

February is American Heart Month

National Wear Red Day: February 3, 2017

Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

Heart disease kills an estimated 630,000 Americans each year. Nearly half of Americans have at least one risk factor for heart disease, such as high blood pressure, obesity, physical inactivity, or an unhealthy diet. Risk also increases with age. It's the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication.

Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease. Since 2004, February also has been the signature month for the American Heart Association's Go Red For Women campaign and the message that heart disease is not only a man's problem.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight**
- Quit smoking and stay away from secondhand smoke**
- Control your cholesterol and blood pressure**
- If you drink alcohol, drink only in moderation**
- Get active and eat healthy**

Small Changes Can Make a Big Difference!

*** SCH employees will be allowed to wear red and pink accessories for the week of February 13th-17th, to help support American Heart Month!

Please be mindful of inappropriate attire...(no hats allowed).

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Welcome To SouthCoast Health



SouthCoast is excited to welcome **Dr. Scott Rojas** to our department of Infectious Disease. Dr. Rojas received his medical degree from Baylor College of Medicine in Houston, Texas. His residency was completed at University of California Davis Medical Center in Sacramento, California. His infectious disease fellowship was completed at Stanford University, VA Palo Alto Health Care System, Palo Alto, California. Dr. Rojas will be seeing patients at 1326 Eisenhower Drive, Building 2.

Dr. Rojas recently relocated to Savannah from Fort Worth, Texas. Join in welcoming him to SouthCoast Health and Savannah.



SouthCoast Health also welcomes its newest -Nurse Practitioner, **Jessica Wren** to the Richmond Hill campus. Jessica is from McDonough, GA. She completed her BSN at Georgia Southern University and her MSN at Simmons College in Boston, MA.

Jessica and her husband, Justin, have one precious daughter, Ellie. Jessica loves running, walking on the beach and spending time with her family.

Welcome to the team!

SCH In The Know...

Several of our staff members had a great time last month, at the "Get Fit With the Links" event held at Johnson High School on January 7th. We had fun participating in Zumba and line dancing, as well as offering free screenings and health tips at our booth!



HR CORNER

Looking to move up without moving out???

... check out some of the job openings available right here at SCH!

- Patient Representative-Bldg. 2/Chatham Ctr.
- MOA-Care Coordinator
- EMR Trainer
- PCC-RH 89/Bldg. 1
- Manager of Clinical Services
- Chronic Care Supervisor
- MA-Infectious Disease/310 Peds/Bldg. 1
- RN/LPN-Cardio
- MA/LPN-OB/GYN
- PRN MA/LPN-RH 89/PRN Pool

SCH Food Fact...

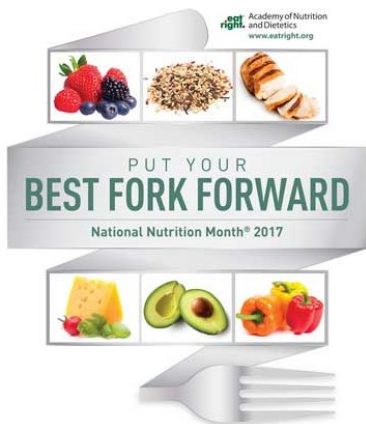
With a busy schedule, it can be difficult to make dinner every night—but eating out isn't always the healthiest option.

In this post, Healthgram's Health Coach offers tips to make healthy choices when you eat out:

- Avoid hidden fat, sodium and calories.
- Drink water, fat-free milk or unsweetened tea.
- Start your meal with a salad to help control hunger.

Remember to keep your salad healthy by packing it full of veggies and avoiding added fats like bacon bits, croutons and cheese and ask for low-fat, oil-based versions of dressing on the side.

- Skip the complimentary pre-meal snack such as bread, tortilla chips and hush puppies, which add extra fat, calories and sodium to your meal.
- Avoid added salt because foods served at many chain and fast-food restaurants are already high in sodium.
- Choose main dishes that include vegetables such as a stir-fry, kebobs or pasta with a tomato sauce.
- Opt for leaner meats (such as fish and chicken) that are steamed, grilled or broiled.
- Avoid dishes labeled deep-fried, pan-fried, sautéed, batter-dipped, breaded, creamy, crispy, scalloped, au gratin and those served in cream sauces since they are usually high in calories, unhealthy fats and/or sodium.
- Ask that gravies or sauces be served on the side so you can control the amount you eat or chose to avoid them completely.
- Control portion size by ordering the smallest option, sharing the dish with someone or immediately asking the waiter to box half of it up when your entrée arrives.



Healthful information with SouthCoast Health's Dietitian Courtney Willis

Employees enrolled in SouthCoast Wellness Program, who attend this informative "Munch and Learn" session will receive "50" Lunch and Learn Healthtrax points.

Theme: "Put Your Best Fork Forward" serves as a reminder that each one of us holds the tool to make healthier food choices. Making small changes over time, helps improve health now and into the future.

Location

Date/Time

Bldg. 2/Breakroom Tuesday, Feb. 14th, 12:30 pm-1:30 pm

Bldg. 1 Wednesday, Feb. 15th, 12:30 pm-1:00 pm

OB/GYN Thursday, Feb. 16th, 12:00 pm-1:00 pm

Pooler Friday, Feb 17th, 12:00 pm-1:00 pm

Please see last two pages in reference to earning Healthtrax points...



February 2017



ANNIVERSARIES

1 Year

Maureen Frazier
Heather Yuill
Emily Anderson
Kathrin Kimmons
Michael Russell
Kiara Griffin

2 Year

Teresa Hamby
Bria Coney
Michelle Brunelli
Jasmine Parker
Jessie Violet
Antonece Singleton

3 Years

Dr. Regina Dandy
Chelsea Olson
Ashley Buttersworth
Kelly Shahl
Crystal Carter

4 Years

Cheryl Carey
Alicia Deien
Ed Kowalewski
Qanita Minter

5 Years

Mindy Barrett
Sheree White

6 Years

Karen Reed
Dyshyan Brown

8 Years

Dr. Firas Bannout
Dr. Nizar Eskandar
Cherie Scaggs
Kristin Keel
Dedra Rice

9 Years

Sherrina White

10 Years

Richard Noble
Gwen Sparger
Cheryl Gay

14 Years

Carolyn Scott

15 Years

Dr. Sidney Bolch
Mary Cook
Jean Spell

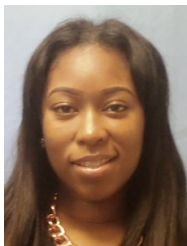
16 Years

Cynthia Lampp
Sue Hunnings

BIRTHDAYS

3 Latarsha	Jefferson	14 Katina	Moody
3 Kimberlee	London	16 Cheryl	Jackson
4 Jessica	Jones	17 Jillian	Epperson
5 Chris	Curry	18 Pamela	Gould
5 Christina	Burgdorf	18 Dr. Douglas	Hanzel
5 Carin	Hazeley	18 Heather	Johnson
5 Brittni	Barrett	18 Shelia	Williams
5 ShaQuail	Ripley	18 Heather	Boulineau
5 Jayme	Collins	18 Sylwia	Mora
6 Kay	Hudson	19 Michelle	Brunelli
6 Madison	Brown	19 Chris	Kimble-Hall
7 Angela	Curry	20 Dr. Sidney	Bolch, III
7 Avis	Knowles	20 Gloria	McCoy
7 Brandy	Traywick	20 Shaquanda	Sims
7 Lakin	Roseman	22 Bonnie	Wilson
8 Carolyn	Collins	22 Ashley	Moran
9 Nicole	Aguillard	22 Selena	Moore
9 Amanda	Wester	24 Tammy	Frye
10 Sandra	Vranich	25 Kendra	Cain
10 Dr. Russell	Sliker	26 Dr. Andrew	Wade
10 Mackenzie	Derst	28 Bonnie	Johnson
10 Jatwana	Singleton	28 Dr. Nenad	Avramovski
11 Dr. Amanda	Hendricks	28 Yteshia	Jackson
12 Cheryl	Gay	29 Elaine	Harn
12 Nikki	Williams		

SCH Employee Spotlight...



Compliments to Shaniqua Moore, Lab Assistant for our Eisenhower location! Shaniqua went out of her way to assist a patient that was not feeling well. Although, the patient had a 4 hour wait, Shaniqua made it worth it-she made sure she kept the patient updated on the status of her time to see the doctor...all with a smile!



SCH Reminders...

Please be mindful of any licensures or certifications that are due to expire!

All Clinical Personnel, you are responsible for updating your TB, Hep B and CPR certifications before the expiration date. CPR classes are offered one Saturday out of each month at no cost to the employee. **If your certification has expired, you will be responsible for \$35 fee!**

TRACK YOUR SUCCESS WITH HEALTHTRAX

SouthCoast Health encourages a healthy and active lifestyle as part of the wellness initiative. Continuing this year, SouthCoast has partnered with Healthgram to provide a Wellness Reward system with incentive options to reward those who are living a healthy and active lifestyle. Participants will have an opportunity to earn additional Health Savings Account (HSA) dollars by participating in the program outlined below.

Healthgram will be able to track all completed requirements through an online checklist called HealthTrax. Participants will be able to access HealthTrax by logging onto www.healthgram.com. All mandatory requirements have to be met to earn points towards HSA rewards.

The incentive points translate to the amount of HSA dollars you can earn. The incentives and earned HSA dollars apply to plan members only and will be loaded as you achieve points monthly. Contributions will be made in \$100 increments for a maximum possible contribution of \$500.

100 – 199 points =	\$100 HSA Contribution
200 – 299 points =	\$200 HSA Contribution
300 – 399 points =	\$300 HSA Contribution
400 – 499 points =	\$400 HSA Contribution
500 points =	\$500 HSA Contribution

HOW TO ACCESS HEALTHTRAX

Conveniently located within your Healthgram member portal, this tool allows you to monitor your participation in the SouthCoast Wellness Program through a simple points system and help you reach your goals. From your HealthTrax dashboard you can review your points, see what modules you still need to fulfill, and what modules you have submitted to HR to earn more points.



The screenshot shows the HealthTrax dashboard for a 2016 SouthCoast HealthTrax participant. At the top, it indicates 'Completed Modules: 5/5 points earned, 2/3 requirements completed' with a progress bar showing 100% completion. A bar chart below shows participation levels: Required (100%), Participant (75%), and Member (Completed 100%).

The dashboard is divided into three main sections:

- REQUIRED MODULES (1):**
 - Health Risk Assessments: 50 Points (Completed)
 - Wellness Agreement: 50 Points (Completed)
- PARTICIPATION MODULES:**
 - Edgemon- Eating Healthy and Budget: 20 Points (Completed)
 - Edgemon- Fixing Activity in Busy Schedule: 20 Points (Completed)
 - Edgemon- Heart Healthy Diet: 20 Points (Completed)
 - Edgemon- Maintaining a Healthy Weight: 20 Points (Completed)
 - Edgemon- Physical Activity: 20 Points (Completed)
 - Physical: 50 Points (Completed)
 - Prevention Management: 100 Points (Completed)
- GYM MEMBERSHIP:**
 - Gym Membership: 75 Points (Submitted)

Red circled numbers 1 and 2 highlight the 'REQUIRED MODULES' and 'GYM MEMBERSHIP' sections respectively.

From either the Dashboard or Health Trackers page, you will be able to access your HealthTrax program. From here, you can view the modules required for your program (1), and track submitted data to HR to work towards your total points (2).

PROGRAM OUTLINE

MODULE	POINTS	MANDATORY/ OPTIONAL	REPORT METHOD
Health Risk Assessment	50	Mandatory	Complete annual Health Risk Assessment in your online member portal
Wellness Agreement	50	Mandatory	Submit electronic signature in your online member portal
Connect with Healthgram Health Coach	75	Optional	Complete a minimum of 4 calls with the telephonic Health Coach in order to receive points*
Compliant with Preventive Screenings	100	Optional	You must be compliant on Prevention Management (Age and Gender Recommended Screenings) based on AMA guidelines. Reported through claims
Physical	50	Optional	You must be compliant on your physical exam to receive points
Organized Run/Walk	75	Optional	Must complete a 5K or Organized Race and submit proof to HR to receive points; up to 4 events
Health Challenge	100	Optional	See HR for participation details
Participation in a weight management program	50	Optional	Submit Weight Management Program participation to HR to receive points
Tobacco Cessation Program	50	Optional	Current tobacco users may participate; submit proof of completion to HR in order to receive points
United Way Turkey Trot	85	Optional	Submit proof of participation to HR in order to receive points
Gym membership	75	Optional	Submit proof of gym membership to HR to receive points
Fitness Workshop	75	Optional	Participate in a fitness workshop (such as Zumbathon) and submit proof of participation to HR to receive points
Weekly Fitness Classes	75	Optional	Participate in a minimum of 5 weekly fitness classes and submit proof of participation to HR to receive points
Approved Fitness Device (Fitbit/Jawbone)	75 each (225 max)	Optional	Submit three consecutive months of activity to HR to receive points; can be submitted quarterly for a maximum of 225 points
Lunch and Learn	50	Optional	See HR for participation details; up to 2 events
Flu Shot	50	Optional	Submit proof to HR to receive points
Edugame: Preventative Health	20	Optional	Complete Edugames in your online member portal
Edugame: Strength Training	20	Optional	Complete Edugames in your online member portal
Edugame: Healthy Sleep Habits	20	Optional	Complete Edugames in your online member portal
Edugame: Sun Safety	20	Optional	Complete Edugames in your online member portal
Edugame: Healthy Weight Loss	20	Optional	Complete Edugames in your online member portal

* You may contact the Health Coaches via email or phone (please provide full name, employer [SouthCoast], and best day/time to be contacted): healthcoach@healthgram.com and 704-944-6200

Total Points Required for Maximum Incentive: 500