



Message from the Administrator

This month I am repeating a message that I have shared multiple times. This past year has reinforced the need to be aware of the insurance networks your local doctor and hospital participate in before you renew your current health insurance or enroll in a new product. Hospital staff members have spent untold hours this past year helping patients reverse new policy decisions simply because the patient did not fully understand the new policy. Most often this happens when a patient chooses to move away from traditional Medicare medical coverage to a Medicare Advantage plan.

Sooner than we think health insurance renewals, promotions of deals that might seem to be too good to be true and tighter insurance markets will be upon us. It is frustrating that some insurance companies continue to have predatory practices that take advantage of their consumer's trust. An example is the rep that told the patient all about the diabetic shoes he would get without cost but failed to mention his medications would no longer be covered. These situations happen all the time. That is why we continue this message. We need to be proactive.

Here are a few tips: Look at your health insurance company's provider network before you buy a new insurance policy OR RENEW your current policy. Just like a list of prescription drugs available to enrollees, physician networks change. Look to make sure your primary care physician or specialist is "in-network" for your policy. Ensuring your physician is in the network sponsored by the insurer helps minimize the amount you will have to pay after your insurance has paid for the service.

Health care providers contract with insurance companies to be "in-network." When we do this we often agree to take a lower rate of reimbursement in exchange for a volume of

business. Patients expect to have less out-of-pocket expense because the health care professional has agreed to write off the difference between the charge and the insurance company's payment. The incentive to the health care provider is to encourage more people with that particular insurance to utilize our services.

It is not practical nor good business practice for a health care provider to contract with every insurance product on the market. Some of these agreements pay so little that we are forced to decline that insurance product. It is not that we do not want to take care of these patients. But we must be able to pay for the services the patient received. Too many of these low paying contracts will lead to financial problems and all will suffer.

My main message for you is to please be pro-active. Know the type of coverage you are buying. Know what you can expect to pay for a service after your insurance has paid. Know the difference between estimated out-of-pocket vs co-pays. Talk to the business office at your primary care provider or specialist. Make sure your doctor is "in-network." Hold your insurance company accountable. Do not let them pass you off to the hospital or doctor's office when asking questions about your insurance coverage. You are buying their product. They work for you!

Call your local provider's business office to make sure the insurance product you are considering is "in-network." Nemaha Valley Community Hospital and Seneca Family Practice Business Offices can be reached at 785-336-6181. Just tell them you want to see if the insurance you have or are considering is "in-network".

As always if you receive a bill from Nemaha Valley Community Hospital or Seneca Family Practice and have questions, contact our Business Office Staff. They will be glad to answer your questions.

Kiley Floyd, CEO



Back to School!

After a long summer break, it's time for the kids to head back to school and focus on classes, sports and other after-school activities. But as you get adjusted to the first month of school, it's a good idea to take a couple of precautionary measures to set them up for a safe, healthy year. Here are the top five back-to-school health tips to consider.

Get Vaccinated

Your entire family should get vaccinated as early as possible in the school year. Call Alex in our Immunization Clinic at 785-336-0350 to find out which ones are recommended, and consider getting the flu vaccine, too. The U.S. Centers for Disease Control and Prevention recommends an annual flu vaccine for everyone 6 months of age and older and the COVID-19 vaccines for everyone 6 months and older and boosters

for everyone 5 years and older, if eligible.

Set Bedtimes

It's essential for kids (and adults) to get a healthy amount of sleep each night to stay focused throughout the day. To find out how much sleep your child needs please review the sleep section of www.cdc.gov. To get your kids ready to wake up earlier for school, consider making their bedtimes a little earlier each night for a week or two before school starts. Sticking to a routine is important too, so don't let weekends become late-night free-for-alls.

Teach Good Hygiene Habits

With so many people around, germs are bound to be lurking in classrooms. To help your kids avoid getting sick (and prevent them from bringing germs home), it's important to show them how to protect themselves. Teach them to wash their hands after using the restroom and before going to lunch or eating a snack. It may be smart to provide your children with on-the-go hand sanitizer to use when washing their hands isn't convenient. You should also

instruct them not to share food or drinks with other kids.

Stock Up On Healthy Foods

It might be easy to pack your kids' lunches with premade snacks, but a healthy diet is of the utmost importance, and junk foods don't fit into the equation. Make it easier for yourself by stocking up on healthy foods like fruits, vegetables, whole-grain bread and lean protein like turkey. Take a few minutes during the weekend to cut up fruits and vegetables and prepare things like tuna salad or hard-boiled eggs for convenience in the mornings, and buy plenty of containers for nutritious dinner leftovers.

Manage Stress

Back-to-school season is stressful for kids and parents alike, but too much stress can lead to a variety of health issues, like insomnia and sluggish immune systems. Help manage stress by talking to your children about anything that's bothering them, and take care not to overload anyone's schedule, including your own. Schoolwork and after-school activities are important, but it's also essential to take time to relax, play and spend time as a family.



Nemaha Valley Community Hospital and the Nemaha Valley Health Care Foundation would like to express their sincere gratitude to Fred Henry for his nine years of service on the Hospital Board of Trustees. Board service is one of the toughest volunteer roles. Fred took on the board duties with dedication, poise and sincerity.

We all recognize and appreciate the unique roles our hospital and foundation boards play in promoting and advocating for quality healthcare. Our board members serve as advisers, decision makers, problem solvers and advocates for NVCH and NVHCF.

Kris Enneking, 2023 Board of Trustee Chairperson presented Fred with his plaque.

What are Advance Directives?

Advance Directives are legal documents that can be done to help guide your medical care. There are several different documents that make up Advance Directives. These documents help your family and physician know what you would or would not want done when you are unable to guide your own care. Keep in mind that if you complete these documents you must give a copy to your primary care physician and local hospital to ensure that your wishes are carried out.

One of the documents that can be done is called a Durable Power of Attorney for Health Care (DPOA-HC). This document gives you the power to name a healthcare "agent" to make healthcare deci-

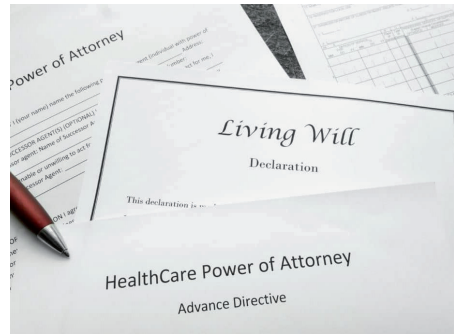
sions for you only when you cannot make decisions for yourself. You can name anyone that is of legal age who is willing to make decisions for you. It is important that you discuss with your DPOA-HC how you feel about quality-of-life choices, hospitalization, hospice or life sustaining treatments. Your agent must follow your wishes and your caregivers must respect the choices your healthcare agent makes for you.

The other document that is part of the Advance Directives is a Living Will. The Kansas Natural Death Act recognizes a qualified patient's right to authorize the withholding or withdrawal of life-sustaining procedures in instances of a terminal condition and to permit the natural process of dying. By signing a Living Will you are agreeing that you would not want measures to prolong your life if you have a

terminal condition. The document can be as detailed as you want it to be, in that you can list certain procedures that you would or would not want done if you were terminal.

NVCH provides free assistance in completing these documents!

If you would like more information on advanced directives or to get help completing them contact Karla Henry LMSW at 785-336-0421.



WABA | WORLD BREASTFEEDING WEEK 2022

Even though breastfeeding is the most natural feeding process, mothers are often faced with both a number of challenges arising from it and misconceptions about it.

Health Benefits of Breastfeeding: Studies show that breastfeeding provides many short- and long-term health benefits for both mother and child. For babies, these

health benefits include:

- Increased immunity against bacteria and viruses
- Reduced risk of sudden infant death syndrome (SIDS)
- Lowered risk of obesity, diabetes, asthma and infections

For moms, health benefits include:

- Reduced risk of developing high blood pressure, type 2 diabetes, ovarian cancer and breast cancer
- Reduced risk of depression
- Improved uterine recovery

For additional information or if you have breastfeeding questions please contact our OB Supervisor and International Board Certified Lactation Consultant - IBCLC, Dana Deters, RN at 785-336-6181.

**SAVE
THE
DATE** | **08.16.22
7:30am-9am**

Nemaha Valley Community Hospital

Come Meet Our Surgeon Team

We are excited to welcome Dr. Denis Jimenez who will join Dr. Aaron Brown in September to provide top quality for both scheduled and emergent surgeries.



NEMAHA VALLEY
Community Hospital & Seneca Family Practice

1600 Community Drive | Seneca, Kansas 66538
Hospital 785-336-6181 | Clinic 785-336-6107
www.nemvch.com

Looking for a Specialist?

Nemaha Valley Community Hospital's Outpatient Clinic offers an extended variety of health care options to the Nemaha County area.

Our Outpatient Clinic has many specialty physicians from across the region that provide you, our patients, with exceptional care so you don't have to travel long distances to get the care you deserve. We are committed to providing these specialty clinics so our community can have easier access to specialty services.

To learn more about our Outpatient Clinic and the specialty physicians please contact Stephanie Wurtz at 785-336-6181 or visit our website at www.nemvch.com.

- Allergy, Asthma & Immunology
- Audiology
- Cardiology
- Dermatology
- Diabetes
- Dietitian
- Drug & Alcohol Counseling
- Ear, Nose & Throat
- Endocrinology
- General Surgery
- Nephrology
- Neurology
- OB/GYN
- Oncology & Hematology
- Ophthalmology & Cataracts
- Orthopedics
- Podiatry
- Psychiatry
- Pulmonology

Parkinson's Disease

Parkinson's disease is a chronic, progressive disease of the nervous system characterized by rigidity, slow movement, tremor and difficulty with posture. Approximately 60,000 Americans are diagnosed with Parkinson's disease each year.

Physical therapy is a crucial element in managing Parkinson's disease. Nemaha Valley Community Hospital offers the LVST BIG Program for the treatment of Parkinson's disease.

NVCH Physical and Occupational staff help patients with Parkinson's disease to improve function and slow motor deterioration by retraining sensory, motor and cognitive functions through intensive exercise and patient empowerment.



- Nemaha Valley Community Hospital's Physical, Occupational and Speech Therapy Department is LVST **BIG & LOUD Certified**, a program for those with Parkinson's disease or other neurological impairments.
- LVST is an intensive program designed for improvement with motor movements (BIG) along with speech production and volume (LOUD).
- *For more information call our PT/OT/ST Department at 785-336-0428.*

Ask your primary care provider if
LVST BIG & LOUD is right for you!

