Preventative healthcare has become routine as people continue to educate and empower themselves about their own healthcare. They are looking to lower their risk of various conditions or diseases by maintaining a healthy diet, weight, and level of physical activity.

By participating in annual health screenings, providers are able to incorporate early interventions when a health condition or disease has been detected. Early detection ensures the proper course of action can be incorporated within a healthcare plan to avoid any complications.

Below are the requirements to receive the premium discounts for the 2020-2021 screening year. Employees can earn premium discounts with or without spouse participation. By getting the correct health services, screenings, and treatment you are taking important steps toward living a longer, healthier life.

Due to recent requirements, **screenings are by appointment only**. To schedule an appointment, visit [https://booknow.appointment-plus.com/ye3vxx4/](https://booknow.appointment-plus.com/ye3vxx4/) or call McLeod Healthier You at 1-888-808-7466.

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Employee</th>
<th>Spouse</th>
<th><strong>Due Date</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete Health Risk Assessment and Biometric Screening</td>
<td>$25 per month Premium Reduction in 2021</td>
<td>$25 per month Premium Reduction in 2021</td>
<td>Nov. 20, 2020</td>
</tr>
</tbody>
</table>

* Must complete the HRA and Biometric Screening to qualify for the reduction

<table>
<thead>
<tr>
<th>Employees and Spouses who:</th>
<th>Employee</th>
<th>Spouse</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Fail to complete the Tobacco Use Test as a new hire</td>
<td>$50 Premium Surcharge per month in 2021 ($600 penalty)</td>
<td>$50 Premium Surcharge per month in 2021 ($600 penalty)</td>
</tr>
<tr>
<td>2. Test positive for Tobacco use or disclose Tobacco use</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Fail to complete an approved Tobacco Cessation Program</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Due to shipping delays from Flu Vaccine manufacturers, flu vaccinations and scheduled rounding for employee flu shots in our facilities must be postponed and will be rescheduled when supplies become available. The original deadline for employees to receive the flu shot will also be extended.**
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 2021.
   - 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 or you can visit https://portal.inhealth4change.com on your computer. McLeod employees will need to create 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 October 1, 2020 until November 20, 2020.
   - McLeod Healthier You will also accept results from your provider’s office.
   - If you miss the November 20, 2020 deadline, you can make an appointment to screen prior to April 15, 2021 and your premium reduction will begin in May 2021.

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 be subject to a $50 premium surcharge per month in 2021 ($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 2021 ($600 total per year).

Important Deadline Information:

1. Insurance premium discounts will begin January 1, 2021 if HRA and Biometric Screening completed by November 20, 2020.

2. If you miss the November 20, 2020 deadline, you can make an appointment to screen prior to April 15, 2021 and your insurance discount will begin in May 2021.
McLeod Sports Medicine offers free injury clinics every Saturday morning throughout the Fall sports season from 8:30 a.m. until 10:30 a.m. at McLeod Orthopaedics located in McLeod Medical Park Five (1005 East Cheves Street) in Florence. The injury clinics run until November 14, 2020.

No appointment is needed. Middle school, high school and collegiate athletes who have sustained an acute injury while participating in school sports are eligible and can participate for free.

The clinics are staffed by McLeod Sports Medicine Certified Athletic Trainers and McLeod physicians and medical providers. During the clinics, the staff provides complimentary medical assessments, X-ray and treatment. If the injury requires additional treatment the athlete is referred to an orthopedic surgeon or other specialist. The most common injuries seen include concussions, bruises, ankle sprains, and knee and shoulder injuries.

For more information, call McLeod Sports Medicine at 843-777-5139.
McLeod Health Hospitals Recognized with 38 Zero Harm Awards

McLeod Health has been honored with 38 South Carolina “Certified Zero Harm Awards” from the South Carolina Hospital Association (SCHA) in recognition of the hospital system’s excellent work in preventing hospital-acquired infections.

The following McLeod Health hospitals were recognized with Zero Harm Awards: McLeod Health Cheraw, McLeod Health Clarendon, McLeod Health Darlington, McLeod Health Dillon, McLeod Health Loris, McLeod Health Seacoast and McLeod Regional Medical Center. To earn a Certified Zero Harm Award, hospitals must experience no preventable hospital-acquired infections of a specific nature over an extended period of time.

The Zero Harm Awards showcase the hospitals who have had extended harm-free stretches in surgical site infections in major surgical procedures like knee replacements, hip replacements, colon surgery, and abdominal hysterectomy, or gone months without a Central Line-Associated Blood Stream Infection (CLABSI), MRSA or C. diff.

All hospital data used for the awards is independently verified by the South Carolina Department of Health and Environmental Control and recognizes the exceptional achievement the hospital or hospital unit has made to the safety and quality of care within their facilities.

**McLeod Health Cheraw**
- CLABSI ICU • 60 Months
- Hospital onset MRSA • 12 Months
- SSI – Colon Surgery • 30 Months
- SSI – Abdominal Hysterectomy • 36 Months
- SSI – Knee Replacement • 18 Months

**McLeod Health Clarendon**
- CLABSI ICU • 36 Months
- SSI – Colon Surgery • 36 Months
- SSI – Hip Replacement • 30 Months
- SSI – Abdominal Hysterectomy • 36 Months
- SSI – Knee Replacement • 36 Months
- Hospital onset C.diff • 18 Months
- Hospital onset MRSA • 30 Months

**McLeod Health Darlington**
- Hospital onset C.diff • 18 Months
- Hospital onset MRSA • 24 Months

**McLeod Health Dillon**
- CLABSI ICU • 36 Months
- SSI – Colon Surgery • 42 Months
- SSI – Hip Replacement • 24 Months
- SSI – Abdominal Hysterectomy • 48 Months
- SSI – Knee Replacement • 12 Months
- SSI – Knee Replacement • 12 Months

**McLeod Health Loris**
- CLABSI ICU • 48 Months
- Hospital onset MRSA • 48 Months
- SSI – Colon Surgery • 30 Months
- SSI – Abdominal Hysterectomy • 30 Months

**McLeod Health Seacoast**
- CLABSI ICU • 12 Months
- Hospital onset MRSA • 12 Months
- SSI – Colon Surgery • 12 Months
- SSI – Knee Replacement • 18 Months
- SSI – Hip Replacement • 12 Months
- SSI – Abdominal Hysterectomy • 12 Months

**McLeod Regional Medical Center**
- CLABSI Oncology • 30 Months
- CLABSI NICU • 42 Months
- CLABSI HVICU • 42 Months
- CLABSI MICU • 12 Months
- CLABSI PICU • 66 Months
- CLABSI TSCU • 12 Months
- SSI – Abdominal Hysterectomy • 12 Months
McLeod Welcomes School of Medical Technology Class of 2021

McLeod welcomes the School of Medical Technology class of 2021. The McLeod School of Medical Technology is located on the McLeod Regional Medical Center (MRMC) campus. The hospital-based program was established in 1977 to help provide qualified medical technologists to the region.

The faculty is composed of pathologists and medical technologists. Students rotate through Hematology/Body Fluids, Immunochemistry, Microbiology, Blood Bank, Urinalysis, Coagulation, and Phlebotomy for two to eight weeks per section.

New to this year’s program, the class is expanding to include clinical rotations at McLeod Health Cheraw, McLeod Health Clarendon, McLeod Health Dillon, McLeod Health Loris and McLeod Health Seacoast.

For more information on the McLeod School of Medical Technology, visit their website at www.peedeehec.net.

An Evening of Hope Celebrated Virtually

McLeod Health celebrated cancer patients, its oncology team and sponsors during An Evening of Hope to benefit the HOPE (Helping Oncology Patients Everyday) Fund on September 24. The McLeod Health Foundation’s 21st Annual Cancer Benefit was held virtually and showcased Celebrating Hope 2020, highlights from the past 10 years.

To watch the event, visit www.mcleodeveningofhope.org (on a McLeod desktop please copy the link from internet explorer into Chrome for optimal viewing).

Gifts made in support of the HOPE Fund benefit oncology patient support services and provide oncology staff with improved access for immediate assistance needs for their patients. Programs supported through this fund provide transportation and medication needs for patients with few resources and educational manuals and supplies. If you would like to learn more or make a donation to support the HOPE Fund, visit www.mcleodhealth.org/foundation.
Different Uniform, Same Goal

South Carolina Army National Guard medics trade in their camouflage for scrubs at McLeod hospitals

Medics from the South Carolina Army National Guard have had a presence at McLeod Loris Hospital, McLeod Seacoast Hospital, and McLeod Regional Medical Center (MRMC) since late July. Many were assigned to work in the Intensive Care Unit (ICU), Observation Unit and Emergency Department (ED), providing aid in the areas that needed them most.

National Guard medic training is mostly geared toward trauma, preparing them for combat situations.

“In trauma, everything is in the moment, and you do not get attached to patients because you will not see them again. Since our time at McLeod, we have learned firsthand the more emotional aspect of prolonged medical care. We saw what nurses experience every day,” recalled Specialist Matthew Jackson.

The medics served in many capacities while at McLeod. From sanitizing and preparing patient rooms after discharge and taking vitals and helping in triage, to communicating with patient family members and assisting in various areas of the hospital, the SC National Guard Medics had a direct and helpful impact on McLeod patients and staff.

“One of the most rewarding aspects of being in the National Guard is the opportunity to have a direct impact on the community. We are grateful to be at McLeod hospitals. We have learned so much, from nursing skills to hospital operations. It has been a challenging but very fulfilling time,” said Specialist Tre’ Smith.

McLeod Health is immensely grateful to the South Carolina Army National Guard and salutes the medics for their vital assistance during the COVID-19 pandemic.

Please click here to see more images of South Carolina Army National Guard medics assisting McLeod Health hospitals.
McLeod Nurses Receive DAISY Awards

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
Stephanie Barr, BSN, RN, a staff nurse on the Medical Observation floor, was named the May DAISY Award Recipient for McLeod Regional Medical Center. Barr was nominated by a patient for her extraordinary care and compassion.

The patient wrote, “Stephanie really needs to be honored this year. She is a caring nurse. She is outstanding, and she is a super star! She makes you feel welcome.”

In a conversation with the McLeod Patient Relations team, the patient continually expressed her gratitude for the wonderful care she received on a clinical level and explained how she was brought to tears by the amount of “Christian love” that was shown to her by Stephanie and the entire staff. The patient was very concerned about the procedure she was going to have done in Nuclear Medicine, but Stephanie and the team prayed with her, sang with her, and provided her with so much encouragement to face what needed to be done. Once she arrived in Nuclear Medicine, she expressed how comforted she felt because of the staff she encountered there.

“They made me feel confident that everything would be alright,” she recalled.

Stephanie, who served eight years in the United States Navy, was also voted the 2020 Medical Observation Nurse of the Year by her peers. She is currently pursuing a degree as a Family Nurse Practitioner.

JUNE
Taylor Prince, BSN, RN, a staff nurse in the Emergency Department, was recently named the June DAISY Award Recipient for McLeod Regional Medical Center. Prince was nominated by a patient’s mother for her extraordinary care and compassion.

The patient’s mother wrote, “Saturday morning my son was playing outside on some tractor equipment, and his hands were slammed in a lever. We went straight to the Emergency Department in Florence. I ran in carrying my son and was checked in very quickly. We were taken straight back to our room where Taylor and other ED staff met us. They all tried to comfort my boy while I gave them information on what happened.

“Dr. Hyman consulted McLeod Orthopaedics. Melanie, the Physician Assistant, assessed Jacob and after looking at X-rays decided to suture his hands and wrap them in bulky dressings. My son, a curious 4-year-old, had a lot of questions.

“Taylor took the time to explain everything to Jacob, step by step, and was so patient with him. Being a nurse myself I knew what was going on and what the next step was. But, she made sure he understood and was comfortable before she ever started his IV for moderate sedation. When he woke, after asking when we could go home, he wanted to know where Taylor was and when she was coming back. I asked what he needed and he said, ‘Nothing, she’s just berry nice.’

“Thank you, Taylor, for comforting our boy. You are one of the many reasons people continue to choose McLeod.”
2020 McLeod Health Service Award Recipients

55 years

BJ Collins
MHIC

Janice McKenzie
MHIC

Doris Brantley
McLeod Health
Dillon

Phyllis Walters
McLeod Health
Dillon

Emily Sanderson
McLeod Health
Darlington

Carol Stukes
McLeod Health
Clarendon

Sobra Watts
McLeod Health
Loris

Sherri Wilson
McLeod Health
Loris

Tammy Wright
McLeod Health
Loris

45 years

Jennifer Johnson
McLeod Regional Medical Center

Adelia Sebnick
McLeod Regional Medical Center

40 years

Doris Brantley
McLeod Health
Dillon

Phyllis Walters
McLeod Health
Dillon

Emily Sanderson
McLeod Health
Darlington

Carol Stukes
McLeod Health
Clarendon

Sobra Watts
McLeod Health
Loris

Sherri Wilson
McLeod Health
Loris

Tammy Wright
McLeod Health
Loris

35 years

Linda Johnson
McLeod Health
Seacoast

Ginger Owens
McLeod Health
Seacoast

Debbie Tyler
McLeod Health
Seacoast

Kenneth Vaught
McLeod Health
Seacoast

Patty Wade
McLeod Health
Seacoast

Kristina Harper
McLeod Health
Cheraw

Dr. M.G. Skinner
McLeod Physician Associates

Michele Wall
McLeod Physician Associates

30 years

Anne Poston
McLeod Home Health

25 years

Ipridella Scott
McLeod Health & Fitness Center
Flagler Honored as Nominee for SCHA Award

McLeod Health Clarendon is pleased to announce that Pamela Flagler was recognized as a nominee for the South Carolina Hospital Association’s Drive to Zero Harm Leadership Award. The Award recognizes and celebrates leaders who strive for Zero Harm at every level of their organization.

Pam serves as the Associate Vice President of McLeod Health Clarendon’s Quality and Safety program. In this role she leads and oversees a variety of improvement work that encompasses Clinical Effectiveness, Operational Effectiveness, Survey Readiness and Service Excellence.

During her tenure, the hospital’s Quality and Safety program has been awarded many noteworthy quality recognitions.

The hospital has earned a rating of 4 out 5 stars by the Centers for Medicare and Medicaid Services in the most recent publicly reported data and has received a Blue Cross Blue Shield Rewarding Excellence Quality Award. Most recently in June 2020, McLeod Health Clarendon was recognized by Healthgrades with the Outstanding Patient Experience Award for 2020. One of ten hospitals in the State of South Carolina recognized, the credit for this award belongs to the dedication of staff and the dynamic service excellence program which is part of the Quality and Safety department.

McLeod Health & Fitness Center

October Special: Shag Lessons
October 13 – November 17
Tuesdays, 6:30 – 8:00 p.m.
MHFC Studio 1
$120 per couple
Register at the front desk or for more information, please contact Cameron Faile at (843) 777-3093.

Kettlebell 101 – Let’s Swing
October 5 – 28
Mondays and Wednesdays, 10:00 – 10:30 a.m. or 3:30 – 4:00 p.m.
Basketball Court
$120
Register at the front desk or for more information, please contact Lisa Tolbert at (843) 777-3017.

New Physicians

McLeod Welcomes New Physicians

Please click on the image to learn more about Dr. Robyn-Ann Lee Hing, McLeod Hospitalist, and other physicians at McLeod Health.

For optimal viewing, please open the Flickr album in Google Chrome or Mozilla Firefox.
October Monthly Specials

**McLeod Spa**

Enjoy 20% off all 50- or 80-Minute Nirvana Stress Relief Massages

To schedule an appointment, call The Spa at McLeod Health & Fitness Center at 777-3200.

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](http://www.McLeodHealthFitness.org) for a menu of services.

**Important Dates**

For a complete list of upcoming events, please click [here](http://www.McLeodHealthFitness.org) to view the October McLeod Health calendars.

**October Special:**

Save 10% on all Hospital Grade Bulb Syringes

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**Merit Awards**

**MRMC**

- **Beverly Alford**
  - Postpartum/Gyn
  - September 2020

- **Merlyne Montes**
  - Physical Therapy
  - September 2020

- **Peggy Poston**
  - Nutrition Services
  - September 2020

- **Dr. Eva Rzucidlo**
  - McLeod Vascular Associates
  - September 2020

**Cheraw**

- **Bradley Mishue**
  - ICU
  - May 2020

**Loris Seacoast**

- **Denetria Shaw**
  - Nutrition Services
  - September 2020

- **Kelvin Oakley**
  - Trauma Services
  - September 2020

- **Donna Todd**
  - Registration Services
  - September 2020

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**McLeod Resource Center**

- **Dr. Eva Rzucidlo**
  - McLeod Vascular Associates
  - September 2020

- **Peggy Poston**
  - Nutrition Services
  - September 2020

- **Denetria Shaw**
  - Nutrition Services
  - September 2020

- **Kelvin Oakley**
  - Trauma Services
  - September 2020

- **Donna Todd**
  - Registration Services
  - September 2020

- **Bradley Mishue**
  - ICU
  - May 2020

- **Beverly Alford**
  - Postpartum/Gyn
  - September 2020

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  - September 2020

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