



## Message from the Administrator

I'm writing again 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." These networks can change from year to year. The incentive offered by insurance companies to join a network is to make sure we are able to continue to care for our current patients as well as to bring new patients to our organization. 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 for those services. We do not accept all network offers. Some plans pay the hospital and clinic so little it would not be prudent to participate.

Make a list of the doctors, hospitals, and clinics 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 and the hospitals themselves in your review to make sure they are "in network". Call your current providers to make sure they are participating in the plan you are considering. Your clinic or hospital's business office will be able to answer those questions.

This same message is true for your medications. Please talk to your pharmacist about your medications and the formulary for the insurance product you are considering. The formulary is the list of medications and even possibly the class of medications your insurance is willing to pay for or contribute to the cost of. These formularies can change from year to year.

You may be seeing some advertisements co-sponsored by our peers in the area. We are working together because this is such a significant issue impacting all patients in our area. Your financial well-being is important to us as well as your overall physical and mental health. Please call before you commit to any health insurance plan. Call 785-336-6181 to talk to Nemaha Valley Community Hospital's business office. They can answer your Seneca Family Practice billing questions as well.

I also want to share a personal note with you. Words cannot adequately describe how thankful I am to work with such a dedicated team. They care for their patients and for each other. They do not hesitate to step up to help a coworker in another department. They do this because they are devoted to improving the health and well-being of their patients and each other. I think this is a reflection of the communities we serve. People step up and help each other all for the benefit of the greater good. Thank you for your part!

Kiley Floyd, CEO

# NVHCF Seeks Community Support

Nemaha Valley Health Care Foundation (NVHCF) is pleased to announce the public phase of their Investing In Our Families & Future Capital Campaign. Over 190 hospital staff, community donors and local businesses have supported the campaign so far, and now, NVHCF is asking for additional support from the public.

“Our capital campaign launched in early September and has had an extremely successful beginning thanks to the leadership of Kathy O’Brien & Jeff Kidd, our Co-Chairs who have worked diligently on this campaign. Ron Johnson, TJ Haverkamp, Eric Osterhaus and Dr. Jim Lueger who are serving as campaign members have been instrumental in contributing to the success of the campaign,” said Courtney Schmelzle, NVHCF Director.

“Jeff and I are proud to help lead this important effort and believe that a thriving hospital is an integral part of a thriving community,” said Kathy O’Brien. “This is our hospital and with the level of support this campaign has received to date, we are well poised to meet the needs outlined in this project and the future health care needs of the people in our region.”

Through the early, generous support of Nemaha Valley Community Hospital and Seneca Family Practice staff, community members and area businesses, the campaign has already raised more than \$1.6 million in gifts and pledges. The campaign supports the hos-

pital’s 22-million-dollar expansion and remodel to the current hospital. This project will address many critical improvement areas throughout the facility including but not limited to:

- Expanding and upgrading of the Emergency Department to meet the needs of today’s technology in addition to privacy and security requirements. It is also critical ‘safe’ areas are created for our staff, patients, and visitors.
- Updating mechanical systems facility wide. The Air Handling Units, Medical Air System Boiler System, Electrical System and Hot Water Heater have all outlived their life expectancy and are not suitable for meeting regulatory demands.
- Enhancing the surgical wing to meet regulatory standards.

“We have an opportunity to do something exceptional for the future of health care in our community and surrounding communities,” said Kiley Floyd, NVCH CEO. “We are devoted to providing convenient access to high quality care and services for our friends, families and neighbors long into the future. The importance of this campaign cannot be over emphasized for the hospital, the staff and most importantly for our patients.”

For more information about the Hospital expansion please contact Kiley Floyd at 785-336-6181. To learn more about the current Capital Campaign contact Courtney Schmelzle at 785-336-0426.

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**Q**uitting smoking isn’t easy. It takes time and a plan. You don’t have to stop smoking in one day, start with day one.

Let the Great American Smokeout event on November 17th be your day to start your journey toward a smoke-free life. 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 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.





**H**andwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next. You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



## Annual Health Exam

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 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**—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**—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!



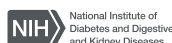


## Take a closer look!

### Medicare open enrollment for 2022 coverage is October 15 - December 7.



#### National Diabetes Month 2021



small steps **big** difference

PREVENTING DIABETES IS WITHIN YOUR REACH



Prediabetes is a serious health condition that puts you at an increased risk for developing type 2 diabetes. Prediabetes affects more than 1 in 3 U.S. adults—that's 88 million people—but most people don't know they have it.

The good news is that by making healthy lifestyle changes, it is possible to manage or reverse prediabetes and prevent it from turning into type 2 diabetes.

#### Follow these tips to manage your prediabetes



##### 01 Take small steps.

Making changes to your lifestyle and daily habits can be hard, but you don't have to change everything at once. Start small.



##### 02 Move more.

Limit time spent sitting and try to get at least 30 minutes of physical activity 5 days a week. Start slowly by breaking it up throughout the day.



##### 03 Choose healthier foods and drinks most of the time.

Pick foods that are high in fiber and low in fat and sugar. Build a plate that includes a balance of vegetables, protein, and carbohydrates. Drink water instead of sweetened drinks.



##### 04 Lose weight, track it, and keep it off.

You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.



##### 05 Seek support from your doctor.

People are more successful at managing their prediabetes if they have regular contact and support from trusted health care professionals.



##### 06 Stay up to date on vaccinations.

The COVID-19 and flu vaccines are important for people who may be more likely to get very sick from COVID-19 or the flu, such as people with diabetes.

Visit [niddk.nih.gov](https://niddk.nih.gov) for more information on managing prediabetes.

Website  
[niddk.nih.gov](https://niddk.nih.gov)

Email  
[healthinfo@niddk.nih.gov](mailto:healthinfo@niddk.nih.gov)

Phone  
1-800-860-8747

TTY  
1-866-562-1162

Follow Us @NIDDKgov

Your area hospitals want to make sure the healthcare providers you know and trust are in the network you are considering.

Please call before you commit to any health insurance plan. Call 785-336-6181 to talk to Nemaha Valley Community Hospital's business office. They can answer your Seneca Family Practice billing questions as well.

NVCH is proud to offer 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.

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

For additional information about individual education sessions, group classes or the Prevent T2 Program please contact Leah at 336-6181 Ext. 0322.



**NEMAHA VALLEY**  
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