

Grateful Patient

Acute Care Team Receives Healing Hand Award at MDH

McDonough District Hospital congratulates the Acute Care team for receiving a Healing Hand award, an honor within the Grateful Patient Program at MDH.

The Grateful Patient Program provides an opportunity for patients and/or families to show their gratitude and appreciation in honor of the excellent care received.

This Grateful Patient recognized the team for their wonderful and attentive care. The patient shared, *“This award is given in gratitude for the wonderful care I received during my stay. I have never seen such a compassionate staff. I want to*

thank my doctors, nurse practitioners and the entire third floor [acute care] staff – I am blessed!”

In addition to recognizing a Healing Hand, patients and/or families may make a financial contribution to support an area of care or direct their gift to a more specific cause. At the donor’s request, this donation was designated to the area of greatest need.

To learn more about the Grateful Patient Program at MDH, please visit MDH.org or contact the Foundation office at (309) 836-1757.



MDH Core Values

Honesty and Integrity • Respect • Exceptional Service • Commitment to Excellence • Teamwork

MDH Hotline

Do you have a compliance concern you need to share confidentially? Remember the MDH Hotline is available at (309) 836-1630.

Next Deadline

The next *Making Rounds* deadline is NOON on **Tuesday, January 14**. Please submit your information, articles, Thank You notes, recipes, achievements, etc., to Public Relations.

To view the December 2019 MDH Board Report, go to the Intranet and click on Departments → Administration

MDH Says Goodbye

Amy Elkins, CNA, Acute Care, 11/29/19

Johannah Etter, RN, Acute Care, 12/16/19

Sharie Harden, Midwife, MDH Obstetrics and Gynecology, 11/12/19

Ashley Hartman, Recruiter, Human Resources, 12/6/19

Trisha Kuster, RN, ER, 11/15/19

Jerid Landon, CNA, Acute Care, 12/6/19

MacKenzie Rhoads, Clerk, Registration, 12/2/19

Debra Runge-Ashby, Medical Group Patient Financial Services Manager, 11/26/19

Moving Around

Tracie Anderson is a RN in Cardiology. She previously worked as a RN in the Emergency Room.

Marizona Dahlstrom was a RN in Acute/ICU. She is now working as a RN in the Operating Room.

Ashley Douglas is a Clerk in HIM. She previously worked as an Office Assistant for MDH Obstetrics and Gynecology.

Job Opportunities



<u>POSITIONS</u>	<u>DEPARTMENT</u>	<u>SHIFT</u>	<u>STATUS</u>
Clerk	Plant Engineering	Days	24 hrs/wk
Office Assistant	MDH Obstetrics and Gynecology	Days	24 hrs/wk
Director	Information Systems	Days	Full-time
Director	Behavioral Health Services	Days	Full-time
Sitter	Emergency Department	Variable	Registry
CNA	Acute Care	7p-7:30a	Full-time
Hospitalist Nurse Coordinator	Hospitalist	Days	Full-time
RN	Intensive Care Unit	7p-7:30a	24 hrs/wk
RN	Emergency Department	7a-7:30p	Full-time
BHS Specialist	Behavioral Health Services	Variable	Registry
Midwife	MDH Obstetrics and Gynecology	Days	Full-time
Obstetrician/Gynecologist	MDH Obstetrics and Gynecology	Days	Full-time
Orthopedic Surgeon	MDH Orthopedics and Sports Medicine	Days	Full-time
PBX Operator	Communications	Variable	Registry
Pediatrician	MDH Pediatrics	Days	Full-time
Physical Therapist	MDH Sports Medicine and Rehabilitation	Days	Full-time
Programmer/Analyst	Information Systems	Days	Full-time
Registered Cardiac/Vascular Sonographer	Cardiopulmonary	Days	Full-time
RN	Case Management	Variable	Full-time
RN	Case Management	Variable	24 hrs/wk
Surgeon	MDH General Surgery	Days	Full-time

Full list also available online at www.MDH.org

As of December 18, 2019

Thank You

To my fellow colleagues at MDH:

Wonderful, fantastic, amazing - these are just some of the words to describe the fine care I have received while having surgery and being a patient at MDH. Dr. White, Dr. Trost, Steve Hilligoss, Ashley and Debbie were wonderful in Surgery. My rehabilitation team, Becky and Shannon have got me moving and have helped so much. The nursing staff, food services, environmental services - everyone has been wonderful and I can't say thank you enough for the great care I have received. We are so lucky to have a hospital like MDH, and our staff is second to none.

Thank you all,
Mary Ann Plate

New Faces at MDH

MDH Welcomes New Employees



Sandi Burton

Sandi is an Aide in Environmental Services.



Cade Johnson

Cade is a Sitter in ER. He is from Waterman and enjoys soccer and being outdoors.



Kristen King

Kristen is a Sitter in ER. She is from Peoria and enjoys reading and plants.



Julie Peterson

Julie is a Medical Assistant for MDH Medical Group. She is from Oquawka and is married to Matt. They have two children, Ian and Afton.

Julie enjoys photography, reading, and being with family.



Racheal Robertson

Racheal is an Aide in Environmental Services. She is from Roseville, CA, and has two children, Aurora and Zaven.



Whitney Swingler

Whitney is an Aide in Environmental Services. She is from Chicago and enjoys basketball and movies.

Stork Landing

Raymond and **Kristina Hayes** are the proud parents of Trenton Rex Hayes born December 5. Kristina is an Office Assistant at MDH Bushnell Family Practice.



A "Peek" at PROS!

Employee Giving Club

PROS Meeting Minutes: December 18, 2019, 12:00 p.m. – Auxiliary Workroom

Present: Gary Anspach, Crystal Carson, Jill Cook, Glynnis Coplan, Linda Cremer, Mel Dorethy, Connie Duffy, Lynn Durso, Dick Ford, Kyle Magee and Brittany Moore

Welcome: Linda welcomed the group and thanked everyone for their commitment to PROS.

Review & Approve Minutes & Financial Report: Motion to approve August meeting minutes by Mel and seconded by Connie D. – Approved. The financial report was presented by Linda. Third and fourth quarter expenses were reviewed – with a current PROS fund balance of \$54,801.53 (as of 12/17/19). Motion to approve the financial report by Dick and seconded by Gary. – Approved.

Big Game & Summer Block: Big Game Party was set for January 31, 2020. Committee voted to keep similar menu as last year with a few changes. Following discussion, the 2020 Summer Block Party was discussed and committee is researching moving the party off-campus. Brittany working on entertainment/pricing/venue/catering options.

PROS Store/Sweatshirts: Brittany reported that \$1,023.25 worth of merchandise has been purchased in the PROS store YTD and shared a few new ideas for the store with committee. Once pricing is confirmed, additional items will be ordered and a "pop up" store will be held to showcase new items. Brittany reported a total of \$5,580 worth of MDH sweatshirts have been purchased YTD.

Teddy Bear Update: Linda reported there are 529 teddy bears on hand, no need to order at this time.

New Projects: Brittany led discussion of new project ideas that the committee has brought up. The committee agreed additional outdoor seating is a priority and will work on getting quotes and a plan. The committee also discussed bringing back PROS pins for members to wear on their badges. Brittany will work on getting pricing.

Other: Linda discussed a request for additional fitness room equipment (battle ropes and kettle ball) and the committee decided to get pricing on the items and then discuss further.

Adjournment: 1:05 p.m. – Motion to adjourn by Connie D. and seconded by Glynnis. – Approved.



EMS Coordinator

Adam Doellman

Adam Doellman recently joined MDH as the EMS Coordinator. He spent the past 21 years as a paramedic with the Adams County Ambulance service, including the

last four as the lead paramedic.

Doellman will work with all first responders in McDonough County, verifying that MDH protocols are followed. He works with Lifeguard Ambulance on inspections, sits on the McDonough County 911 Board, and works with MDH staff on emergency preparedness.

During his time in Adams County, he worked with various agencies with the training and education for emergency and disaster situations. A native of Quincy, Doellman first began as a EMT in 1998 and took his paramedic classes from John Wood Community College.

Adam and his wife, Kristy, have four children; Nicholas, Zane, Zara, and Zebadiah. He enjoys scouting, camping, and spending time with his family.



Volunteer Coordinator

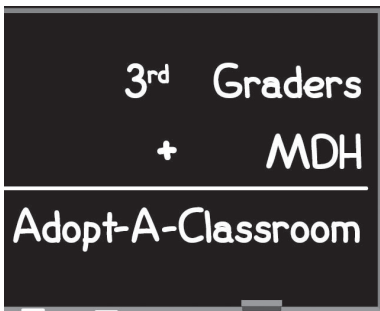
Erica Smith

No stranger to MDH, Erica Smith takes over as the Volunteer Services Coordinator. For the last two and a half years, she worked in the Public Relations and Marketing office and shared time in Service Excellence and Foundation.

Smith oversees all aspects of: The Gift Gallery, the Volunteer Program, volunteer recruitment, scheduling and training, the Westervelt Hospitality Home, and facilitating the Auxiliary to MDH.

A graduate of Eureka College and native of Macomb, Smith spent time at OSF Peoria on the Pediatric Intermediate and Intensive Care Units. She then relocated to Indianapolis where she worked as a Communications Project Specialist for ITT Educational Services and MIBOR Realtor Association before moving back home and joining MDH.

She and her husband Luke enjoy spending time outdoors, working on their 160-year old farmhouse, and raising their 15-month old son, Henry.



Each month during the school year McDonough District Hospital participates in the Adopt-A-Classroom program. This year MDH has adopted Mrs. Linda Poore's 3rd grade students at Lincoln School. A representative from MDH visits the classroom to educate students about various departments at the hospital.

MDH Ear, Nose and Throat

Nurse Practitioner Kamie McKee presented to our Adopt-A-Classroom students. She gave a presentation about healthy living and played a fun Bingo activity.

The students received nectarine snacks for being good participants.



Recognition for Outstanding Customer Service

For the month of November, the Service Excellence department at McDonough District Hospital would like to recognize and say thank you to **employees and physicians** for their outstanding customer service to patients.

The Press Ganey, Deyta (Hospice) and Patient Satisfaction surveys call attention to employees who demonstrate excellent customer service. Individuals recognized receive a customer service *Thank You Certificate* for their outstanding hard work.

Recognition for outstanding customer service goes to the following professionals:

Acute Care: **Teresa Hamm**, RN

Food and Nutrition Services: **Yagonda Stewart-Hall**, Certified Diet Tech

Intensive Care Unit: **Kortney Higgins**, RN

Laboratory: **Matt Kessler**, PBT(ASCP)

MDH Bushnell Family Practice: **Dr. Arnold**

MDH Home Health: **Darlene Row**, RN

MDH Internal Medicine: **Dr. Jalil**

MDH Pediatrics: **Julie Bartlow**, CPNP-PC, NNP-BC

MDH Psychiatry: **Dr. Sarwar**

MDH Obstetrics and Gynecology: **Brenda Powell Allen**, WHNP

Radiology: **Lynn Durso**, RT; **Theresa Anderson**, Tech

Surgical Services: **Dr. Biagini**; **Dr. Sparks**; **Dr. Gonzales**

Congratulations to those recognized in this article and thank you for your ongoing commitment to providing an exceptional patient experience!

Community Support

Bushnell-Prairie City Athletic Booster Club Donates to Linda's Fund at MDH



Bushnell-Prairie City (B-PC) Athletic Booster Club hosted Paint the Gym Pink on October 17 and raised \$1,250 for Linda's Fund. The event featured a pink night volleyball game, apparel sales, and a silent auction.

Since 2014, the B-PC Athletic Booster Club has donated over \$10,000 to Linda's Fund. Linda's Fund provides financial support to breast cancer patients who are using the services of MDH and live in the MDH service area.

WIU Theatre and Dance Department Costume Construction Class Donated 14 Chemo Pillows to MDH



Western Illinois University (WIU) Theatre and Dance Department Costume Construction class presented 14 handmade chemo pillows to MDH. The pillows will be utilized in Infusion and Acute Care Departments.

All About You | \$300 to Linda's Fund

Amazon Smile | quarterly distribution | \$48.70 to DKSWC

Nelson's Clothing | \$200 to Linda's Fund

New Golden Apple Society Member:

Gold: Laura Goebel, In honor of Hayden, Rowan and Rodney Reach Out and Read

14th Annual McDonough District Hospital Festival of Trees



A big thank you to our sponsors, decorators, entertainers, volunteers & participants! More than 1,500 attended and over \$39,000 was raised in support of the Dolores Kator Switzer Women's Center!

Festival Sponsor

Citizens Bank (A Division of Morton
Community Bank Member FDIC)

Jingle 'n Mingle Sponsor

REMLO - Drs. Ron Rigdon &
Alvin Weintraub

Teddy Bear T Sponsor

Laverdiere Construction, Inc.

Gold Star Sponsors

Blessing Health System
First Bankers Trust Company, N.A.
Harold O'Shea Builders
The McDonough County
Voice / Choice
NTN-Bower Corporation
Table Grove State Bank

Silver Bell Sponsors

Charlene G. Callison &
Larry T. Balsamo
MidAmerica National Bank
Purdum Gray Ingledue Beck, Inc.
Amy Spelman & Brad Bainter
The Lamoine
Dave & Jackie Thompson
WIU President's Office

Tree Sponsors

Aflac - Mike & Bambi Moore
Andy & Julie Bartlow
Bridgeway
Dr. Ed Card & Wanda Foster
Car Care Center
Century 21 Purdum Epperson -
Lorraine Epperson
Colchester State Bank
Maria & Tom Dunstan
Farm King
Farmers and Merchants State
Bank of Bushnell

Fortress Bank
GastroHealth of Illinois -
Dr. Timothy Biagini
Nigel & Amanda Graham
Grand Prairie of Macomb
W. Garry & Margie Johnson
Kim & Chuck Laird
Marine Bank
Macomb Area Convention &
Visitors Bureau
Make Fit Happen
Idol & Jill Mitchell
MTC Communications
No Place Like Home
Nick Pano
Diane & Max Pierson
Spoon River College Foundation
Springfield Clinic Macomb
Terrill Title Co, Inc.
The Faculty of WIU Recreation,
Park and Tourism Administration
The Inman Family
Wesley Village

Holiday \$200 Cash Raffle Sponsor

Steve Silberer - Century 21

People's Choice Award Sponsor

Marcia Twaddle

Basket Sponsors

Clugston-Tibbitts Funeral Homes -
Steve and Mark Tibbitts
& Scott Conlin
Dodsworth-Piper-Wallen Funeral
Home
Lois Ganyard
Pumo Insurance Agency, Inc.
Suzan Nash & Tim Howe
Sandy Shearer-Leath & David Leath



Macomb Audiology -
Dr. Christine & Mitchell Standard

Tree Decorators

Aflac - Mike & Bambi Moore
Auxiliary to MDH
Belle's Loft
Camille Breheny
Bridgeway Inc.
Catch A Star Learning Center
Century 21 Purdum Epperson Inc.
Diabetes Education Center &
Nutrition Services
Jeri Harper, Barb Bailey &
Cindy Haines
Heartland Healthcare
Girl Scouts of Central Illinois
Todd & Melonie Icenogle
Frank & Linda Jobe
Kim & Chuck Laird
Macomb Arts Center
Macomb High School FFA Chapter
Make Fit Happen
Matt & Vicky Kipling
Maurices
McDonough County 4-H Federation
MDH Emergency Room
MDH Fiscal Services
MDH Laboratory
MDH Pediatrics

MDH Sports Medicine & Rehabilitation Services
 MDH Surgery
 Miss Macomb Scholarship Organization
 Patt Murray
 Amber Patrick & Christie Reynolds
 People's Choice
 Performing Arts Society
 Springfield Clinic Macomb (Mimi Pounders, Dr. Michelle Reeves & Dr. Amy Waschull)
 Jen Smith
 Spoon River College Foundation
 St. Paul School Children
 Teddy Bear T Participants
 The Enchanted Florist
 The Faculty of WIU Recreation, Park and Tourism Administration
 University of Illinois McDonough Co. Master Gardeners
 Carrie VanVleet, Shannon Dexter, Sarah Gibson, Mariah Huston, Brae Huston, Kelli Barry, Amanda Schulz & Alexa Ashenhurst
 Wesley Village
 WIU President's Office

Entertainment Sponsor

Phil & Jackie Richmond

Themed Basket Donors

Barb Baily & Jeri Harper
 BeYOUTiful Skin Care Studio & Dr. Christine Standard
 Fran Biagini
 Bold Brew House
 Car Care Center
 Jill Cook
 Forgottonia Brewery
 G&M Distributors
 Gelsosomo's Pizzeria
 Iron Spike
 Vicky Kipling
 Chuck Laird
 Kim Laird & Kathy Waters
 Magnolias
 Market Alley Wines
 Brittany Moore
 New Copperfields Book Service
 Amber Patrick & Christie Reynolds

Plum Relaxing
 Jackie Richmond
 The Princess Shoppe & Linda Cremer
 Town & Country Detail

Special Thank You
 Joshua Allen
 Altrusa Club Volunteers
 George Hartmann
 Macomb Arts Center
 Macomb Centennial Morning Rotary Club
 MDH Plant Engineering
 Miss Margaret's Face Painting
 Sandra Mosley
 Mike Murphy
 Piano Students of Jenny Perron
 Pumo Insurance Agency, Inc.
 Sigma Alpha Epsilon, WIU
 Ukulele Macomb
 Wesley Praise Band
 WIU Document and Publication Services
 WIU President's International String Quartet

\$200 Cash Raffle Winner

Mackenzie Allen

"I Spy" Winner

Zach Sutton

People's Choice

1st Place The Peppermint Twist
 Decorated by: Barb Baily, Cindy Haines & Jeri Harper

2nd Place Botanical Wonder
 Decorated by: University of Illinois McDonough Co. Master Gardeners

3rd Place Dickensville Christmas Village
 Decorated by: Todd & Melonie Icenogle

FOT Committee

Chuck & Kim Laird, Co-Chairs	Jeri Harper
Jan Armstrong	KC MacGregor
Barb Baily	Lana Jo Markham
Camille Breheny	Brittany Moore
Jill Cook	Amber Patrick
Marilyn Cox	Mimi Pounders
Linda Cremer	Christie Reynolds
Cindy Haines	Jackie Richmond
Mary Harn	Marcia Twaddle



APPLE Winner November 2019



Kristin Vail

Please join in congratulating **Kristin Vail**, 340B Pharmacy Technician, Pharmacy, on being named the recipient of the MDH APPLE Award for November. APPLE stands for “Achieving outstanding Performance in Patient care, Leadership, Loyalty and Enthusiasm for MDH”.

Kristin received her Bachelor’s degree in Zoology from Western Illinois University in December 2011. She then received her Pharmacy Technician license in March of 2017. Kristin joined McDonough District Hospital in March of 2018 as a 340B Pharmacy Technician.

Kristin is very knowledgeable across a wide range of job responsibilities. She not only excels in her role as a traditional pharmacy technician but also as a 340B technician and inventory specialist.

Kristin is very proficient in building and maintaining the pharmacy inventory items in Cerner as well as the automated dispensing cabinets. She is very efficient and accurate when completing tasks and organized with data collections and analysis. She helped develop the pharmacy’s Tech-Check-Tech program and the recall program.

Kristin balances her regular technician duties well with her 340B program responsibilities. She continually maintains and audits the pharmacy program to ensure they are successful and compliant. She genuinely cares about her coworkers and will adjust her schedule to meet a coworker’s need.

Her nominators explain that Kristin is an invaluable staff member. She always enters the pharmacy with a smile on her face. She is willing to learn new things and go above and beyond what is necessary. She comes in on weekends to mix Chemotherapy medications even if she is not scheduled and is also willing to work extra hours to train other technicians. The tasks Kristin accomplishes allows the pharmacy to run much smoother. One nominator stated, “I am not sure how the pharmacy ran before her.”

Kristin has two dogs, Charlie and Bella. She enjoys walking and playing with her dogs.



GIVE
THE GIFT
OF *life*

Holiday Blood Drive



Monday December 30th
Hospital Auditorium
10:00 AM—1:30 PM

If you have questions about donating or wish to schedule an appointment, please contact:

Jessica Berger

Extension: 13397

Email: jberger@mdh.org



January Calendar of Events



Chronic Pain Management Group

Mondays | 1-2 p.m.

Health Services Building 1, Auditorium, lower level
Sessions run through an 8-week course. For a free screening or more information, call MDH Behavioral Health Services at (309) 836-1582.

Anger Management

Wednesdays | 3-4:30 p.m.

Health Services Building 1, Group Room, lower level
Pre-registration is required. Insurance and financial assistance may cover costs depending on coverage.
For more information or to register, call MDH Behavioral Health Services at (309) 836-1582.

Suicide Support Group

Monday, January 6 | 7-8 p.m.

Health Services Building 1, Auditorium, lower level
This open discussion support group is for anyone who has been affected by suicide. This group meets the first Monday of each month. For more information, call the MDH Behavioral Health Services at (309) 836-1582.

Childbirth and Infant Care: 4-Week "L.A.T.E." Class

Thursdays, January 9, 16, 23 & 30 | 6:30-8:45 p.m.

MDH, Auditorium

This class will meet one night a week for four weeks.

Free. Pre-registration is required.

For more information or to register, call the Obstetrics Department at (309) 836-1570.

Bereavement Support Group - New Horizons

Monday, January 20 | 3-4 p.m.

MDH, Private Dining Room, lower level

This open discussion support group is for adults who have experienced the loss of a family member or significant other. For more information, call The MDH Hospice at (309) 836-1543.

January Meetings Calendar

Monday, January 6

Department of Medicine, 12 p.m., MDH Auditorium

Tuesday, January 7

Credentials Committee, 7 a.m., PDR

Wednesday, January 8

Department of Obstetrics and Gynecology,
12 p.m., MDH Auditorium

Monday, January 13

Exec Committee, 12 p.m., PDR

Tuesday, January 14

Ethics Committee, 12 p.m., TFBR

Monday, January 20

- Finance Committee, 4 p.m., TFBR
- Board of Directors, 5:30 p.m., TFBR

Monday, January 27

Medical Staff Quality Improvement Committee,
12 p.m., TFBR

A+ Achievement

Carley Brown, Phlebotomist, graduated from Western Illinois University on December 7 with a Bachelor of Science in Biology.

Please join the Laboratory in congratulating Carley on a job well done!



Information Systems

Information Systems is implementing a new procedure for equipment assigned to users.

How will it work?

Once it is determined a user will need mobile equipment due to their role or position, form HR-37 will be completed. A copy of this form will be scanned and stored online, user will be given a copy and a copy will be placed in the user personnel file.

What if I already have a device?

Don't worry! We will be in touch. Information Systems will complete forms for currently assigned equipment.

What if I need help when I have one of these computers?

Call Information Systems at (309) 836-1517, ext. 13263, or email helpdesk@mdh.org.

Why are you doing this?

It helps us keep better track of equipment. Less loss saves us all money.

What if I transfer or leave MDH?

If you transfer or change positions, it will need to be determined if the equipment is still needed for that new position. That is a decision for Directors, not IS, to make.

If you leave MDH, you will need to return all equipment that was assigned to you.

Caught You Caring *mdh*



Congratulations to all of the Caught You Caring recipients in September.

Below are the winners of the \$25 Gift Certificates:



Jill Foster



Lisa Patton



Harlan Reedy



Cheryl Sewell

December 2019 Volunteer Spotlight

Volunteer Position(s):

- 2005-Present — Patient Mail and Newspaper Sales
- 2004-2005 — Clerical Volunteer Service

Years of Service:

2004-Present



Carol Heath

Why I Volunteer:

I enjoy helping at the hospital, it is a positive thing to do for the community.

Hobbies/Interests:

Enjoys traveling, reading, pen pal mail, and Special Olympics.

Benefit Break...

Take a minute to learn more about your benefits and other HR issues.

SELL BACK OF SICK TIME

An Employee Opinion Survey was conducted in November 2003, which solicited comments from employees regarding many aspects of their employment experience including the salary and benefit package. Common requests on this survey were for some type of payout of accumulated sick time, recognition for employees with good attendance, recognition of employees with seniority, and a bonus for employees who have reached the maximum of their scale. After carefully considering your comments, a “sell back of sick time” benefit was developed and implemented effective January 1, 2005, and continues for this year.

This benefit is available to full-time employees with a minimum of 10 years of service and 800 hours (83% of the maximum accrual of 960 hours) of accrued sick time and part-time employees with a minimum of 10 years of service and 475 hours (83% of the maximum accrual of 576 hours) of sick time as of January 1, 2014. Sell back rates are as follows:

Years of Service	Full-time	All Others (except registry)
10-14	16 hours each year	8 hours each year
15-19	32 hours each year	16 hours each year
20-24	48 hours each year	24 hours each year
25+	64 hours each year	32 hours each year

If you have questions concerning this topic or any suggestions for future Benefit Breaks, please contact Human Resources at extension 13492.

Refer a friend or family member to volunteer at MDH!

MDH welcomes volunteers from all walks of life. We have a variety of positions available for volunteers of different ages and stages. Applications to volunteer are available on the website here:



Current areas of greatest need:

Reception Desk Attendant

Gift Gallery Assistant

General Volunteer

(includes tasks such as assembling patient bags, or archiving hospital news clippings)

FY 20 Biometric Screenings

To sign up for screenings:

1. Login to the MDH LifeSteps Portal (www.managewell.com)
2. Complete the Required Participation (doctor's information request)
3. Follow the prompts to sign up for a screening date & time.



Detailed sign up instructions also available on the Lifesteps Intranet page.

Screening Dates

Wednesday, January 8 | 6-9:30 a.m.
Health Services Building 1, lower level
former Day Health Room

Wednesday, January 15 | 6-9:30 a.m.
MDH Auditorium

Thursday, January 16 | 6-9:30 a.m.
MDH Auditorium

Wednesday, January 22* | 6-9:30 a.m.
Health Services Building 1, lower level
former Day Health Room

**Limited time slots available on this date.*

Screenings include:

- Weight
 - Blood Pressure
 - Waist & Hip Measurements
 - Body Fat Analysis/BMI
 - Grip Strength
 - Blood Glucose*
 - Lipid Profile
Includes: total cholesterol, HDL, LDL, and triglycerides*
- * 12 hour fast required (i.e. nothing except water 12 hours prior to your screening)

iPhone users: Point your phone's camera at the QR Code. The site will automatically populate.

Other SmartPhone Users: You may need to download a QR Code Scanner app, then simply open the app and follow their instructions for scanning.



ManageWell

Download the free ManageWell app and track your MDH Lifesteps participation!
Just download the app to your device and login with the same username and password you use for the MDH Lifesteps page.

mdh
LifeSteps
Wellness Program