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HEALTHe**news**
THE BELLEVUE HOSPITAL

April 2018



*****ECRWSEDDM****
RESIDENTIAL CUSTOMER

Get Rid of Varicose Veins and Unwanted Body Fat!



surrounding tissue. The treatment smooths away stubborn fat from problem areas from the chin to the knees. CoolSculpting® not only eliminates fat cells, it also tightens muscle tissue and defines the body contour.

CoolSculpting® is FDA-cleared and is performed without incisions or surgery, so there is no scarring and little to no downtime.

Patients do not need a physician referral to have a vein or CoolSculpting® treatment performed.



For more information on Vein and Body Specialists,
or to schedule a free evaluation, visit
www.veinandbody.com or call 419.484.5960



The Bellevue Hospital (TBH), in affiliation with Vein and Body Specialists located in Bellevue, offers treatment for varying conditions, symptoms and diseases of veins. Their outpatient based vein procedures can be done under local anesthesia.

The Vein & Body Specialists also offer CoolSculpting®, a cutting-edge non-invasive contouring procedure that safely and effectively destroys layers of unwanted body fat.

CoolSculpting® uses a patented cooling technology that freezes fat cells in targeted areas, without harming the



Please enjoy our **HEALTH**e**news** to help keep you informed.

Join us on Facebook and visit our website at www.bellevuehospital.com. Upcoming events and programs listed inside. Please contact the Marketing department at 419.483.4040, Ext. 4899 with any questions.



Give The Gift Of Life

April is National Donate Life month and The Bellevue Hospital encourages you to make a difference and register as an organ, eye, and tissue donor.



One organ, eye and tissue donor can save and heal more than 75 lives.

Register online at www.donatelife.net



CALENDAR of Events

For more information or to register for the events listed:

Bellevue: 419.483.4040 ~ Clyde: 419.547.0074

Fremont, Old Fort, Green Springs and Republic: 419.639.2065

Extension numbers listed below:

COMMUNITY HEALTH PROGRAMS

GLUCOSE, BLOOD PRESSURE CHECKS

Free health screenings in April.
INFO: Ext. 6610

April 10

9:00 am-11:00 am
Bassett's Market, Bellevue

April 17

9:00 am-11:00 am
Hogue's IGA, Bellevue

April 23

8:00 am-10:00 am
Rec Center, Bellevue

April 24

Noon-1:00 pm
Senior Center, Bellevue

April 26

10:30 am-11:30 am
Senior Center, Clyde

April 2

MORNING HEALTH BREAK

TBH Conference Rooms A&B
8:00 am - 11:00 am

Free blood pressure and fasting glucose checks; A1C screening (\$10). Educational literature, a light breakfast and a registered nurse to answer health questions.
INFO: Ext. 6610

April 7 & 14

CHILDBIRTH PREPAREDNESS LAMAZE CLASSES

TBH Conference Rooms A&B
8:30 am - 12:30 pm

Prepares expectant parents for a positive birth experience. Topics include stages of labor, progressive relaxation, breathing techniques, medication uses, nutrition, weight gain and anatomy. Includes tour of the Family Birthing Center. Must attend both Saturday sessions. Fee of \$30.
INFO: Ext. 3067

April 13

NARCAN® OVERDOSE PREVENTION TRAINING

TBH Conference Rooms A&B
6:00 pm - 7:00 pm

The Erie County Health Dept. will be offering Narcan/Naloxone training for community members. Training will include how to recognize and respond to an opioid overdose and how to administer intranasal Naloxone to reverse overdose effects. Free nasal Narcan® kits and substance use resources will be available. The event is free and open to the public.
INFO: 419.626.5623

April 17

EVENING HEALTH BREAK

TBH Conference Rooms A&B
5:00 pm - 7:00 pm

Free blood pressure and fasting glucose checks; thyroid testing (\$20); prostate screening (\$25). Educational literature, light snacks and a registered nurse to answer health questions.
INFO: Ext. 6610

April 19

MATURE AUDIENCE LUNCHEON

Bellevue Society for the Arts
205 Maple St., Bellevue

11:30 am - 1:00 pm

"Sustain Your Brain," presented by Lynn Ritter, Ph.D from the Alzheimer's Association Northwest Ohio chapter. The public is invited to attend. A lunch fee of \$3. Reservations are requested.
INFO: Ext. 4899

April 19

BREASTFEEDING BASICS

TBH Conference Room A
6:00 pm - 8:00 pm

Expectant mothers' questions on nutritional benefits and techniques of breastfeeding will be answered. Fee of \$10.
INFO: Ext. 3067

April 23 & 24

TBH BOOK & GIFT SALE

TBH Conference Rooms A&B
April 23: 9 am - 4 pm
April 24: 6:30 am - 1:30 pm

The sale will feature a wide variety of books, electronics, home goods, kids' gifts and more. A portion of the proceeds will benefit The Bellevue Hospital Foundation. The event is open to the public. Cash, check and credit cards accepted.
INFO: Ext. 4319

April 25

TBH CAREER FAIR

TBH Conference Rooms A&B
3:00 pm - 6:30 pm

On-site interviews for all hospital positions including nursing, billing, registration, housekeeping and lab. An online application and pre-employment assessment may be completed online at: www.bellevuehospital.com. Education, employment history and references are required.
INFO: Ext. 4203

SUPPORT GROUPS

April 2

GRASP (Grief Recovery After a Substance Passing)

TBH Chapel, 2nd Floor
7:00 pm - 8:00 pm

Support group provides resources, compassion, and understanding for individuals and families who have lost a loved one as a result of substance use or addiction. Meetings are free and open to anyone who has lost a loved one to substance use.
INFO: Contact a GRASP Support Group Facilitator:
Dawn Bova at dawnrb45@gmail.com
Lavin Schwan at lschwan@live.com

April 3

M.O.M.S.

TBH 2nd Floor Conference Room
10:30 am - 11:30 am

All new mothers and babies are welcome. Some discussions include feeding/nursing issues and sleep habits. M.O.M.S. is co-sponsored by The Breastfeeding Coalition of Sandusky County and the Sandusky County WIC Program.
INFO: Ext. 4363

April 3

REIKI & NATURAL HEALING

TBH Conference Rooms A&B
6:00 pm - 8:00 pm

Topics vary by month. Reiki meetings are free and open to the public and nurses who are Reiki practitioners.
INFO: Patricia Zilles
419.307.9764

April 10

DIABETES

TBH East Conference Room
12:30 pm - 1:30 pm

Topics vary by month based on group discussion. The support group is free and open to the public.
INFO: Ext. 4303

Put an extra 'Spring' in your step...

Burn more calories!

For information on TBH screenings, programs and events visit www.bellevuehospital.com and The Bellevue Hospital Facebook page.

Access Your Medical Information Online

Being able to access your medical information is an important way to manage your health. At The Bellevue Hospital (TBH), we are always striving to make this process easier. TBH has recently switched from RelayHealth to FollowMyHealth as our patient portal of choice.

As a patient of TBH, FollowMyHealth will allow you to manage your personal medical records, view test and lab results, set up proxy accounts for children and dependent adults, and make more informed decisions about your health.

One of the many great features of FollowMyHealth is that you can download their mobile app, giving you easy 24/7 access on-the-go, making sure you always have your medical information at hand.

If you are already a FollowMyHealth portal user, you can request a connection to TBH by selecting "Connect a Health Source" and choosing The Bellevue Hospital once you have logged in to your FollowMyHealth account.

For more information on FollowMyHealth or setting up an account, please contact TBH at 419.484.5475.



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