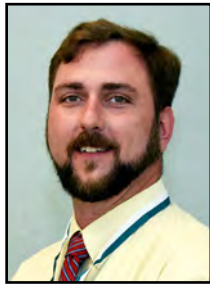
For a complete list of upcoming events, please click [here](#) to view the McLeod Health calendar.

Merit Awards

MRMC



Martha Jefferson
NICU
May 2018



Webb McCall
Information Technology
May 2018



Hillary Mitchell
Pharmacy Services
May 2018



Kelvin Young
Registration
May 2018



Josh Funk
Nutrition Services
June 2018



Jean Harrison
Environmental
Services
June 2018



April Orange
AHEC
June 2018



Deborah Kemp
NICU
July 2018



Patricia Litts, MD
McLeod Women's
Care
July 2018



Clint Scott
Palliative Care
July 2018

Clarendon



Linda Sharper
Medical Surgical
May 2018



Joshlyn Kinlaw
Nutrition Services
June 2018



Debora Anderson
Human Resources
July 2018

Cheraw



Ashley Hatchell
Environmental Services
May 2018



Cindy Causey
Human Resources
May 2018



Jasmine Legette
Nutrition Services
May 2018

Dillon

MPA



Susan Broach
McLeod Vascular
Associates
May 2018



Vernon Williams
Security
May 2018



Marcie Lloyd
McLeod OB/GYN
Seacoast
July 2018



Denise Martin
McLeod Digestive Health Center
July 2018

August Specials

McLeod Spa August Special



Take 20% off all gel manicures during the month of August.

Gift certificates are also available!

Please call 777-3203 (Concourse) or 777-3200 (Health & Fitness Center) to schedule an appointment.

Don't forget Tuesdays are Employee Days

Present your employee ID badge for
15% off any service or product.

(Not valid on gift certificate purchases.)

Visit: www.McLeodHealthFitness.org for a menu of services.

McLeod Resource Center



August Special

Everything in Resource Center
(excluding breast pumps and rentals)
is 10% off for
National Breastfeeding Month.

McLeod Health & Fitness Center



August Special

Enjoy a \$25 joining fee during the month of August.

Based on a 24-month contract.

In an effort to better serve you,
McLeod Health & Fitness Center
is now open at **5:00 a.m.** Monday through Friday.

Hours of Operation:

Monday – Thursday: 5:00 a.m. – 10:00 p.m.

Friday: 5:00 a.m. – 8:00 p.m.

Saturday: 7:00 a.m. – 7:00 p.m.

Sunday: 1:00 p.m. – 7:00 p.m.

www.McLeodHealthFitness.org

McLeod Health Clarendon Health & Fitness Center

September Special



**Enjoy the “Get Fit” special
\$60 for 60 days.**

This one-time special begins on
September 3, 2018 and ends on October 31, 2018.
Individuals can continue membership
for \$40 per month.
For more information, call (803) 435-5200.

McLeod

Regional Medical Center

Chapel

The Chapel is sacred space dedicated to prayer and quiet reflection. Visitors and staff are welcome to use the Chapel at any time.

Please enter quietly and be respectful of the space and of others.

Prayer Services

You are welcome to join the McLeod Chaplains for prayer services in this Chapel for:

Daily Devotional at 9:45 a.m.

Sunday Worship Services at 11 a.m. & 8 p.m.

Department of Pastoral Services (843) 777-2119