

Premier Pulse

News for Premier Health Physicians

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Premier Health's Risk-Lives – Managing Total Cost of Care

By Jerry Clark, MD, chief medical officer and president, Premier Health Group; chief medical officer, Premier Health Plans; and chief executive officer, Premier Health ACO of Ohio



Premier Health is now eight months into managing the total cost of care for approximately 22,000 traditional Medicare fee-for-service beneficiaries aligned to

the “participant” providers for our Next Generation Accountable Care Organization (ACO). Premier Health understands that the current health care system in the United States is not sustainable, with its spiraling health care costs and with quality outcomes worse than in many developed countries. We want to be part of the solution. On a high level, we feel the answer resides in clinical transformation. That is, transforming to team-based, consumer-focused care across the continuum, with our health

system working closely with providers to decrease the variation in practice that exists. In other words, taking care to a higher level.

In 2014, Premier Health Group (PHG) became the provider network and population health service for Premier Health employees and in 2015 created our own provider-sponsored health insurance plan, Premier Health Plan. In addition, PHG, as our physician hospital organization (PHO), developed payer partnerships with other health insurers. We now care for more than 60,000 “risk lives.”

More than 150 primary care providers are in the “participant” provider category for our Premier Health ACO of Ohio (the company that holds the Next Gen ACO). As with our Humana payer partnership and with our health plan's Medicare Advantage, individual, and large group lives products, PHG provides risk stratification to identify

the high-risk patients in that group and helps support the primary care provider-led care teams to manage them – with nurse care advisors, pharmacists, engagement specialists, social workers, etc. We can now marry claims and clinical data to provide insight into the total cost of care for these covered lives. Getting actionable data back into the hands of the provider to optimize care is our current focus.

Our partnership through the PHG-PHO helps us focus on this shared goal of building healthier communities by making the best use of our resources to deliver higher quality and patient experience. This requires a new level of insight, understanding, and willingness to work together – both primary care providers and specialists – to incorporate transparent, physician-specific data (both efficiency and quality) to accomplish our strategic goals.



Wound Care Can Apply to All Disciplines for Healing

Successful patient outcomes often depend upon a multidisciplinary approach to care, and there may be no greater example of its importance than in the area of wound treatment.

“If a patient has heart disease, you send them to a cardiologist. If they have cancer, you send them to a cancer center. So we hope that physicians will look on our services the same way,” said Gena Cornett, program director, Wound Care Center and Hyperbaric Services at Upper Valley Medical Center.

Premier Health offers a number of wound care services, and each one acts as a crucial resource for referring doctors and their patients. These services include the availability of surgical treatment options at Miami Valley and Good Samaritan hospitals, as well medical options at the wound care and hyperbaric service centers at Atrium Medical Center, Upper Valley Medical Center, and Miami Valley Hospital South.

Surgical treatment is heavily focused upon the repair and restoration efforts that will ultimately help save a patient’s limbs.



“Our typical patient is acutely ischemic, infected, has significant soft-tissue envelope loss, bone infection, displaced fracture, and they’re not a candidate for

traditional care,” said **Michael Regan, DPM**, podiatric surgeon at the Wound Care Center at Good Samaritan Hospital. “We admit them, take them to surgery, and convert them from an infected wound to a clean wound.”

Premier Health’s additional wound care centers use evidence-based protocols to treat a number of chronic wounds, including diabetic ulcers, neuropathic ulcers, pressure ulcers, venous ulcers, surgical wounds, burns, soft tissue radionecrosis, osteoradionecrosis, osteomyelitis, skin grafts, and flaps. Specialists use a number



of techniques, and each has the ability to utilize the hyperbaric chamber therapy to help speed healing.

“We feel the most important part of the patient’s wound team is the referring physician,” said Chrissy Skinner, program director, Wound Care Center and Hyperbaric Services at Atrium Medical Center. “So we include physician specialists and specially trained nurses in our care approach, and when the wound patient meets with our staff we will communicate with the primary care provider or other referring physician to communicate the treatment plan and follow up with that physician.”

Communication is key between the wound centers and referring physicians, since a patient’s background and treatment history allow specialists to develop a more effective treatment plan when a wound isn’t responding to treatment as it should.

Travis L. Perry, MD, medical director, Miami Valley Hospital Regional Burn



Center said, “We see a variety of wounds that (include) complex wounds that primary care physicians have been unsuccessful at healing.”

Successful outcomes are also strongly dependent on timing and a clear understanding of the severe risks that can come from delayed treatment.

“It’s important to understand that if a wound hasn’t healed on its own within three to four weeks, then it’s not going to heal without intervention,” said Leah Barton, clinical nurse manager, Wound Care Center and Hyperbaric Services at Miami Valley Hospital South.

Without proper care, an unhealed wound not only harms a patient’s quality of life. Infection puts them at an even greater risk of losing a limb, which can deal a blow to their ongoing health and length of life.

“The five-year survival rate for patients who lose their limbs is absolutely horrible and is actually worse than most cancer patients,” said Dr. Regan. “Primary care doctors play an important role by referring their patients to us as quickly as possible. To put it simply, if you save a limb, you save a life.”

Premier Health Named to “Most Wired” List

Premier Health has been named to 2017’s Most Wired list in recognition of its efforts to simplify the interaction between patients and health care providers through advanced technology.

Premier Health is the only health system in the Dayton area named to the list.

New tools are helping patients maintain their health and become more actively involved in their care, according to results of the 19th annual Health Care’s Most Wired® survey, released recently by the American Hospital Association’s (AHA) Health Forum.

According to the survey, Most Wired hospitals are using smart phones, telehealth and remote monitoring to create more ways for patients to access health care services and capture health information.

In recent years, Premier Health has rolled out several “wired” applications, including telehealth in various applications such as e-visits and virtual visits, electronic medical records and the MyChart app.

This year’s results show that, among recognized hospitals:

- 76 percent offer secure messaging with clinicians on mobile devices.
- When patients need ongoing monitoring at home, 74 percent use secure emails for patients and families to keep in touch with the care team.
- 68 percent simplify prescription renewals by letting patients make requests on mobile devices.
- 62 percent add data reported by patients to the electronic health record to get a better picture of what is going on with the patient.
- Nearly half of the hospitals use telehealth to provide behavioral health services to more patients.
- 40 percent offer virtual physician visits.
- More than 40 percent provide real-time care management services to patients at home for diabetes and congestive heart failure.

Most Wired hospitals are transforming care delivery with knowledge gained from data and analytics. They are investing in analytics to support new delivery models and effective decision-making, and training clinicians on how to use analytics to improve quality, provide access and control costs.

HealthCare’s Most Wired® survey, conducted between January 15 and March 15, 2017, is published annually by Hospitals & Health Networks (H&HN). The 2017 Most Wired® survey and benchmarking study is a leading industry barometer measuring information technology (IT) use and adoption among hospitals nationwide. The survey of 698 participants, representing an estimated 2,158 hospitals — more than 39 percent of all hospitals in the U.S. — examines how organizations are using information technology to improve performance for value-based health care in the areas of infrastructure, business and administrative management; quality and safety; and clinical integration.



HealthCare's
**most
wired**[®]
WINNER 2017

Maternity and Infant Care, Radiology Recognition and Cancer Center Accreditation

Atrium Medical Center

Atrium Medical Center is launching a new way to care for the highest risk pregnant women in the Middletown community. The program, called CenteringPregnancy®, is a partnership between Atrium, the Butler County Partnership to Reduce Infant Mortality (PRIM), and the Ohio Department of Medicaid.

CenteringPregnancy® brings eight to 10 pregnant women who are due around the same time together for prenatal care. Each of the 10 visits is 90 minutes to two hours long—giving women 10 times as much time with their provider team. Patients meet in a comfortable group setting outside the exam room and, as part of an ongoing group, patients form a supportive community where they develop skills and confidence to take control of their health. The Centering group health care models combine health assessment, interactive learning and community building to deliver better health outcomes and a better care experience for patients and their providers.

The new CenteringPregnancy® service can lead to healthier babies, and is meant to combat the high infant mortality rates, premature births and low birth weights affecting many newborns in the Middletown community.

Centering meetings will be held Wednesdays beginning September 13 at the Maternal Child Health Center, located on the Atrium Medical Center campus. Free transportation and child care will be provided. Expectant mothers who are interested in enrolling can contact Maternal Child Health Center at (513) 974-5235. Eligibility requirements to join CenteringPregnancy® at Atrium include expectant mothers who are Butler County residents and have a Medicaid health plan.

Priority for enrollment will be given to African-American women, as their infants suffer the highest death rates in the first year of life, according to the Ohio Department of Health. Statewide in 2015, the infant mortality rate was 7.2 deaths per 1,000 live births for all races and 15.1 deaths per 1,000 live births for African-American infants.

Good Samaritan Hospital

Through a generous sponsorship from The Heart Institute of Dayton (THID), an interactive kiosk that teaches hands-only CPR has been installed at the Dayton International Airport. A collaboration between THID, the American Heart Association and the airport made this community asset possible. An unveiling took place August 24 for local media. The goal is to train thousands of people in this life-saving skill and help more people understand how quickly they can assist a person experiencing a cardiac emergency in public.



Good Samaritan Hospital (GSH) has partnered with Ohio's Hospice of Dayton (OHOD) to implement general inpatient (GIP) virtual hospice beds. The purpose of these beds is to promote end-of-life symptom management and provide comfort to the patient and families through the transition to OHOD. GIP virtual hospice beds will provide bed capacity within GSH that will allow patients who meet the short stay inpatient hospice criteria to be discharged from a GSH inpatient admission status and re-admitted to an inpatient OHOD bed status. The designated unit to house these beds is the orthopedic oncology unit on 5500. A core team of staff has received the required training and education from OHOD to deliver hospice care.



Congratulations to the imaging department for Good Samaritan Hospital, Good Samaritan North Health Center and Good Samaritan Health Center – Huber Heights for earning accreditation from the American College of Radiology for Computer Tomography Services (CT scanners). This accreditation is valid through July 2020.

Miami Valley Hospital



Infants born to mothers who take opioids (prescription or illegal) during pregnancy often experience neonatal abstinence syndrome (NAS), or a group of physical withdrawal symptoms that include fussiness, crying, inability to sleep, fever, jitteriness, diarrhea, vomiting, sneezing and more. To provide comfort to these infants while they are going through drug withdrawal, the neonatal intensive care unit (NICU) at Miami Valley Hospital

launched a volunteer “infant cuddler program.” Volunteers are not responsible for the physical care of the infants; they hold, rock and gently talk to the babies, and also may walk them in NICU-provided strollers through the unit’s hallways. The launch of this new program garnered media coverage from across Ohio, Chicago, New York and Atlanta, including both broadcast and print media. As a result, the volunteer office received more than 1,000 calls and many inquiries via the website. The volunteer program is exclusively for babies experiencing NAS.

For the fifth year, the team from Premier Health/Miami Valley Hospital returned to Eldora Speedway for the NASCAR Camping World Truck Series (NCWTS) Eldora Dirt Derby. The team responds when an on-track incident occurs. The EMS and track crews make first contact and decide whether to send an injured driver directly to an area hospital or to the infield care center. If a driver is sent to the care center, the staff treats and/or stabilizes the driver before determining the next step. In addition to the care center, Eldora also offers an FAA-spec helipad for CareFlight.



Upper Valley Medical Center

Upper Valley Medical Center has been awarded three-year accreditation in breast ultrasound as the result of a recent review by the American College of Radiology (ACR). The ACR gold seal of accreditation represents the highest level of image quality and patient safety. It is awarded only to facilities that meet ACR practice parameters and technical standards per a peer-review evaluation assessing image quality, personnel qualifications, adequacy of facility equipment, quality control procedures, and quality assurance programs.



The Upper Valley Medical Center Cancer Care Center underwent a highly successful accreditation survey by the Commission on Cancer of the American College of Surgeons on July 24. Marvin Lopez, MD, the surveyor, was extremely complimentary of the cancer team’s work to meet the standards. Commission on Cancer accreditation is awarded only to those facilities that have voluntarily committed to provide high levels of cancer care and undergo a rigorous evaluation process and review of their performance. The certification is for a three-year period.

Brain Stimulation Therapy Aids Parkinson's Patients

Cameron McGregor, vice president, service integration, neuroscience and spine institutes



Editorial message: According to the Parkinson's Disease Foundation, as many as 1 million Americans live with Parkinson's disease, which is more than the number of people diagnosed with multiple sclerosis, muscular dystrophy and Lou Gehrig's disease combined. Premier Health is leading the way in our region with our team of movement disorder and functional neurosurgical specialists to help these patients live more active lives with better-managed symptoms.

A therapy developed for Parkinson's disease is helping patients turn back time on the severity and progression of their symptoms.

Deep brain stimulation (DBS) is a low-risk therapy that implants electrodes into the right and left sides of a person's brain to help control the tremors often associated with the disease. The benefit of DBS is that it enables physicians to adjust the stimulation delivered to a person's brain over time, and offers more consistent relief to patients than the medication they currently take.



Juan Torres-Reveron, MD, PhD, a neurosurgeon at Miami Valley Hospital, said the therapy can take a patient back to the state they were in when first diagnosed with the disease.

"I tell my patients that I am not curing your Parkinson's disease, but I am turning the clock back to give you an extra 10 to 12 years with minimal side effects from medications," said Dr. Torres-Reveron, who practices with Premier Physician Network. "I tell patients to think about their best state – probably when they first were diagnosed and medication worked really well. That's what we hope to achieve with deep brain stimulation."



Parkinson's disease is the second most common neurodegenerative disorder behind Alzheimer's disease. It's a progressive disorder that causes dopamine cell loss in the brain. Dopamine is a neurotransmitter that when lessened or depleted in a person's brain can cause them to have difficulty moving over time, said **Mary Feldman, DO**, a neurologist who specializes in movement disorders at CNSI.

"There are three major hallmarks to Parkinson's disease," Dr. Feldman said. "Bradykinesia, which means slowness of movement, rigidity and a tremor at rest."

Treatment options for the disease have primarily centered on dopamine replacement therapy since Levodopa was first developed in the 1960s. Over time, other medications have been developed to enhance the efficacy of Levodopa, but the main goal of medicinal therapy has remained the same, Dr. Feldman said.

Patients who manage symptoms with medication often see success in the first few years of their diagnosis, and have relief from relatively small dosages of medication each day. However, as the disease progresses, the time between doses shortens and the swings between what is known as an "on" and "off" state become more drastic. A person's quality of life begins to suffer when the length of relief from symptoms and the timing of their "off" state become more unpredictable, Dr. Feldman said.

DBS is one option for Parkinson's disease patients; however, only selected individuals benefit from it. Dr. Feldman works closely with Dr. Torres-Reveron to determine which patients are good candidates for the procedure.

Patients must have a significant improvement on the United Parkinson's Disease Rating Scale while on Levodopa. The United Parkinson's Disease Rating Scale was developed by the



Movement Disorders Society and is used widely in research trials, as well as by neurologists to measure how a Parkinson's patient is progressing in their disease as time goes on. The scale looks at all aspects of a person's functioning.

"It's not just the severity of their tremors, but how they work in daily life, how they perform certain functions, limitations they have, and any problems associated with other disease processes," said Dr. Torres-Reveron. "We then look at how responsive they are to medication and how many years they have had the disease."

According to criteria, patients need to have had the disease for at least four years, Dr. Torres-Reveron said.

Those who fit the criteria and undergo the procedure can experience a new way of life.

"It can be pretty dramatic," Dr. Torres-Reveron said. "Imagine having to carry your pills everywhere and maybe at one point forgetting to bring them along. Now you're experiencing symptoms like horrible rigidity. DBS gives relief from that and a new peace to patients with the disease."

For more information on the treatment of movement disorders, visit the Premier Health website [premierhealth.com/Neurosciences/Movement-Disorders/](https://www.premierhealth.com/Neurosciences/Movement-Disorders/)

Champion Skier Now Treats Athletes



Jon Sulentic, DO, sees patients at the Middletown office of Premier Orthopedics.

What is your specialty?

My specialty is sports medicine. My scope of

practice includes most general orthopedic conditions including arthritis care, fracture care, overuse injuries, and sprains and strains.

What brought you to Premier Health?

I was in private practice at Orthopaedics & Sports Medicine Consultants in Middletown for nearly 14 years; however, in recent years, the changes in health care prompted us to join forces with a regional hospital system. We had always had a strong relationship with Atrium Medical Center and therefore, it was only natural to partner with Premier Health, the leading health care system in our area. In 2016, we merged with several other orthopedic practices in the Dayton area to become Premier Orthopedics, offering excellence in full spectrum orthopedic and sports medicine care throughout the Miami Valley.

Why did you choose medicine as a career?

There are several factors that led me to become a physician but impact of my own personal sports injuries played a big role. I had several sports injuries prior to being a college athlete, as well as afterwards, which radically changed my future goals as an athlete. Ultimately, in my late 20s, it was time to focus on a new career path. I had always had an interest in medicine. But during my many encounters with numerous “team docs” – a few of whom gave me the opportunity to shadow in their practice – my interest grew even stronger. That first-hand experience, coupled with the advice of a few key mentors, led to my decision to pursue medical school at Michigan State University and ultimately choose a residency and fellowship training allowing me to specialize in sports medicine. Although my path was not the most direct route, I feel

very blessed and have enjoyed my career as a physician.

Who are the people who influenced and/or mentored you?

I feel very fortunate to have had several influential mentors at different stages of my life. From an academic perspective, however, Dr. Watts, my graduate school advisor, was absolutely the most influential mentor and friend. He was not only an excellent educator but also facilitated his students’ academic maturity by creating and offering so many opportunities in research, teaching, and scientific writing that most of his students have gone on to excel in their professional life. For me, Dr. Watts played a massive role in my ultimate decision to become a physician.

How do you describe your bedside manner?

I try to make the time spent with each patient a comfortable, conversational, unrushed encounter so that I can get to know the patient, which helps me create a treatment plan that best suits their current life situation. Obviously, some conditions such as many fractures are very specific diagnoses and the treatment is also very specific. Other conditions such as arthritis have multiple elective treatment strategies and, when appropriate, I like to empower the patient to actively participate in creating the best treatment plan for them.

What is one thing most people don’t know about you?

Most friends and associates know I love to compete, especially in soccer and cycling, but most don’t know of my love for skiing. Since we have very little snow here in southwest Ohio, the Olympic sport of cross-country ski racing usually evokes a curiously confused expression of “What sport did you say?” or “That’s a sport?” so as one might expect, the topic rarely comes up. However, nearly 30 years ago I was passionate about the sport and skied for my undergraduate alma matter, Northern Michigan University. One of the highlights was that we won four consecutive NCSA national championships from 1986-89. Some may know of NMU because of their great record in collegiate hockey, but now you know of the “other” winter sport so check it out during the next

Olympic Winter Games.

How do you want to be remembered?

I would like to be remembered as a person who successfully balanced the primary commitment of family, especially to my wife and daughters, while upholding my personal values and beliefs and also maintaining my absolute commitment to caring for my patient as mandated by taking the physician’s Hippocratic oath.

What is the last book you read?

My last book was a book of short stories and was gifted to me because I love everything about fly-fishing. *The River Home: An Angler’s Explorations* by Jerry Dennis

What is your favorite song in your playlist?

It’s hard to pick as I have many genres in my play list so it’s dependent on my mood but I am a huge hairband fan of the 80s. With that said, “It’s a Long Way to the Top (If You Wanna Rock ‘N’ Roll)” by AC/DC is one of my favorites.

iPhone or Android?

iPhone

Early bird or night owl?

Early bird

Beach bum or mountain hiker?

Mountain hiker

Dress shoes or tennis shoes?

Running shoes and soccer cleats



Hernia Seminars and Screening This Fall

More than 1 million hernia repairs are performed in the United States each year, according to the Food and Drug Administration, with inguinal hernia repair accounting for about 80 percent of the total. At Premier Health, our surgeons treat all kinds of hernias — from the simple to the complex — in men and women at all Premier Health hospitals.

For those with hernias or suspected hernias, our surgeons offer evaluations and provide a full range of surgical options, including minimally invasive surgery with the da Vinci Xi® Surgical System. The benefits of a minimally invasive approach include a very small scar, minimal pain and a quicker return to normal activities. Most patients return to work and their lives fairly soon after hernia surgery.

Premier Health surgeons will be sharing their capabilities with physicians and the public this fall in a series of free events:

Hernia Seminars

Tuesday, September 19, 5:30 to 7:30 p.m. at Good Samaritan North Health Center

Tuesday, October 10, 5:30 to 7:30 p.m. at Atrium Medical Center

Wednesday, November 8, 5:30 to 7:30 p.m. at Upper Valley Medical Center

Hernia Screening

Wednesday, September 20, 9 to 11 a.m. at Upper Valley Medical Center

To learn more about these events, visit premierhealth.com/HerniaEvent.



Physicians Are Key Audience for New Brand Advertising Campaign



Premier Health has launched its new brand advertising campaign: Taking Care to a Higher Level.

This new system-wide campaign highlights stories of our patients, showing the community how all of your hard work makes a difference in their lives.

Under the leadership of Chris Butler, chief consumer officer, the marketing and communications team has been working to tell Premier Health's story distinctively, in a way that breaks through the media clutter. One of the primary audiences for the campaign is influencers, including physicians.

The story of Premier Health that we will share with the community will be built on these four pillars:

Clinical excellence: a nod to what we do well, communicated through impactful stories of patients and, in some cases, employees

Innovation: highlights the technology and process improvements that are transforming the local health care scene and improving quality of life for many of our patients

Community: raises awareness of the integral role that Premier Health plays as an employer and community supporter in Southwest Ohio

Patient experience: reminds our patients and employees that it's not just the quality of our care, but how we care, that makes a difference

View samples of the new campaign online at Premier Health's YouTube channel and read more on the launch in Mary Boosalis' August 19 blog post on Inside Premier.

Everyone is encouraged to be on the lookout for the many ways in which Premier Health is "taking care to a higher level" and to share those examples with our marketing and communications team. Please contact one of the following individuals to share your story:

Atrium Medical Center

Chelsey Levingston, (513) 420-5121, cjlevingst@premierhealth.com

Good Samaritan Hospital

Renee Roberts, (937) 734-5224, rearoberts@premierhealth.com

Miami Valley Hospital

Sharon Howard, (937) 208-2725, shdhoward@premierhealth.com

Premier System Support, Fidelity, SBHI:

Kara Hitchens, (937) 499-5259, klhitchens@premierhealth.com

Upper Valley Medical Center

Gail Peterson, (937) 440-7642, gpeterson@premierhealth.com

Call Center's Advanced Capabilities Benefit Patients

Premier Health recently implemented a new call center platform for Central Scheduling. This technology provides advanced collaborative customer care. Offering these new choices to patients – plus a private, physician-only option to prioritize calls from physician offices – has helped Premier Health to realize its goal of providing easier access to our system.

The results of this transformation have been noticed quickly. Calls are being answered in a shorter time frame and handled more accurately and thoroughly by the scheduling team members. Since implementation, the average time to respond to a call is less than 30 seconds, placing Premier Health's call center among top performers in its category.

Among its many features, the new platform offers:

- skill-based agent routing to ensure patient and provider calls are assigned to the most suitable agent
- a customizable phone tree, allowing greater flexibility over time as our patients' needs change
- virtual hold technology with automated callbacks



Premier Health Hospitals Score High in Annual U.S. News & World Report Rankings

Miami Valley Hospital ranked fourth among Ohio's hospitals in the latest annual rankings released in August by U.S. News & World Report, up four spots from last year. The hospital achieved the highest ranking in not only Dayton, but Southwest Ohio.

Good Samaritan Hospital ranked 18th in the state, also up four spots from last year.

Among all hospitals nationwide, Miami Valley Hospital ranked 28th for its pulmonology care, and 34th for nephrology care.

Both hospitals also ranked as "high-performing" in several areas.

Miami Valley Hospital had 15 such designations for cardiology and heart surgery; diabetes and endocrinology; gastroenterology and gastrointestinal surgery; geriatrics; neurology and neurosurgery; orthopedics; urology; abdominal aortic aneurysm repair; aortic valve surgery; heart bypass surgery; heart failure; colon cancer surgery; chronic obstructive pulmonary disease (COPD); knee replacement; and lung cancer surgery.

Good Samaritan Hospital had four "high-performing" designations, including abdominal aortic aneurysm repair; heart failure; colon cancer surgery; and COPD.



GOOD SAMARITAN HOSPITAL



MIAMI VALLEY HOSPITAL

Premier Health Changes Beverage Policy

In keeping with Premier Health's mission to improve the health of the communities we serve, we would like to give you advance notice of a change that we are implementing to benefit our employees.

What is the change?

Effective January 1, 2018, Premier Health will no longer sell sugary beverages in vending machines and retail areas (cafeterias, coffee shops, food courts) on its hospital campuses, in its offices, and at other sites of service. Nonsugary beverages such as diet soda, 100 percent fruit juice, and sparkling water will continue to be available for purchase. Given the number of vending machines and points of sale, the phase-out of sugary beverages will begin late this fall.

This change reflects a great deal of thoughtful consideration about the health of our employees. It also acknowledges a great deal of science showing a convincing link between sugary beverages and a range of health risks, from weight gain to the development of Type 2 diabetes and heart disease.

Pepsi will continue to serve as Premier Health's beverage vendor. It offers the most extensive range of noncarbonated and nonsugary drinks. Employees can continue to choose from a large range of beverage options. In addition, we will be surveying employees later this year about their beverage preferences. The results will help inform how we stock our vending machines in the future.

Why is this change being made?

This change is part of a broader effort to improve employee health, including biometric screenings and workplace wellness challenges such as our recent "Whole Life" and hydration challenges. Such efforts already have paid significant dividends. For example, we have seen the percentage of employees who are at "high health risk" decrease from 5.3 percent in 2013 to 2.4 percent in 2016. In addition, more than 1,460 employees lost a combined 2.94 tons of weight through our weight race earlier this year.



Previously, we announced a more healthful catering menu and more healthful retail food choices, including the use of more healthful preparation alternatives, such as baking instead of deep-frying. We also continue to increase the number of items that qualify for a "green leaf" designation.

Our initiatives to create a culture of wellness have garnered multiple awards from the American Heart Association, the Healthy Business Council of Ohio, and the Dayton Business Journal. Above all, we want our workplace to be a positive influence on your health and well-being.

Your understanding is appreciated as we take this important step to maintain our momentum in fulfilling our mission.

Save the Date for Autumn Cancer Program

Miami Valley Hospital South will be the site of an upcoming program directed at physicians, advanced practice nurses, physicians, social workers, members of

pastoral care and others who care for cancer patients. The event takes place **Thursday, Nov. 9**. Attendees can network with colleagues starting at 5:30 p.m.

A formal program, "Delivering Difficult News" presented by Innovative Care Solutions follows. Information regarding registration is coming soon.

Our New Physicians

New physicians join the medical staff at each of the Premier Health hospitals. Are you interested in knowing who joined the medical staff at each facility?

You can find the lists in the Physician Portal.

Atrium Medical Center go to atriummedcenter.org/ournewphysicians

Good Samaritan Hospital go to goodsamdayton.org/ournewphysicians

Miami Valley Hospital go to miamivalleyhospital.org/ournewphysicians

Upper Valley Medical Center go to uvmc.com/ournewphysicians

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