

*Happy New Year*

The Bellevue Hospital Family wishes you and your loved ones a safe and healthy New Year!



**Important Reminders for COVID-19 Testing at TBH**

As COVID-19 cases continue to increase across the state and our local areas, TBH would like to remind the community of our current COVID-19 testing process.

TBH's drive-up COVID-19 testing site is **designed for patients with COVID-19 symptoms or those who have been in close contact with someone testing positive for COVID-19.** This set-up is used to help further protect patients, visitors and staff members.

Appointments are not necessary, but pre-registration is required.

For drive-up COVID-19 testing:

- Patients must pre-register by calling 419.484.5442 between the hours of 8 a.m. – 4 p.m. Monday through Friday
- Patients must have a physician's order for testing (paper or electronic)
- There are no weekend testing hours available
- Patients should enter the hospital's campus from the County Road 302 entrance and follow the signs to the drive-up testing lanes located on the east side of the hospital's campus
- Patients should remain in their vehicle until a laboratory staff member can assist

For patients who are not exhibiting symptoms of COVID-19 and are required to have a COVID-19 test for pre-admission testing before surgery or prior to traveling, they should enter the hospital through Patient Entrance A and go to the Main Outpatient Lab.

For more information, visit [www.bellevuehospital.com/services/laboratory-services](http://www.bellevuehospital.com/services/laboratory-services).



**THE BELLEVUE HOSPITAL**  
*Quality Care, Close To Home*

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

Join us on Facebook and visit our website at [www.bellevuehospital.com](http://www.bellevuehospital.com). Upcoming events and programs listed inside. Please contact the Marketing Department at 419.483.4040, Ext. 4899 with any questions.



## Direct Access Testing Available at TBH

The health and safety of our patients, health care workers and community has always been a top priority at The Bellevue Hospital (TBH). In order to continue to provide quality care and reduce any exposure to COVID-19, TBH has temporarily suspended the Morning and Evening Health Break events starting in January 2022.

Monitoring your health on a regular basis is still an important part of your health and wellness plan. TBH now offers Direct Access Testing which allows you to order your own laboratory tests at an affordable price when you want them – without a physician's order. Direct Access Testing is available at TBH's main laboratory inside the hospital, located at 1400 W. Main Street in Bellevue.

### Hours for TBH's outpatient laboratory services are:

Monday – Friday 6:30 a.m. – 5:00 p.m.

Saturday 6:30 a.m. – 1:00 p.m.



**Appointments are not necessary, but pre-registration is required. To pre-register, call 419.483.4040, Ext. 0.**

Direct Access Testing will not be coded or billed to insurance and must be paid for at the time of the service. Check and debit/credit card payments are accepted. See below for testing and pricing:

- Complete Blood Count with Basic Metabolic/Lipid Panel - \$50
- Hemoglobin A1C - \$20
- Lipid Panel - \$20
- Pregnancy - \$15
- Prostate Screen (PSA) - \$30
- Thyroid Stimulating Hormone (TSH) - \$25
- Vitamin D - \$35



Please note that some tests require a 10 – 12 hour fasting prior to the testing.

To learn more about the Direct Access Testing available, visit [bellevuehospital.com/services/laboratory-services](http://bellevuehospital.com/services/laboratory-services).



## Time to Schedule Your Annual Screenings



The New Year is a great time to choose to put your health first for the upcoming year. Start 2022 by talking to your doctor about important preventative health screenings. For a list of primary care providers at The Bellevue Hospital, visit [www.bellevuehospital.com/medical-providers](http://www.bellevuehospital.com/medical-providers).

## Which Health Screenings do you need each year?



Visit your primary care provider yearly to keep tabs on your health. It's a great way to build a history and catch potential trouble early.



Before your appointment, make a list of any concerns or questions to discuss.



Depending on your age and health, your annual exam will include certain standard screenings.

### Everyone every year

- ✓ Flu vaccine
- ✓ Skin cancer screening
- ✓ BMI and weight evaluation
- ✓ Depression screening



### Other Screenings:

- ✓ Blood pressure every 2 years, starting at age 16
- ✓ Lipid/Cholesterol every 5 years, starting at age 20
- ✓ Diabetes as determined by your doctor
- ✓ HIV testing once, unless high risk
- ✓ TDAP vaccine once 19-64, with a TD booster every 10 years



### Everyone, starting at 50+

- ✓ Colonoscopy
- ✓ Hepatitis C screening for adults born between 1945-1965
- ✓ Lung cancer screening at 55+ (depending on tobacco use)

### Everyone, starting at 60+

- ✓ Osteoporosis screening at 65+ if at risk
- ✓ Pneumococcal vaccine at 65
- ✓ Shingles vaccine once, at 60

starting at **50+**  
Prostate cancer screening  
at 50+

starting at **60+**  
Abdominal aortic aneurysm screening  
for smokers only, 65+, one time



Men



Women

starting at **20+**  
Pap smear cervical cancer screening  
every 3-5 years at 21

starting at **40+**  
Mammogram  
every 1-2 years at 40

# Pulmonary Rehabilitation – A Path to Better Breathing

COVID-19 has affected millions of people in a wide variety of ways. While many individuals who test positive for COVID-19 recover from the disease without any long-term symptoms, some people have had to deal with lasting effects of their illness for several months afterward – including ongoing respiratory issues. However, a pulmonary rehabilitation program like the one at The Bellevue Hospital (TBH) can help individuals with respiratory problems get back on track to a life of better breathing.

Pulmonary rehabilitation is specifically designed for those that have a chronic lung disease such as chronic obstructive pulmonary disease (COPD), asthma, interstitial lung disease and long-term effects of COVID-19. People living with lung issues may have difficulty walking, climbing stairs and other daily activities, causing them shortness of breath. As a result, they become fearful of physical activity and become less active with increased shortness of breath.

TBH has offered pulmonary rehabilitation services for 15 years and, in light of the COVID-19 pandemic, has continued to better enhance

the program to best fit the needs of the community. Pulmonary rehabilitation focuses on exercise and lifestyle modification. Patients enrolled in TBH's program meet two or three times a week for monitored and supervised exercise and education.

There are many benefits of participating in a pulmonary rehabilitation program, including:

- Improved breathing
- Increased endurance and strength
- Controlling symptoms
- Managing medication and/or oxygen
- Managing stress, anxiety and/or depression
- Improved energy
- Maintaining a positive outlook
- Smoking cessation support and one-on-one counseling



If you or someone you love is dealing with lung disease or respiratory issues, ask your primary care provider about a referral to TBH's pulmonary rehabilitation program.

**For more information, call 419.483.4040, ext. 4303.**

## Ways to Give Back

If your New Year's Resolutions include charitable giving, then look no further than The Bellevue Hospital Foundation (TBHF). In an effort to help keep "Quality Care, Close to Home," TBHF has several giving opportunities for you in 2022.

- **Club 1917** assists in the ongoing development of healthcare programs and purchasing of specialized equipment for many of the hospital's departments. Individuals, organizations, and businesses can all be a part of Club 1917 with a minimum annual donation of \$100.
- **The Women's Mammography Fund** is a way for donors to help make a difference for uninsured or underinsured individuals needing basic screening mammograms. This fund assists those patients with free or reduced screening mammograms.

- **The Karen L. Hirt Memorial Wellness Trail** includes trees/plaques in honor of or in memory of hundreds of loved ones throughout the years. A ¾ mile walking trail around the hospital grounds is a relaxing way to take in all the trees, plaques, butterfly bushes, gardens, and more. Donated funds are used to lovingly remember special individuals who have made a difference in our lives and the lives of many others in the community.
- **The Bob & Ellie Beck Centennial Wildflower Garden** is an area where part of the hospital grounds was returned to Ohio native grasses and wildflowers. When in full bloom, this area attracts attention from bees and butterflies. This fund allows for continued maintenance, upkeep and seeding of the area.

For information on these or other giving opportunities to TBHF, contact Foundation Director Dennis Sabo at 419.483.4040, Ext. 4319 or visit [tbhfoundation.com](http://tbhfoundation.com).



### Donation Designation:

- Club 1917 (\$100 minimum membership)  
 Women's Mammography Fund

### Amount of Contribution: \$ \_\_\_\_\_

- The Karen L. Hirt Memorial Wellness Trail  
 The Bob & Ellie Beck Centennial Wildflower Garden  
 General Fund

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Cash  Check (payable to TBH Foundation)  Credit Card:  Visa  Mastercard  Discover

Credit Card Info: Acct #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ 3-Digit Code: \_\_\_\_\_

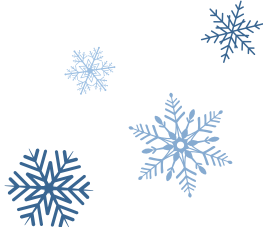
Cardholder Name: \_\_\_\_\_ Signature: \_\_\_\_\_



Quality Care, Close To Home

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## Looking for a Career Change in 2022?

Consider becoming part of The Bellevue Hospital Family! For a list of current job openings, visit [bellevuehospital.com](http://bellevuehospital.com) or scan the QR code.

\*\*\*\*\*ECRWSSSEDDM\*\*\*\*\*  
POSTAL CUSTOMER

## The Bellevue Hospital Receives the 2022 Women's Choice Award® as one of America's Best Hospitals for Emergency Care

The Bellevue Hospital (TBH) has been named one of America's Best Hospitals for Emergency Care by the Women's Choice Award®, America's trusted referral source for the best in healthcare. The award signifies that TBH is in the top five percent of 4,728 U.S. hospitals offering emergency care services.



"This award is a testament to our ongoing commitment to the families within our community – and we could not have achieved this exceptional recognition without the support of our entire TBH Family," said Timothy A. Buit, president and CEO of TBH. "In a year that has been quite challenging, we are so proud of this accomplishment. Our unwavering commitment to providing the best healthcare is our most important pledge to our community."

The methodology for America's Best Hospitals for Emergency Care award is unique in that it combines Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey results with primary research about women's healthcare preferences. The award recognizes excellence in emergency care based on several process of care measures focused on time patients spent in the emergency department, including:

- Total time spent in the Emergency Department
- Percent of emergency patients who left without being seen

Criteria for selecting TBH as one of America's Best also included the percentage of patients who came to the emergency department with stroke symptoms who received brain scan results within 45 minutes of arrival. Also included this year were hospitals that performed well in responding to patients showing symptoms of severe sepsis, a very dangerous condition. The awarded hospitals represent those with emergency departments with average measure times in the highest 25th to 50th percentile in the country.

The award is especially significant given that long waits and high crowding can negatively impact patient outcomes, including patients leaving without receiving medical treatment, longer overall length of hospital stay and an increase in mortality rates.

"TBH not only performed well clinically with regard to emergency care measures, but they also have a high recommendation rating, which is very important to women when it comes to health-related decisions" said Delia Passi, CEO and Founder of the Women's Choice Award.

TBH is one of 477 award recipients representing the hospitals that have met the highest standards for emergency care in the U.S. by the Women's Choice Award.

**For more information about the America's Best Hospitals for Emergency Care, please visit [www.womenschoiceaward.com/best-emergency-care](http://www.womenschoiceaward.com/best-emergency-care).**