

Time to Schedule Biometric Screenings and Annual Health Assessments

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/ye3vkn4/> or call McLeod Healthier You at 1-888-808-7466.

	<u>Employee</u>	<u>Spouse</u>	<u>DUE DATE</u>
Complete Health Risk Assessment and Biometric Screening <i>* Must complete the HRA and Biometric Screening to qualify for the reduction</i>	\$25 per month Premium Reduction in 2021	\$25 per month Premium Reduction in 2021	Nov. 20, 2020
Employees and Spouses who: <ol style="list-style-type: none"> 1. Fail to complete the Tobacco Use Test as a new hire 2. Test positive for Tobacco use <i>or</i> disclose Tobacco use 3. Fail to complete an approved Tobacco Cessation Program 	\$50 Premium Surcharge per month in 2021 (\$600 penalty)	\$50 Premium Surcharge per month in 2021 (\$600 penalty)	Nov. 20, 2020

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.

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Biometric Screenings and Annual Health Assessments

(continued)

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.**



Get a Health Screening Now and Earn **REWARDS!**

As a member of the Healthier You Wellbeing program, you have the opportunity to earn exciting rewards for working toward a healthier lifestyle.

Register or Login

1

- ▶ Existing users click "Login" (contact Healthier You if you forgot your email address)
- ▶ New users: Download the inHealth Wellbeing app to register. If you don't have access to a smartphone, you can conveniently login on a PC at <https://portal.inhealth4change.com>
- ▶ Click on "Here" to create an account
- ▶ Enter company ID: MCH
- ▶ Press "create" to submit information

2

Complete Health Risk Assessment (HRA) Questionnaire & Schedule Your Appointment

- ▶ Under the Health Risk section in the menu bar, click on "My Health Risk Questionnaire" and answer questions about your health history prior to attending your biometric screening.
- ▶ Enter initials and press submit.
- ▶ Click on the "Schedule Now" link to schedule a screening appointment.

3

Attend Screening

- ▶ Have employee ID number and/or spouse's employee ID number available.
- ▶ Fast 6 - 8 hours before screening. You may take any medications with water while fasting. If you are screening in the afternoon, eat a light breakfast and skip lunch.
- ▶ If you had blood glucose and cholesterol levels tested within the last 90 days before your screening, bring your lab results with you.

Your privacy is important to us. All personal health information received through Healthier You is stored and managed in a safe, secure and confidential manner. Your employer will not have access to any of your medical records.



HealthierYou@McLeodHealth.org • 888.808.7466
DOWNLOAD THE INHEALTH WELLBEING MOBILE APP TODAY!



McLeod Sports Medicine Offers Free Injury Clinics



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
Sports Medicine

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
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



Back row, left to right: Allie Long, Angelica Park, Adam Hill, and Janice Cooper; Front row, left to right: Takirah Tolbert, Wanya Toney, Emma Burroughs, and Natalie Chea.

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.peedeeahc.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.



Evening of Hope

Different Uniform, Same Goal

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



South Carolina Army National Guard medics (left to right) Specialist Tre' Smith, Specialist Jacob Bagley, Specialist Matthew Jackson, Senior Airman Maijer Bell, Staff Sergeant Sherry Sulton, Specialist Rayni Newman, and Specialist Marshall Coleman assist patients and staff at McLeod Regional Medical Center during the COVID-19 pandemic.



South Carolina Army National Guard medics (left to right) Staff Sergeant Sherry Sulton; Senior Airman Maijer Bell; Specialist Matthew Jackson, and Specialist Tre' Smith assist patients and staff at McLeod Health Seacoast during the COVID-19 pandemic.

Medics from the South Carolina Army National Guard have had a presence at McLeod Lorris 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.



Stephanie Barr, BSN, RN

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.



Taylor Prince, BSN, RN

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."

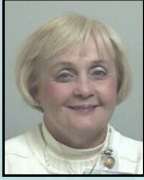
"Dr. Hyman consulted McLeod Orthopaedics. Melanie, the Physician Assistant, assessed Jacob and after looking at X-rays decided to suture his hands and wrap them in bulky dressings. My son, a curious 4-year-old, had a lot of questions."

"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



Jennifer Johnson
McLeod Regional Medical Center

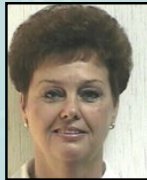


Adelia Sebnick
McLeod Regional Medical Center

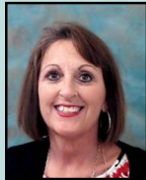
40 years



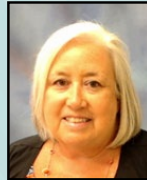
Doris Brantley
McLeod Health
Dillon



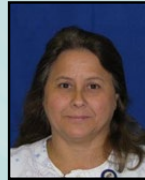
Phyllis Walters
McLeod Health
Dillon



Emily Sanderson
McLeod Health
Darlington



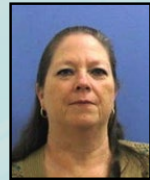
Carol Stukes
McLeod Health
Clarendon



Sobra Watts
McLeod Health
Loris

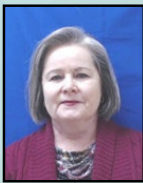


Sherri Wilson
McLeod Health
Loris

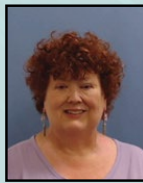


Tammy Wright
McLeod Health
Loris

35 years



Linda Johnson
McLeod Health
Seacoast



Ginger Owens
McLeod Health
Seacoast



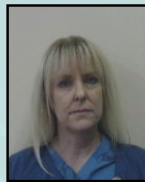
Debbie Tyler
McLeod Health
Seacoast



Kenneth Vaught
McLeod Health
Seacoast



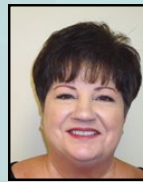
Patty Wade
McLeod Health
Seacoast



Kristina Harper
McLeod Health
Cheraw

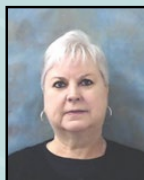


Dr. M.G. Skinner
McLeod Physician Associates



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



Pam Flagler

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 of 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.



Merit Awards

MRMC



Beverly Alford
Postpartum/Gyn
September 2020



Merlyne Montes
Physical Therapy
September 2020



Peggy Poston
Nutrition Services
September 2020



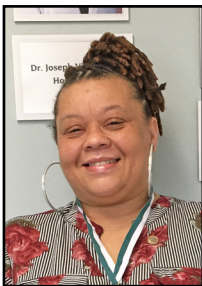
Dr. Eva Rzcudlo
McLeod Vascular Associates
September 2020

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

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 for a menu of services.

Important Dates

October 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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

McLeod Resource Center



**October
Special:**

Save 10% on all
Hospital Grade
Bulb Syringes