

## HOLIDAY HOURS

NEMAHA VALLEY COMMUNITY HOSPITAL  
& SENECA FAMILY PRACTICE

### THANKSGIVING

Wednesday, November 25th - 9am-5pm  
Thursday, November 26th - CLOSED  
Friday, November 27th - 9am-3pm

### CHRISTMAS

Thursday, December 24th - 9am-noon  
Friday, December 25th - CLOSED  
Saturday, December 26th - 9am-noon

### NEW YEARS

Thursday, December 31st - 9am-3pm  
Friday, January 1st - CLOSED  
Saturday, January 2nd - 9am-noon

Seneca Family Practice, Outpatient Clinic, Ancillary Services and our Administrative/Business offices will observe the holiday hours. As always, our nursing staff is available 24 hours a day. If you need to contact the hospital please call 785-336-6181.

## NVCH Provides Marketplace Assistance

Nemaha Valley Community Hospital has two Certified Application Counselors (CAC) again this year - Mary Sack and Courtney Schmelzle.

Our CACs are trained and able to help consumers look for health coverage options through the Marketplace, including completing eligibility and enrollment forms.

Open enrollment is now through December 15th. Please contact Mary Sack or Courtney Schmelzle at 785-336-6181 to schedule your appointment today.

## Welcome to the Team!



Lacey Clock

Lacey has been hired as a CNA for Seneca Family Practice.

She is excited to be part of the SFP team and provide quality care to our patients and their families.

## Employee of the Month



Congratulations to Melissa Bruna for being selected as the September Employee of the Month. Melissa is a Business Office Representative and is a true asset to our organization. She always displays a friendly and patient demeanor with

everyone and goes above and beyond to assist her coworkers in her department and throughout the hospital.

Melissa is very accommodating and is always available to answer questions regarding billing, insurance and the patient portal. She continues to grow within the organization and we are very proud to have her on our team! Congratulations Melissa!

## Message from the Administrator

NOVEMBER 2020

I'm writing this month to remind you it is time to review your health insurance plan. We want to make sure you are asking the right questions before you buy a new insurance plan or recommit to your current plan. Patients often do not fully understand what their insurance plan covers. We want to help you make more informed decisions.

Before you buy or recommit to your plan, please ask your insurance agent to give you details on in-network and out-of-network coverage. Health care providers are invited to join insurance networks...to be "in network." The goal for the hospital or clinic is to bring new patients to our organization and help maintain our current patient base. In exchange, the hospital or clinic agrees to accept a negotiated payment rate and patients often have lower out-of-pocket expenses. If your doctor, clinic or hospital is out-of-network you can almost always be sure you will pay more out of pocket for those services.

Make a list of all of your doctors and the hospitals you visit. Do you see a specialist that is based out of a hospital like Stormont Vail or University of Kansas? If so make sure you include those doctors or the hospitals themselves in your review to make sure they are "in network".

Remember doctors occasionally move around. Over the last couple of years we have seen doctors move between Stormont Vail and University of Kansas St. Francis campus. Make sure they are still in your network.

Provider networks change. Each year before you commit you to need to make sure your preferred doctor, specialists, clinic and hospitals are IN NETWORK. If not and if you do not want to change providers, talk to the business offices in

those organizations. We may be able to apply, which can take up to 120 days. Please understand however, that we do not apply for every network. Sometimes payments are so low it would be a poor business decision for us to agree to the payments they are offering.

Before you buy a new plan, please check out the IN NETWORK providers. Make sure your preferred providers are on the list. If not, consider the cost of your premium as well as the out of pocket costs. Sometimes those great deals on insurance premiums end up costing you more.

Some insurances have "narrow networks" meaning that they only contract with a few providers. These are fine if your doctor is in the network. Premiums are often less for policies in these type of arrangements. Just keep in mind if you see several doctors you have to think about all of them.

When discussing your plan with your agent be sure to ask what your co-pay, deductibles and out-of-pocket maximums are. Some people confuse these. You want to be clear about what you will be expected to pay and when. Also, make sure you know what is considered "preventative care" as opposed to routine care. Your great premium may mean care you depend on is not considered necessary by your insurance.

If you have questions about your insurance coverage, please contact your agent or the number on your insurance card. If you have specific questions about your bill, please contact our business office at 785-336-6181. Again, be very specific and ask a lot of questions before you buy!

Kiley Floyd, CEO



## The Importance of Your Annual Health Exam Even During COVID-19

Many people might not think an annual checkup is really necessary, especially when they consider themselves to be in good health. However, making time to see your primary care physician at least once per year can keep you healthy and reduce your chance of serious health conditions down the road.

Prevention is the key! Scheduling regular health exams and tests can help find problems before they start. By getting the right health services, screenings and treatments, you are taking steps that help your chances for living a longer, healthier life. *Here are a few top reasons to schedule your health exam on an annual basis.*

**1. You'll stay up to date**—This gives you the opportunity to review and update all your medical information.

**2. You can start treatment early**—The Centers for Disease Control and Prevention (CDC) notes that regular checkups can lead to early treatment, should your doctor notice an issue.

**3. You might find more effective medications**—Regular checkups can help your doctor ensure that you are on the most effective medications.

**4. You may calm your fears**—Perhaps you have been stressing out about the new mole on your forearm or your recent headaches.

**5. You can prevent issues**—While checkups are certainly part of a good preventative care plan, you and your doctor can also use the time together to review other preventative care practices that you should be taking advantage of.

**6. You can address invisible problems**—Annual appointments often include basic blood work, which can detect problems that may be flying under your radar.

**7. You can ask questions**—Your annual appointment is the time to ask your doctor questions about any and all of your health concerns. Prepare a list of medical questions you have before you head into your appointment, so you won't be afraid to ask when you get there!

**8. You can set goals**—Health goals are sometimes difficult to make without the guidance of your primary care professional. Your annual checkup is the perfect time to work with your doctor to create some tangible health goals like fitness and dietary changes.

**9. You can find resources**—The value of a doctor visit goes beyond the medical checkup—your physician's knowledge and connections can be just as helpful.

**Call Seneca Family Practice at 785-336-6107 today to schedule your annual checkup!**

## Choose TODAY as YOUR DAY to Quit Smoking

### QUIT SMOKING START HEALING

THE BENEFITS OF QUITTING SMOKING



heart rate and blood pressure are stabilized; you stop polluting the air

**20  
MIN**



smoker's breath disappears; oxygen levels normalize

**24  
HRS**



sense of taste and smell improve; breathing is easier

**2-3  
DAYS**



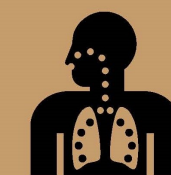
blood circulation and energy levels improve; exercising becomes easier

**1-9  
MOS**



lower risk of heart disease and stroke

**1-5  
YRS**



risk of heart disease is same as of a non-smoker

**10  
YRS**

## NVCH Announces Type 2 Diabetes Prevention Program

*86 Million adults have pre-diabetes. Over 34 million have diabetes, with 90-95% of them Type 2.*

NVCH is excited to announce the Prevent T2 Program. This lifestyle change program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It is a proven program that has been shown to prevent or delay type 2 diabetes in high risk patients. The structured lifestyle change program has shown that weight loss of 5%-7% of body weight achieved by reducing calories and increasing physical activity reduced the risk of developing type 2 diabetes by 58%.

Prevent T2 Program features a trained lifestyle coach, CDC-approved curriculum, group support and a year long program with weekly/biweekly/monthly meetings. This program is led by Leah Heinen RD, LD, CDCES.

Leah recently completed and passed the certification examination for Diabetes Care and Education Specialist!

NVCH continues to provide services for those that have been diagnosed with Type 1, Type 2 or Gestational Diabetes through Diabetes Self-Management Education and Support; accredited through AADE. Individual, group or a combination is available. Medical Nutrition Therapy is also available with our Dietitian. These services are covered/partially covered by Medicare. Private insurance will depend on the individual plan.

If you are interested in individual education sessions, group classes or the Prevent T2 Program please contact Karen Hynek APRN, CDCES at 336-6181 Ext. 0325 or Leah Heinen RD, LD, CDCES at 336-6181 Ext. 0322.

Quitting smoking has health benefits at any age, no matter how long or how much you have smoked. It is the single best way to protect family members, coworkers, friends and others from the health risks associated with breathing secondhand smoke.

Quitting smoking isn't easy. It takes time and a plan. You don't have to stop smoking in one day, start with day one.

You'll be taking an important step toward a healthier life and reducing your cancer risk. Plus, Nemaha Valley Community Hospital can help you access the resources and support your need to quit.

If you're ready to quit and need help, our Freedom From Smoking Program might be the perfect fit for you! To learn more about our program please contact Becky Bartkoski or Jordan Hasenkamp at 785-336-6181 today.



Nemaha Valley Health Care Foundation is selling

**FRESH  
CROP  
PECANS**

**\$11  
Per  
Bag**

**Pecans will be delivered in early November! Supplies will be limited so reserve your pecans today!**

Questions, contact Courtney Schmelzle at 785-336-0426 or Lois Crosier at 785-336-2264.