



CHI Health™

better you

IMAGINE THAT.

Secrets your stomach
is keeping

Free doctor visit?
It's for real

Deep discounts
on routine
procedures



Fall 2021
CHIhealth.com

Need care? Where you go matters

Savvy shoppers know how to get what they want at the best value – and that applies to health care, too. Knowing what level of care to access will save you time, money, and headaches. Don't walk out with an unexpected bill. Consider your options when you need minor medical attention. For a complete overview of all our levels of care, visit CHIhealth.com/Care.

IN PERSON QUICK CARE



Monday-Friday, 7 am – 7:30 pm

Saturday-Sunday, 9 am – 5 pm

Located in several area Hy-Vee stores offering walk-in minor medical care for patients ages 18 months and older. Services include health screenings, tetanus shots, treatment for minor illnesses and more. Most major insurances accepted.

CHIhealth.com/QuickCare

IN PERSON PRIORITY CARE



Every day, 8 am – 8 pm

Located at select CHI Health Clinics, we offer prompt, high-quality medical attention when your provider is not available - and you pay no more than a regular primary care visit - including copays! No appointment is necessary.

CHIhealth.com/PriorityCare

AT HOME VIRTUAL QUICK CARE



24 hours/7 days a week

Health care via phone or video for \$35 or most major insurances accepted. Receive consultations for minor medical conditions and even prescriptions - all from the comfort of your home!

CHIhealth.com/VirtualCare or
402-717-1255

IN PERSON CHI HEALTH CLINIC



Looking for a primary care provider, pediatrician, OB/GYN or other specialist? Visit CHIhealth.com/Clinic to meet our providers and view video introductions online. Find the perfect provider for you and your family today.

CHIhealth.com/Clinic

For emergencies, dial 911 or go to the nearest emergency room.

Your healthy future starts now

If you put your health on hold last year, you're not alone. Four in 10 US adults delayed medical care in 2020.*

Your wellbeing is just as important today as it was before the coronavirus swept the country. Health care providers are eager to see you for good reason – delaying care can mean time lost while pre-diabetes turns into diabetes or a new cancer goes undetected.

“When COVID-19 cases are high, we are able to take care of patients virtually and over the phone. But we want to see you,” said Darcy Jones, PA-C, CHI Health Physician Assistant.

“Things like cancer screenings and even making sure we are getting accurate blood pressure readings – those are important aspects of managing your care,” she said.

The good news is you can catch up. Whether it's routine care or a follow-up visit, make an appointment today and get back to the healthiest you.

Don't have a primary care doctor? Start here:
CHIhealth.com/Clinic



* <https://www.cdc.gov/mmwr/volumes/69/wr/mm6936a4.htm>



Safety always comes first

You can be confident walking into CHI Health Clinics. Our COVID-19 precautions continue to keep everyone safe.



MDsave keeps cash in your pocket

Online shopping for health care? You can save up to 60% on CHI Health medical procedures such as MRIs, mammograms and colonoscopies with MDsave, an online tool that lets you comparison shop.

Compare local prices and buy your procedure, all in one place. It's an ideal option for people with high-deductible insurance or are in between plans. **Go to [MDsave.com](https://www.mdsave.com) to find out more.**

The best deal in health care is free

Free of charge and incredibly valuable. Sound too good to be true?

Most insurance companies cover a yearly preventive care visit at no charge to you. It's the best way to get the screenings and vaccinations which keep you healthier – and ultimately reduce your health care costs.

The visit is priceless if you catch cancer early when it's preventable or easily treatable. It can also be life-changing if a chronic condition like heart disease or pre-diabetes is detected early and treated with lifestyle changes instead of medication.

Skipping these visits comes at a real cost. "The most obvious danger is certain kinds of cancers and chronic diseases can get a head start," said Sarah Stobbe, APRN, CHI Health Nurse Practitioner. "Caught early, there are much better outcomes."

Keep in mind the recommended ages for screening tests like mammograms and colonoscopies vary depending on your family history. That's why a preventive visit, where you discuss these factors, is so important.

Preventive care visits include:

- Blood pressure, diabetes and cholesterol tests
- Cancer screenings, including mammograms and colonoscopies
- Depression screening
- Wellness counseling on quitting smoking, losing weight, eating healthfully, reducing alcohol use
- Vaccinations, including flu, shingles, pneumonia
- Counseling, screening and vaccinations to ensure healthy pregnancies

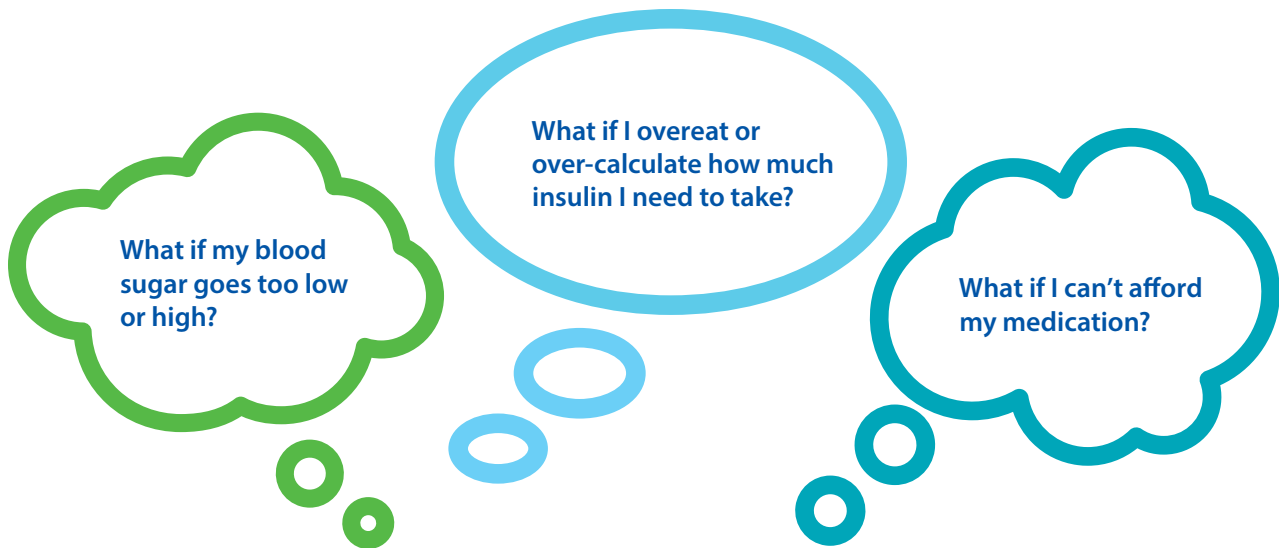
U.S. Department of Health & Human Services

Additional screenings may be recommended depending on your risk. Examples include:

- Osteoporosis screening to prevent fractures for postmenopausal women younger than 65 at increased risk of osteoporosis.
- Abdominal aortic aneurysm screening for men aged 65-75 who are former smokers.
- Lung cancer screening for adults aged 50 to 80 who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years.

U.S. Preventive Services Task Force

Don't leave your insurance dollars on the table – or your health at risk. **Schedule a yearly preventive visit today. Call your provider and ask for a "Preventive Care Visit."**



Diabetes distress?

Walk in for the support you need

Diabetes can be hard work. Anyone diagnosed with Type 1 or Type 2 diabetes knows managing care is a full-time job.

Connecting with a provider who understands your condition can help ease that stress. In addition to 300 endocrinologists and primary care providers across Nebraska and southwest Iowa, CHI Health has added virtual options from anywhere and a walk-in clinic in Omaha to help patients live with diabetes.

“We can help pinpoint what areas in your life diabetes is most stressful, and come up with a plan,” said Marcia Malone APRN, CHI Health Nurse Practitioner who specializes in diabetes care.

Walk-In Clinic - Omaha

Open five days a week from 8 am to 5 pm inside the CHI Health Clinic Millard at 5045 South 153rd Street. Patients connect with a registered nurse practitioner, a certified diabetes educator, a dietician and a pharmacist

who coordinate care with your primary care provider.

Services include:

- Intensive diabetes management
- Basic diabetic eye exams
- Foot exams
- A1C checks
- Diabetes education
- Nutrition therapy
- Continuous glucose monitoring
- Medication review

All services billed at primary care prices and MDsave.com options available for some services.

Many of these services are also available throughout the state at CHI Health Clinics or via Zoom or phone. To find out more, call 402-717-9150.

“Isolation is one of the biggest factors of burnout. We want to make our

diabetic patients feel supported, and give accessible resources to help them achieve a healthy and stress-free life,” said Amber Rogers, APRN, CHI Health Nurse Practitioner specializing in diabetes care.

Connect to Care

Providers/Educators in Nebraska/southwest Iowa

In-person, phone or Zoom!
CHIhealth.com/Diabetes
402-717-9150

Omaha Walk-In Diabetes Clinic

CHI Health Clinic Millard
5045 South 153rd Street, Suite 100
402-717-9100

FREE Diabetes Support Groups

Type 1 and Type 2
Virtual groups led by CHI Health certified diabetes educators
CHIhealth.com/DiabetesSupport-Group

Omaha 402-717-1233
Kearney 308-865-7006

Don't skip this beat

Why you should know your blood pressure numbers



Ever wonder why your blood pressure is one of the first things your CHI Health doctor checks when you go in for a visit?

The numbers actually tell a story - of a heart working at the top of its game or a heart that needs an assist.

It's never too early to check. Nearly one in four adults aged 20 to 44 has high blood pressure.

"A physician can determine your risk for heart disease by checking for high cholesterol, high blood pressure, and and performing other tests," said Naureen Rafiq, MD, CHI Health Primary Care Physician.

"Often the diagnosis starts with a conversation. What's your family history? Have you experienced any chest pain, shortness of breath, dizziness, palpitations or blackout?"

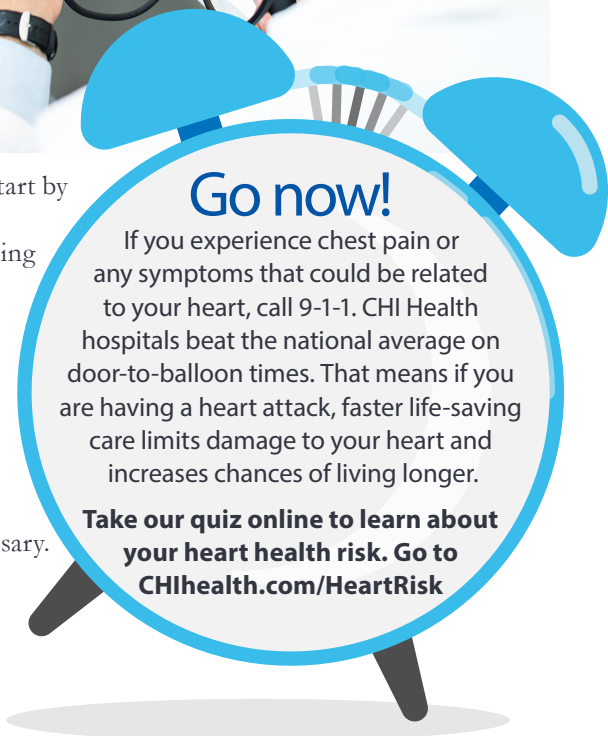
Heart disease is preventable. Start by avoiding stress, getting a good night's sleep, exercising, watching your diet and knowing your numbers.

Don't know your numbers? Find out for free

CHI Health offers **FREE** blood pressure checks at Priority Care and Quick Care clinics - no appointment necessary. Visit any CHI Health Clinic Priority Care or Quick Care during regular business hours.

"Our goal is to make the blood pressure check quick and convenient with knowledgeable staff ready to provide support and answer questions," said Darcy Jones, PA-C, CHI Health Physician Assistant.

		NORMAL	HIGHER THAN 120/80	LOWER THAN 90/60
Systolic	Pressure inside arteries	120	Increased risk of stroke, heart disease, heart attack, kidney failure	May feel lightheaded/dizzy/weak
Diastolic	Pressure between beats	80		



Go now!

If you experience chest pain or any symptoms that could be related to your heart, call 9-1-1. CHI Health hospitals beat the national average on door-to-balloon times. That means if you are having a heart attack, faster life-saving care limits damage to your heart and increases chances of living longer.

Take our quiz online to learn about your heart health risk. Go to CHIhealth.com/HeartRisk

To be seen, or not to be seen

"Are my symptoms serious enough?" That's the question many people asked during the height of the pandemic – unsure whether they should see a doctor. But signs of trouble are not always obvious. When in doubt, it's always better to be seen.

Primary Care

Arthritis vs. Aging

Aging doesn't necessarily come with discomfort. Even so, half of all people 65 and older report joint pain. More likely than old age, it's the other "o" - osteoarthritis. It occurs when the protective cartilage that cushions the ends of your bones

wears down over time, causing pain, stiffness and joint swelling.

Smoking, obesity, sugary drinks and an unhealthy diet all contribute to joint pain.

A visit with your doctor can rule out other conditions like tendinitis or torn cartilage.



Self-Care Tip: Trade running for low-impact exercises like walking, biking and swimming. You'll burn 200+ calories/hour and get all the benefits of moving your body.

Back to active Answers for your aches and pains

We're all looking forward to our favorite activities. The question remains, "How will our bodies handle going from inactivity to full days of fun – overnight?"

"Stuck at home, mostly sitting, aches and pains only increased," said CHI Health Sports Medicine Physician Dani Wooldrik, DO. "Putting off routine doctor's visits prevented us from identifying problems early, so patients could rehab over the winter. I think we are going to see some strains, sprains and joint problems."

To prevent discomfort, and not just on your scorecard, Dr. Wooldrik recommends a quick check-in with your doctor to address any lingering aches and pains.

"Pain is an alert that something needs attention. Your doctor can help determine what it is. It might be as simple as ice and elevate, physical therapy, or something we need to watch for surgical intervention."

Before you hit the links, warming up and stretching will keep you in the game longer.

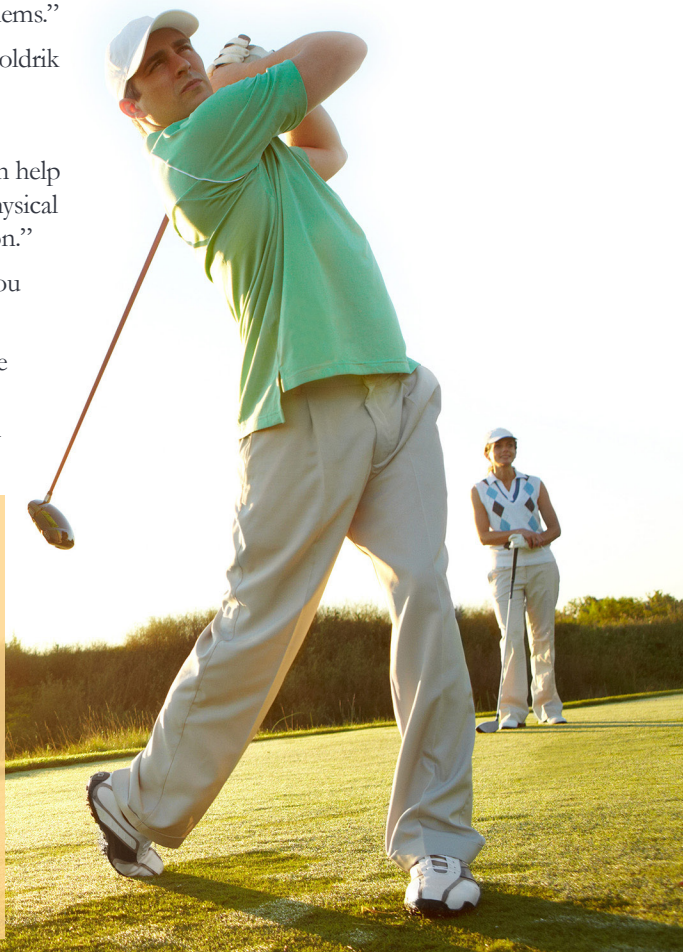
"Stretching a cold muscle can result in injury. Get your heart rate elevated and blood pumping first with some lunges, brisk walk, or slow-motion practice swings," Dr. Wooldrik said. "Then run through some stretches to loosen up your muscles."

Get back in the swing

Pain keeping you off the course? Back to GolfSM could be for you. This nationally recognized program uses three components to get you back on the links.

- » 1-on-1 session with physical therapist/certified Back to GolfSM instructor
- » Specialized treatment to free up restricted tissues/joints
- » Exercises/stretching for better movement/injury prevention

Ready to improve your game? Call 402-758-5050.





Toss the tissues

You can get instant relief for sinusitis

The outdoors can be miserable for people with chronic sinusitis. For instant relief, consider balloon sinuplasty.

This minimally invasive procedure involves gently inserting and inflating a small balloon to unblock and drain nasal passages.

"It takes about an hour in the office, but the actual procedure is about 15 minutes," said Aaron Robinson, MD, CHI Health Otolaryngologist.

Balloon sinuplasty is FDA-approved, considered extremely effective and often covered by insurance.

"It's for anybody who's on antibiotics three to four times a year, has headaches, face pain, pain in your teeth or jaw, and nothing has improved it, or if you have a CT scan showing an issue with sinuses," said Dr. Robinson.

Find sinus care close to you at CHIhealth.com/SinusCare



Self-Care Tip: "Use a saline rinse and a neti pot to rinse out the allergens and mucous and give sinuses a chance to heal," Dr. Robinson said. "Try it in the shower."



Good night, sleep better

Snoring does more than annoy your bed partner. "If you don't treat snoring caused by sleep apnea, your heart starts to suffer because it has to work harder," said Aaron Robinson, MD, CHI Health Otolaryngologist.

Treatment depends on what's causing the ruckus:

- Nasal implants that are not unlike nasal strips, just for the inside of your nose, keep nasal passages open.
- Cryotherapy involves spraying cold gas into the nose to freeze the nerve and shrink nasal passages.
- Oral appliances, which are sophisticated mouth guards, move the jaw slightly forward to create uninterrupted air flow.
- Surgery reduces tonsils/fixes deviated septum.
- CPAP machine addresses severe obstructive sleep apnea.

A sleep study is the first step. "This is for anybody who stops breathing and gasps for breath more than once a night. Or if you wake up with headaches or daytime sleepiness," said Dr. Robinson.

CHIhealth.com/Sleep

Find out if your snoring is a problem. **CHIhealth.com/SleepRisk**



Self-Care Tip: "If you're overweight, losing even 10-15% of your body weight can make a significant difference with snoring and sleep apnea," said Dr. Robinson.

Get up and go

Just getting out of a chair can become difficult as we age. Once you're up, exercise is key to staying mobile.

Recommended physical activity for older adults:

- 150-300 minutes of moderate intensity exercise/week, or
- 75-150 minutes vigorous intensity exercise/week, or
- Equivalent combination of moderate and vigorous intensity exercise

Moderate - brisk walking, dancing, pushing a lawnmower

Vigorous - jogging or running, skipping rope, doing aerobics

CHI Health Physical Therapist Stacy Vogt, PT, DPT, explains that vacuuming, a moderate activity, may feel vigorous for some. So it's important to check with your provider before beginning any exercise program.





Mental health has its moment

If you've struggled this past year, you're not alone

About four in 10 US adults reported symptoms of anxiety or depression during the pandemic, up from one in 10 the previous year.*

The good news is more people are seeking behavioral health care, many for the first time.

“This pandemic played a role in reducing the stigma of seeking treatment for mental health,” said Chelsea Hunter, LIMHP, LCSW, Manager of Behavioral Outpatient Integrated Services for CHI Health.

In the first few months alone, calls to CHI Health Behavioral Health Help Lines increased by 35%.

That casual question among friends – “How are you doing?” – became a key question in clinics.

“Patients would come in for acute sick visits, which opened the door to conversations around the depression and anxiety they were dealing with,” said Hunter.

Help is closer than you think. CHI Health is the largest provider of Behavioral Health Services in Nebraska and Iowa with care options that work for you.

Mental health in primary care clinics.

When you see your doctor for health issues, mental health providers are also available for on-the-spot assessments and care recommendations.

Virtual Care or Zoom options allow patients to talk to a mental health provider from the comfort of home. Now as many as one in two behavioral visits are conducted virtually.

No matter where you live, CHI Health can connect you to a mental health provider. Our Virtual Care and Telehealth locations in rural areas ensure that no one has to suffer.

Even if you don't see mental health services in your community, there's a CHI Health option for you.

*<https://www.kff.org/report-section/the-implications-of-covid-19-for-mental-health-and-substance-use-issue-brief/>

Instant help for your struggle

Asking for help can be a big step. That's why we have Mental Health providers available onsite as part of our team-based approach to care at select CHI Health Clinics.

"Being onsite and available the moment a patient expresses a need or interest is so valuable in getting to the next step toward vital, even lifesaving services. We really focus on putting the patient at ease," said Chelsea Hunter, LIMHP, LCSW Manager of Behavioral Outpatient Integrated Services for CHI Health.

Coming soon: Mental Health Center for Children & Families

CHI Health provides mental health care for more than 6,000 children annually with the most child and adolescent psychiatrists in the region.

Now we're making our vision for a one-stop center of excellence where the focus is on the child and healing the entire family.



Happier = Healthier

Mental health care isn't just for pandemic stress. It can help a 50-something facing divorce. A young adult wrestling with anxiety. An adolescent acting out at school.

Anyone dealing with a chronic medical condition, such as diabetes, can also experience depression and benefit from short-term counseling. For more serious conditions,

longer-term services can completely turn a life around.



Help is available 24/7.

Call 911:

If you are a danger to yourself or others, or know someone who is.

Call 24/7 for help and/or referral:

402-717-HOPE

(Omaha/Lincoln/Council Bluffs)

308-865-2000

(Kearney/Grand Island)

CHIhealth.com/Behavioral

Help is closer than you think.



What is your stomach telling you?

Queasy. Nervous. Butterflies. How does your gut know what you're feeling?

The gut and brain are in constant communication, according to Meghan Freeze, APRN, CHI Health Gastroenterology Nurse Practitioner.

“The gastrointestinal tract is filled with nerve cells that receive and provide information to the brain. It also produces more than 90% of the body’s mood regulating hormone – serotonin,” she said.

Happy gut, happy life. “Stress can cause chronic nausea, bloating, even trigger flare-ups exacerbating irritable

bowel syndrome, inflammatory bowel syndrome, and other gastrointestinal conditions,” said Freeze. “The habits we gravitate towards when stressed, like too much unhealthy food, alcohol or coffee, also cause stomach and GI discomfort.”

Digestion-Friendly Foods

- Yogurt
- Whole-grain foods
- Leafy green vegetables
- Fruits
- Vegetables with skin
- Unsaturated fats

For expert care, go to CHIhealth.com/Gastro

The case for colonoscopies: They're a lifesaver

If you're due for a colonoscopy, you're not alone.

An estimated 1.7 million colonoscopies were missed in 2020 due to the pandemic.

Colorectal cancer is the second most common cause of cancer death for men and women combined.

Early detection stops colorectal cancer before it starts, or finds it early enough for the best chance at recovery.

Age 45 is when regular screenings should start.

Or before age 45 if you have a family history of colon polyps or cancer, or other risk factor.

Colonoscopies have gotten a bad rap.

Prepping has become easier, the procedure is painless and it could save your life.

You have the power to beat this cancer. Schedule your colonoscopy or talk to your provider today.

CHIhealth.com/Colonoscopy



**LOWER
AGE
ADVISORY
45**

45 is the new 50

The recommended age to begin regular screenings for colorectal cancer has been dropped from 50 to 45 by the U.S. Preventive Services Task Force. Talk to your provider and check with your insurance about how this affects you.

Laugh, sneeze and cough without worry

New hope for men and women



Afraid a sneeze will reveal your secret? There's new hope. A urology team at CHI Health is the first in the US and the only team in Nebraska to implant the ACT, pioneering a new treatment for women.

Adjustable Continence Therapy (ACT) devices are balloons implanted on each side of the urethra during a noninvasive 20-minute procedure. The fluid-filled balloons help stop accidental leaks caused by pressure – coughing, sneezing, laughing, exercising or lifting something heavy.

“Stress incontinence typically occurs after a woman ages, delivers multiple babies, has pelvic surgeries or a prolapse of the uterus,” said Michael Feloney, MD, CHI Health Urologist. “Most women are unaware of new treatment options, like this FDA trial, because they hesitate to talk to their doctor about it.”

It's not just for women. Dr. Feloney's team was also instrumental in getting FDA approval of the similar treatment for men.

Talk to your primary care provider or find a urologist near you at CHIhealth.com/Urology

Work it out!

Incontinence, constipation, pelvic pain and prolapse are common, but don't have to be a normal part of daily life.

Pelvic floor therapy is exercise-based rehabilitation that helps to

strengthen, relax and retrain the muscles supporting the pelvis (bladder, bowel and uterus). CHI Health specialists work with women and men of all ages.

CHIhealth.com/PelvicRehab

Gotta go?

In the US, 30% of men and 40% of women live with overactive bladder symptoms. It can often be cured or at least controlled through lifestyle changes, therapy, medication, or non-invasive procedures.

Don't let embarrassment prevent you from living a full and active life. Talk with your health care provider. In the meantime, try limiting food and drinks that can irritate your bladder:

- Coffee, tea, alcohol, fizzy drinks
- Some citrus fruits, tomato-based spicy foods
- Caffeine, chocolate (not white chocolate)





The McAuley Fogelstrom Center
12809 W. Dodge Road
Omaha, NE 68154

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PERMIT NO. 361

Hospital Locations

NEBRASKA

Grand Island

CHI Health St. Francis

Kearney

CHI Health Good Samaritan

Lincoln

CHI Health St. Elizabeth

CHI Health Nebraska Heart

Nebraska City

CHI Health St. Mary's

Omaha

CHI Health Creighton
University Medical Center
- Bergan Mercy

CHI Health Immanuel

CHI Health Lakeside

CHI Health Midlands

Plainview

CHI Health Plainview

Schuyler

CHI Health Schuyler

IOWA

Corning

CHI Health Mercy Corning

Council Bluffs

CHI Health Mercy
Council Bluffs

Missouri Valley

CHI Health Missouri Valley

CHIhealth.com



Visit with your doctor from home.

Keep your health care on schedule by connecting with your primary care doctor or specialist through a CHI Health Virtual Visit. Each virtual visit is done through a secure video conference or phone call right on your device from the safety and convenience of your home.

Schedule an appointment directly with your clinic:

1. Call your doctor's office to schedule your appointment. New to CHI Health? We are accepting new patients. Visit CHIhealth.com/Clinic to find a doctor.
2. Receive your appointment confirmation via email with instructions for a video or phone visit.
3. Log or dial in, see your doctor and start feeling better!

With Virtual Visits, there's no reason to delay care. Try it today!

Learn more at CHIhealth.com/VirtualVisits

Check your insurance for telehealth rates and co-pays.