

SouthCoast Health Welcomes Cardiologist Dr. Daniel Osimani



Dr. Daniel Osimani grew up watching his father work as a physician. He felt inspired and called to help people in the same way his father did, so he began his educational career pursuing the family physician tract. However, during his internship at the University of Illinois Medical Center, he grew interested in cardiology.

“Cardiology is one of those rare instances where you can heal people,” Dr. Osimani said. “With so many other specialties, you can only prevent or lessen the effects of illnesses. But, with cardiology, I can actually solve the problem.”

Dr. Osimani earned his Doctor of Medicine degree from the University of Illinois College of Medicine in Chicago, Illinois. From there, he completed his internship and residency at the University of Illinois Medical Center, where he was also a chief resident and where he completed his cardiology fellowship. Previously, Dr. Osimani worked as a staff cardiologist at both the Clinical Cardiology Consultants in Melrose Park, Illinois and Lewis Gale Montgomery in Blacksburg, Virginia.

“I love being able to listen to people’s problems and make them feel better. Every morning I get up with the extreme privilege of being able to help people,” Dr. Osimani explained.

Outside of the office, Dr. Osimani makes delicious pizza. He also loves to garden, fish, hike, travel, and walk. He and his wife met in high school, went to their senior prom together, and now have four children. All four are out of the nest and following careers in business, occupational therapy, and more.

Dr. Osimani sees patients at 1326 Eisenhower Dr, Bldg 2 in Savannah. Join us in welcoming Dr. Osimani to the team.

IN THIS ISSUE:

- [American Heart Month](#)
- [Welcome to SCH](#)
- [SCH Reminders](#)
- [HR Corner](#)
- [Voya](#)
- [Munch & Learn](#)
- [SCH Extras](#)
- [Birthdays & Anniversaries](#)



HEALTH DELIVERY
P H A R M A C Y

We have received request from staff/providers to allow them to use the pharmacy at 1326 Eisenhower for maintenance medications. If you have SouthCoast Health insurance, Healthgram, you will now be able to use the pharmacy for maintenance meds along with CVS/Target or Caremark mail order.

We apologize for any inconvenience this may have caused you in switching your maintenance scripts to another pharmacy!

If you have any questions, feel free to contact Christina Burgdorf, Benefits Administrator at 912-303-3523.

American Heart Month February 2018-You're In Control



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.

Heart disease is the leading cause of death for both men and women in the United States. It is an equal opportunity killer which claims approximately 1 million lives annually. The good news? It is also one of the most preventable. Making heart-healthy choices, knowing your family health history and the risk factors for heart disease, having regular check-ups and working with your physician to manage your health are all integral aspects of saving lives from this often silent killer.

Take Control of Your Heart Health

Find time to be active. Aim for at least 150 minutes of physical activity per week. Invite fitness buddies on an afternoon stroll, try an exercise class, or challenge the whole family to a soccer match.

Make healthy eating a habit. Small changes in your eating habits can make a big difference. Try making healthier versions of your favorite recipes. How? Look for ways to lower sodium and trans fat, and add more fruits and vegetables.

Quit tobacco—for good. Smoking cigarettes and using other tobacco products affects nearly every organ in your body, including your heart. Quitting can be tough, but it can be easier when you feel supported. Call 1-800-QUIT-NOW (1-800-784-8669) today or start with Tips from Former Smokers.

Know your numbers. High blood pressure and high cholesterol are major risk factors for heart disease. Ask your health care team to check your blood pressure and blood cholesterol levels regularly and help you take steps to control your levels.

Stick to the script. Taking your medications can be tough, especially if you feel fine. But sticking with your medication routine is important for managing and controlling conditions that could put your heart at risk.

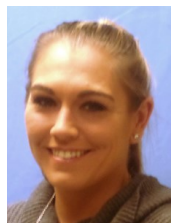
Small Changes Can Make a Big Difference!

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

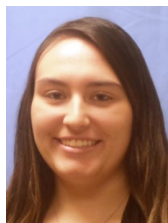
Welcome To SouthCoast Health-January New Hires



Georgia Hickox
Scheduler,
Eisenhower, Bldg. 1



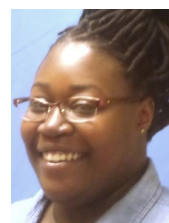
Rhonda Harris
Certified Medical Asst.,
Cardio



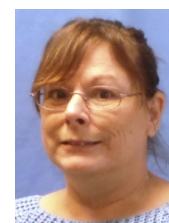
Jasmine McGowan
Patient Representative,
RH Peds



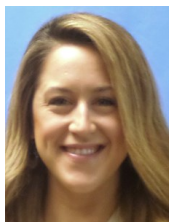
Sakina Edwards
Medical Asst.,
Chatham Ctr.



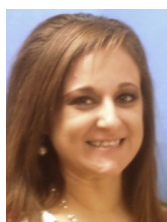
Sanonia Rufus
Lab Asst.,
Eisenhower, Bldg. 1



Crystal Barnard
Licensed Practical Nurse,
Eisenhower, Bldg. 1



Thandeka Carros
Physical Therapy Asst.
Eisenhower, Bldg. 1



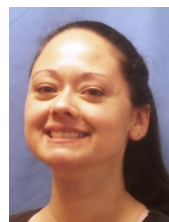
Sarah Clayton
Patient Representative,
Hinesville 201



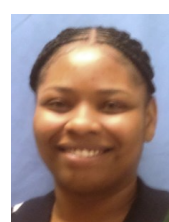
Marsha Jones
Patient Representative,
Baxley



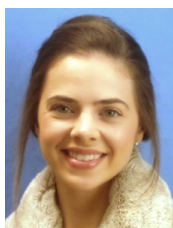
Nicholas Ihuoma
SQL Database Admin,
Admin



Jackie Wilson
Rad Tech,
Savannah Imaging



Shatheria Lewis
Medical Assistant,
Allergy



Helen Racz
Registered Nurse,
Cardio



Tazania Ervin
Certified Medical Asst.,
PRN Pool



Jacqueline Gales
Lab Asst.,
RH 89



Danielle Lewis
Referrals Specialist,
310 Peds

HR CORNER

Looking to move up without moving out???

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

- Practice Manager-Bldg. 2
- Patient Representative-RH Peds
- Health Informatics Trainer
- Systems Administrator Tier II
- Telecommunications Engineer
- Lab Tech-OB
- PTE Medical Technologist
- LPN-RH 89/ID
- Medical Assistant-Cardio/RH Peds
- Medicare Wellness Nurse-Chatham Ctr.
- PTE Nurse Practitioner-RH Walk-In Clinic
- Care Coordinator LPN
- Physical Therapy Tech

SCH Reminders...

2018 SouthCoast Healthtrax/Wellness Points-Members must complete the Health Risk Assessment and Wellness Agreement each year in order to receive HSA incentives.

HSA incentives are paid on the 1st payroll of the month, based on points earned during the prior month. First incentives for 2018 will be disbursed on 02/09/2018 payroll.

Any modules/activities submitted, must be completed in 2018.

Please review the Healthtrax menu in the benefits booklet or the SCH website/Employee Login/Employee Benefits, for items that need to be submitted to HR for points.

REQUIRED MODULES



Health Risk Assessment
You must complete the online health questionnaire (HRA) to receive points

50
Points

[View Results](#)

Wellness Agreement
must sign online wellness agreement

50
Points



Our Commitment to Customer Security

Protecting the personal information of your employees and retirement plan participants is one of our top priorities. Our security measures are continuously evolving to match and anticipate threats and to respond to changes in the fraud landscape. We will be implementing additional security measures throughout 2018 to further safeguard personal information.

Online Account Access and Phone Services

The Personal Identification Number (PIN) used by plan participants to establish online account access and to use Voya phone services will be enhanced as follows:

- PIN must be a minimum of 6 digits with no symbols or letters
- PIN cannot include a portion of the participant’s Social Security Number, Date of Birth or a single repeating digit (e.g., 888888)
- PIN will be required for transactions completed via phone

If a participant tries to register for online account access or use Voya’s phone services using a PIN that does not meet the new standard, the participant will be prompted to request a new PIN. The easy-to-follow prompts generate a new PIN that will be sent to the participant.

Please note that participants who already registered for online account access (using the internet or the Voya Retire mobile app) will continue to use the same Username and Password for online access, but will need to update their PIN should they choose to manage their retirement account by phone.

For more information on this security update, please visit the website at voya.com.

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

Theme: “Don’t Drink Your Calories”

<u>Location</u>	<u>Date/Time</u>
RH 89	Thursday, Feb. 8th, 12:00 pm-12:30 pm
Hinesville 203	Friday, Feb. 9th, 12:30 pm-1:00 pm
OB/GYN	Thursday Feb. 15th, 12:30 pm-1:00 pm
Bldg. 1	Monday, Feb. 19th, 12:30 pm-1:00 pm
Pooler	Tuesday, Feb. 20th, 12:30 pm-1:00 pm



February 2018



ANNIVERSARIES

1 Year

Jessica Wren
 Maegan Broussard
 LaJoy Thomas
 Danielle Felton
 Ebony Williams
 Shanae' Bulloch
 Jordan Murphy
 Kenya Gould
 Rachael Crawford
 Arielle Albritton
 Yolanda James

2 Year

Heather Yuill
 Emily Anderson
 Kathrin Kimmons

3 Year

Teresa Hamby
 Michelle Brunelli
 Jasmine Parker
 Antonece Singleton

4 Years

Dr. Regina Dandy
 Chelsea Olson
 Kelly Shahl
 Crystal Carter

5 Years

Cheryl Carey
 Alicia Deien
 Qanita Minter

6 Years

Mindy Barrett
 Sheree White

7 Years

Karen Reed
 Dyshan Brown

9 Years

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

10 Years

Sherrina White

11 Years

Richard Noble
 Gwen Sparger
 Cheryl Gay

15 Years

Carolyn Scott

16 Years

Dr. Sidney Bolch
 Mary Cook
 Jean Spell

17 Years

Cynthia Lampp
 Sue Hunnings

BIRTHDAYS

3 Latarsha	Jefferson	17 Jillian	Knight
4 Nitha	Bendele	18 Pamela	Gould
5 Chris	Curry	18 Dr. Douglas	Hanzel
5 Christina	Burgdorf	18 Heather	Johnson
5 Carin	Hazeley	18 Shelia	Williams
5 ShaQuail	Ripley	18 Heather	Boulineau
6 Madison	Brown	18 Sylwia	Mora
7 Avis	Knowles	19 Michelle	Brunelli
7 Lakia	Roseman	19 Chris	Kimble-Hall
8 Carolyn	Collins	20 Dr. Sidney	Bolch, III
9 Amanda	Wester	20 Gloria	McCoy
10 Sandra	Vranich	20 Shaquanda	Sims
10 Dr. Russell	Sliker	20 Jessica	Miles
10 Mackenzie	Derst	22 Bonnie	Wilson
10 LaJoy	Thomas	22 Ashley	Moran
10 Elise	Dean	22 Selena	Moore
11 Dr. Amanda	Hendricks	25 Kendra	Cain
12 Cheryl	Gay	26 Dr. Andrew	Wade
12 Nikki	Williams	26 Rashonda	Milton
12 Mary	Griffin	27 Marsha	Zacher Jones
14 Katina	Moody	28 Bonnie	Johnson
14 Brandice	Bankston	28 Dr. Nenad	Avramovski
16 Cheryl	Jackson	28 Ytेशia	Jackson
16 Dr. Sarah	Jarrell	29 Elaine	Harn

Happy
 Valentines Day

SCH Extras...

SOUTHCOAST HEALTH WISHES YOU A HAPPY ANNIVERSARY!

As part of SouthCoast's new employee recognition program, the HR department will begin sending out work anniversary certificates along with service year pins showing the milestone the employee has hit.

We have 5, 10, 15 and 20 year service pins. In the next few weeks, we will send out a certificate along with a service year pin that is the closest milestone the employee has already hit. (Ex. If the employee has been employed by SouthCoast for 12 years, the employee will receive a 10 year service pin and a certificate.)

We look forward to building onto our recognition program in the future.



SCH employees...you should have received your **eyeMed** new ID cards in the mail. If you have not received your cards, please visit their website at EyeMed.com or download the app. The EyeMed app is very handy and can display the member ID card with just a shake of the phone.

***** SCH employees will be allowed to wear red and pink accessories for the week of February 12th-16th, to help support American Heart Month! Please be mindful of inappropriate attire...(no hats allowed).**