

BALANCESM

MY HEALTH...MY PLAN



SHOPPING FOR THE SEASON?

DON'T FORGET HEALTH INSURANCE

Shopping for health insurance isn't as fun as holiday shopping, but it's still a critical purchase you might have on your list, alongside the stocking stuffers and Christmas turkey.

If you are enrolled in a plan, in most cases you will automatically renew. With the recent news of rate increases, it is important to take a look and shop around as you may be surprised how much you can save.

There's only one time of the year you can shop – and that's now. Open enrollment for health insurance is now through Jan. 31.

The Affordable Care Act, also known as Obamacare, mandates that participating insurance providers offer a number of things:

- Plans must offer 10 essential health benefits ranging from emergency care to prescription coverage and prenatal and postnatal care.
- Many preventive services are provided at no cost to the member, including one yearly well care visit and immunizations.
- Coverage is guaranteed, so if you have a chronic condition, you won't be turned away or pay higher rates.

(continued on page 10)

KEEP YOUR LIFE IN BALANCE

Relax. No one can live up to expectations of a perfect holiday. Place your priority on family, friends and those things that make the holidays meaningful for your family.

Live better. Live balanced. Avera.

GREAT HEALTH

It's all a matter of Balance



Dear Friend,

Thanks for reading Balance, an Avera publication designed to help you and your family live a balanced, healthy life.

The holidays are here – we wish you and your family a blessed season filled with fun and meaningful celebrations. Spending time with family and friends is so important to our life balance. Don't let the "busyness" of this holy season steal your peace, joy – and good health.

The late fall and early winter also coincide with an important time on the calendar, and that's open enrollment for health insurance.

Open enrollment is already underway, and continues through Jan. 31. We've included several articles about health insurance to help you understand and get the most out of your coverage.

Avera integrates both quality health care through our hospitals and clinics, and quality health insurance through Avera Health Plans. Because we understand both health care and insurance, we can help you get the right type of care at the right time, saving valuable health care dollars and even out-of-pocket expenses.

If you have questions about health insurance, we recommend you reach out to your local insurance agent, or feel free to call Avera Health Plans at 1-855-MY-AVERA (1-855-692-8372) and speak to one of our agents, or go to AveraHealthPlans.com.

Along with lots of good information about health coverage, this issue contains features like how to prevent back pain and injuries when you're shoveling snow, how to stay fit during the season, and how to prepare a lower-fat, lower-calorie version of favorite holiday recipes.

Thanks for reading Balance, and best wishes!

Chief Medical Officer, Avera Health Plans

Have a story idea for Balance?

Email Balance@Avera.org

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KEEP YOUR LIFE IN
BALANCE

If you feel the "holiday blues" begin to settle in, schedule fun time with friends or family. If a tradition is sad or painful, try starting a "new tradition." The holidays can be whatever you want them to be.

HEALTH BUZZ

Find the Light

Experiencing the winter blues? Brighten your mood by finding the light.



Natural light, even when it is cloudy, helps reset circadian rhythm and hormonal balances, which are both factors in our moods. Take advantage of any opportunities to get outside: take a walk at lunchtime, enjoy outdoor winter activities, sit next to a window. Even when it seems rather dark, simply being outside will give you more exposure to natural light and its mood-boosting benefits.

Source: Huffington Post

Give GRATITUDE



“In ordinary life, we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich.”

- Dietrich Bonhoeffer

When we express appreciation, it triggers positive endorphins, which makes us feel stronger both emotionally and physically. Here are a few other benefits of gratitude we can be thankful for:

- Fosters relationships
- Improves sleep
- Boosts your immune system
- Increases mental strength and resiliency
- Increases happiness and reduces depression

Source: Huffington Post & Forbes.com

HELP HOLIDAY HEARTBURN

With holiday parties around every corner, there is plenty of food to enjoy. Does simply thinking about it all give you heartburn? If so, keep these tips in mind to help prevent heartburn before it starts.

- Enjoy your favorite holiday foods in moderation. Packing your stomach with food makes heartburn much more likely.
- Avoid triggers such as foods full of sugar and fat, which are more likely to cause heartburn. Instead, reach for complex carbs like veggies and whole-wheat breads. If you do want to indulge in sweets, remember to do so in moderation.
- After eating a meal keep your head higher than your stomach. Or, better yet, go for a walk. Light exercise is a great way to prevent heartburn. However, lying down for a nap after a large meal is a sure-fire way to get reflux.

Source: WebMD



HEALTH TIPS

from Local Providers



“While the flu isn’t usually serious, every year there are cases that are serious or even life threatening. Wash hands, use hand sanitizer, cover your cough, eat well and get plenty of rest. But the best way to prevent the flu is to get vaccinated.”

- Ashley Peters, DO, OB/GYN
Avera Medical Group Obstetrics
& Gynecology Mitchell

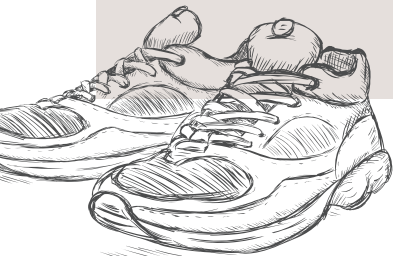


Visit Avera.org/AshleyPeters to learn more

“Don’t underestimate the importance of exercise. The American Heart Association recommends at least 30 minutes of moderate exercise five days a week. Exercise not only promotes better cardiovascular health, it also reduces anxiety and depression. See your physician prior to starting an exercise program.”

- Muna Ashraf, MD, Family Practitioner
Avera Medical Group
McGreevy West Benson Road

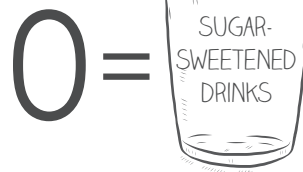
Visit Avera.org/MunaAshraf to learn more



5 FRUITS AND
VEGETABLES
A DAY

2 hours or less of
screen time per day
(TV, computer, video games)

1 hour of physical activity
each day



“I encourage parents to teach and model healthy habits. A good guideline to follow is the 5-2-1-0 plan from the American Academy of Pediatrics.”

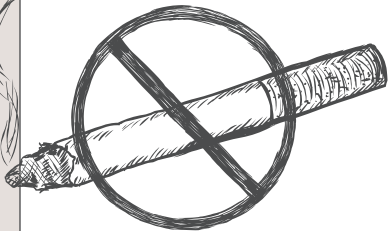
- Piyush Singh, MD, Pediatrician
Avera Medical Group Marshall



Visit Avera.org/PiyushSingh to learn more



Smoking is a habit that catches many people off guard. Most start off as occasional smokers, but after time, the need gradually takes a hold of their lives. Yet the craving is short-lived once you have stopped, and not worth permanent damage to lungs and other organs.”



“There are ways to help overcome addiction to smoking. However, a strong desire and commitment to change offer the greatest chance for success.”

- *Olufemi Lawal, MD, Pulmonologist
Avera Medical Group
Pulmonology Aberdeen*

Visit Avera.org/OlufemiLawal
to learn more

Avera’s physicians, health care providers and staff are working together for your health. We are Avera, and we’re thankful to be serving the same communities where we live.

“Take a daily prenatal vitamin (or at least supplemental folic acid) if you are of reproductive age, for an optimal start to each pregnancy. The critical time for folic acid supplementation is almost complete by the time of a positive pregnancy test, and about half of all pregnancies are unplanned.”

- *Amy Lueking, MD, OB/GYN
Avera Medical Group Pierre*



Visit Avera.org/AmyLueking
to learn more



“It is difficult to eat healthy on the road. To avoid the temptation of fast food and unhealthy snacks, bring along your own snacks and drinks, such as trail mix, carrot sticks, fruit and bottled water. Packing one small cooler can save on calories and expenses.”

- *Dena Jundt, MD, Family Practitioner
Avera Medical Group O’Neill*

Visit Avera.org/DenaJundt
to learn more





Health Coverage Made Easy

“I would never go without health insurance. Life has so many unexpected twists and turns. It would make me too nervous to be without it. I would give up so many other things first.”

- Anne Lawrence

Whether or not she has coverage through her job, Anne Lawrence knows she will always make room for health insurance in her budget.

Having been self-employed for much of her career, Anne had group coverage only once through her most recent employer. But when she began a new venture as a real estate agent in Sioux Falls with Keller Williams, Anne found herself once again shopping for health insurance.

The big difference this time was the availability of the plan options.

“I’ve done a lot of research on insurance through the years,” Anne said. “Before, to learn about coverage and prices, you had to call each insurance company.”

This time, she could go online and find the coverage options and prices all laid out before her, in a way that was easy to compare. “I liked the Avera plan, I liked the pricing and I liked the fact that I had good experiences with Avera. My grandparents, parents and kids had used Avera. I had a baby there. It felt like home. So it was an easy decision,” Anne said.

With a history of cancer in her immediate family, Anne appreciates that basic health screenings are included in her coverage, including an annual physical exam, mammograms and colonoscopy. “Preventive care is a huge deal for me. I’m so grateful to have the screenings in my plan,” she said.

Anne is fortunate not to have any pre-existing conditions. But having gone through the health insurance application process years ago, she’s aware how this prevented people from qualifying for coverage in the past. Now, during open enrollment, anyone can purchase a health insurance policy without fear of exclusions or being turned down.

She sees value in having a local company like Avera. “I called with a question about my plan, and it was a quick, easy call with an easy-to-understand explanation of the tiers of drug coverage,” Anne said. In addition, she likes being affiliated with a company that has a spiritual side, and reaches out to benefit the communities it serves.

Having “been there,” Anne understands that purchasing health insurance can be a stressful decision. “The Marketplace makes it feel much simpler. I hope that one of the things the Marketplace does for people is to make health insurance easier to access, so they don’t go without it.” ■

Note: Marketplace is a name used when referencing [healthcare.gov](https://www.healthcare.gov). If you live in Minnesota please use [mnsure.org](https://www.mnsure.org).

Health Insurance Resources



Local insurance agents

Health insurance carriers

- Avera Health Plans has benefit counselors and trained, licensed agents in five locations:

Aberdeen: 522 S. Arch St., 605-262-4500

Black Hills Region: Spearfish, S.D., 605-490-8201

Mitchell: 209 E. 4th Ave., 605-995-1494

Sioux Falls: 3816 S. Elmwood Ave., 605-322-4500

Yankton: 508 W. 23rd St. Unit 1, 605-665-3335

Navigators

- Available in communities to assist you with health insurance options

Online

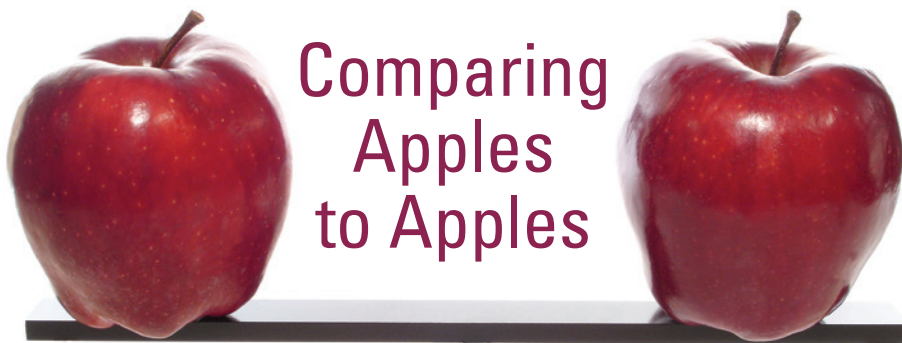
- If you live in South Dakota, Iowa or Nebraska: healthcare.gov
- If you live in Minnesota: mnsure.org

Simply Staying Healthy

In addition to preventive care like regular checkups and screenings, Anne Lawrence does what she can to stay healthy. "Staying healthy is so important yet often difficult to do in a world of crazy schedules!"

As much as possible, Anne has tried to simplify her own plan:

- Keep bedtimes and morning wake times consistent (even on the weekend)
- Be active for 30 minutes a day even if it's mowing the lawn or riding bikes with her kids
- Cut out processed foods
- Take a "detox bath" as often as she can. "This is on my list of absolute favorite things to do for myself," Anne says.



Comparing Apples to Apples

When shopping for health insurance, be sure to compare the entire financial picture by taking the following into account:

- Monthly premiums
- Co-pay for clinic visits, urgent care visits, pharmacy, etc.
- Deductibles
- Coinsurance
- Covered benefits
- Out-of-pocket maximum
- Total out-of-pocket costs

Pencil out what you could potentially spend on health care, including premiums and out-of-pocket costs. Don't rule out the unexpected.

Source: healthcare.gov

REMEMBER:

- Think about whether or not a high deductible and high co-payment is worth the annual premium savings, when you calculate total out-of-pocket cost
- If you do go with a high deductible plan, consider pairing it with a health savings account, so the money that you set aside for health insurance expenses is tax free
- Check the plan's drug formulary for drugs and services that you know you'll need, and if there is a co-pay option at the pharmacy
- Once you own health insurance, make the most of it by getting annual checkups and recommended screenings that are covered under your plan

Detox Bath recipe

Heat water as hot as you can stand it.

Add:
2 cups Epsom salt
1/2 cup baking soda
10 drops of lavender oil

Add "one stressed human" and soak for 20 to 30 minutes.



Source: 10-Day Detox Diet by Mark Hyman



Staying Fit at Holiday Time

Fitness doesn't have to be at the bottom of your holiday to-do list. You can still get in some exercise while staying in the holiday spirit.

Around the holidays, that might look like running a Jingle Bell 5K with your whole family or finding the biggest hill nearby for sledding.

Maybe you won't have time to go to the gym every day, but think creatively and plan ahead to incorporate fitness into your other holiday activities.

It simply takes more planning, said Tami Wattnem, Avera Personal Trainer. "Keep exercise in the front of your mind," Wattnem said. "The day before, think, how can I fit in fitness for me, and how can I incorporate my family and friends? Have that plan. Take a deep breath and say, how can I keep everyone healthy and feeling better?" ■

6 strategies to fit fitness into your holiday routine.

- 1.** Start a fitness tradition. Look for a holiday 5K run or other fitness event in your town or your destination for the holidays. Gather a group of your friends, neighbors or family members to participate.
- 2.** Look at holiday lights — on foot. Pick a neighborhood that's known for its holiday light display. Then wander through the neighborhood on foot instead of in a car. (Go in the early evening or late afternoon to avoid the cold weather.)
- 3.** Plan 30 minutes of family fun time. Before you start the next holiday movie, plan a short indoor activity. Think outside the box: Create an obstacle course or relay races in your house (plan and play with caution). Even 30 minutes of activity can be effective. "Exercise can be short bursts several times throughout the day," Wattnem said.
- 4.** Take the long way. When shopping for gifts at the mall or a major shopping center, plan your walking route differently. Instead of opting for the shortest route, plan the longest distance between each store, and park on the far side of the lot.
- 5.** Act like a kid. Outdoor winter activities like sledding, snowball fights and ice skating are calorie-burners that don't feel like exercise. Bundle up and head outdoors.
- 6.** Walk around the airport terminal. If you're flying for the holidays, make a note to pack your tennis shoes in an easy-to-reach spot in your carry-on luggage. Store your luggage in an airport locker and get in some steps before your next flight.

DON'T LET WINTER BECOME A PAIN IN THE BACK



Winter can be a pain — a pain in the back, that is!

Slips on the ice, hanging Christmas lights and shoveling snow from the driveway, sidewalk, porch, front steps (how does this stuff get everywhere?) can all cause or aggravate back pain.

“About 80 percent of people have some back pain every year,” said Brian Wienk, PT, ScD, COMT, Avera Physical Therapist. “However, people with chronic back pain — pain that lasts more than three months — tend to have more symptoms or injuries during the winter.”

An injury from shoveling, for example, might be a muscle strain or a slipped disk. The cold can also aggravate the symptoms of sciatica or arthritis. If the pain radiates into the leg, it could be a serious sign of nerve compression. Besides pain, a person may experience numbness or tingling.

“In minor instances, pain should subside within a couple of days with light exercise, ice and pain medication,” said Wienk. “If it goes on any longer than that, see a doctor or physical therapist.”

Physical therapists use a variety of methods to address pain and tingling. Electrical stimulation, hot and cold treatments, soft tissue mobilization and joint mobilization relieve discomfort and promote healing. Your therapist may also recommend a series of gentle stretching and strengthening exercises to keep the muscles flexible and supportive. ■

Visit Avera.org/spine to learn more

Wienk advises a proactive approach to prevent winter-related back pain from occurring in the first place. Here are a few of his tips:

1.

Warm up. Shoveling in the morning can be a great “waker-upper,” but your body isn’t prepared for lifting, bending and twisting. Stretch your side by bending to the left and right. Put your hands on your hips and bend backward several times. Even a quick walk warms your muscles.

4.

Don’t overload your shovel with snow and keep the toss close to your body. “Heaving a 10-pound load a distance from your body is like a 100-pound strain on your spine,” said Wienk.

6.

Stay active. Walking, swimming and biking are great ways to build muscles and endurance. Even during episodes of back pain, take a walk to keep muscles warm and ward off stiffness.

2.

Take breaks often. Your body is constantly bent forward while shoveling, so putting your hands on your hips and bending backward counteracts that strain.

3.

Wear appropriate clothing. Dressing in layers will keep you warm and prevent your joints and muscles from becoming stiff.

5.

Wear treaded footwear while outside to prevent falls.

SHOPPING FOR THE SEASON?

Don't Forget Health Insurance

(continued from page 1)

Even though shopping for health insurance online is a little easier than years past, there are still things to consider. For example, what kind of plan is best for you, how much you can afford and whether you are eligible for tax credits or subsidies.

Penalties Add Up

The Affordable Care Act also made it law that everyone must have health insurance, or pay a fine, and these fines increase yearly. The fine in 2016 will be whichever is higher — 2.5 percent of yearly household income or \$695 per person (\$347.50 for children under 18).

“The penalties are getting a little stiff for not having health insurance,” said Janice Lewis, sales associate with Avera Health Plans. “There are obvious benefits to having health insurance like physicals and screenings. I always ask, do you really want to pay for nothing or do you want to pay for something?”

Consider Cost

If you are currently insured, get an idea of where you stand now. Look at your Summary of Benefits and Coverage to see what you're currently paying. Also consider current income to create a clearer picture of what you can afford.

“It's like buying a car,” said Debra Muller, Chief Administrative Officer for Avera Health Plans. “When you're buying a car, you put together a plan. Do you want a Toyota or a Ford; an SUV or a sedan? Then you go online and do research and look at your options.”

Are Subsidies an Option?

Yes. Your ability to receive subsidies and tax credits relies on your income, but can reduce the costs of premiums and even co-pays, deductibles and coinsurance, which can add up, Lewis said.

READY, SET, ENROLL

WHAT CAN I AFFORD?

Look at current coverage costs, benefits and income.

Open enrollment is Nov. 1 – Jan. 31.
As you research your coverage options here are a few things to consider.

AM I ELIGIBLE
FOR TAX CREDITS
AND SUBSIDIES?

Check healthcare.gov



Are You a Frequent Visitor?

You also should consider ongoing health conditions and additional costs you'll have throughout the year in prescriptions and other out-of-pocket costs.

"Every situation is different," said Lewis. "Do you have a lot of doctor's visits every year? Then you need a plan with a low co-pay and out-of-pocket maximum. If you're healthy, you can get a lot of the preventive stuff for no additional cost. Lower premiums and a higher deductible might work because you're not going to use your insurance as often."

Don't Miss Out

And remember, after open enrollment, your chance to enroll has passed unless you have a qualifying life event like marriage, the birth of a child or a job change. And you never know what will happen during that time. ■

WHAT COVERAGE IS BEST FOR ME?

Chronic condition: Look for low co-pays, out-of-pocket maximum and deductibles to curb overall costs.

Healthy: Benefit use likely minimal and many preventive services are free with any plan. A low premium, high deductible plan could be best.

Contact your local agent, compare plans at AveraHealthPlans.com or contact an agent today at **1-855-692-8372** to find out more.



AN EXPERT'S OPINION: DEMYSTIFYING HEALTH INSURANCE



Q and A with
Chief Administrative Officer,
Avera Health Plans
Debra Muller

What do you say when people ask you why they need insurance if they're healthy?

You never know what's going to happen in life. Health insurance doesn't only cover the bad things that happen, but also the good. "Oh honey, I'm pregnant," can lead to a pretty significant bill if you don't have health insurance. You protect your car, you protect your house, why not protect yourself? It can offer financial protection, and now it's made more affordable because of the Affordable Care Act.

Do people sometimes wait until it's too late?

I'm young, I'm invincible, I don't have the money, I'd rather spend it on other things — those are choice points. But it's really sad to get those phone calls in our Service Center from a couple who just found out they're pregnant and they don't have health insurance. Well, you're going to have to wait until the next open enrollment period or after the birth of your child, which doesn't cover pregnancy costs. Your odds of using health care are much better than your odds of winning the lottery.

Why do you have insurance?

I have a chronic condition. At 18 years old I was told that insurance is going to be pretty important for me the rest of my life. Thirty-five years later, it still is important to me. One thing about the Affordable Care Act is that I'm no longer tied to my employment status to carry insurance.

What else do people need to know about the Affordable Care Act?

It guarantees us health insurance, but know that open enrollment provides a small window to enroll. It's a trade-off — because of guaranteed coverage we only have open enrollment over a period of a few months. You can't just wait until you get sick to get into the pool. If you live in Minnesota, visit mnsure.org. ■

Learn more, visit AveraHealthPlans.com



LIGHTEN UP YOUR

Holiday Fare

Eating healthier around the holidays doesn't mean that you have to turn down a slice of pecan pie or a serving of your mom's green bean casserole.

"Take a balanced perspective on holiday eating," said Mary Beth Russell, RD, LN, CDE, Avera Registered Dietitian. "You can still have your holiday favorites, but consider trying a few substitutions in recipes or making a new holiday dish to try, and balance it out with adding in exercise."

Follow the 80/20 rule. "We eat well 80 percent of the time. Twenty percent should include holidays and special events. But it should be a strong 80 percent," Russell said.

In the kitchen, use healthier substitutes to cut calories and fat in recipes. Many lighter versions of traditional holiday favorites still maintain the flavor of the original. For example, you can make a lighter pudding version of pumpkin pie with instant vanilla pudding, skim milk, canned pumpkin and pumpkin pie spice.

You probably have several common ingredient substitutes in your kitchen pantry. Potato puree or potato flakes can stand in for cream to thicken soups. Instead of using a traditional pastry pie crust, make one with nuts, graham crackers or phyllo dough to cut back on calories. One note of caution: Experiment in advance of your holiday meal to ensure the substitution is a success.

Instead of reaching for all the same recipe cards this holiday season, make one new healthy recipe. "Be that person at the holiday party who brings a healthy dish," Russell said.

Along with cooking healthier, don't forget that exercise is part of the equation. "Exercise becomes the best way to fight the holiday-eating frenzy," Russell said. ■



MASHED HONEY ROASTED SWEET POTATOES

6 pounds sweet potatoes, peeled and cut into 1-inch cubes

Olive oil cooking spray

5 tablespoons honey, divided

¼ cup light sour cream

2 tablespoons butter

Nutmeg, to taste

Preheat oven to 375 degrees. Place potatoes in a single layer on two large cookie sheets. Spray with olive oil cooking spray. Bake for 45 minutes or until tender. Place the potatoes, ¼ cup honey, butter, sour cream and nutmeg in a large bowl and beat with a mixer at medium speed until smooth. Remove and place in a serving dish. Drizzle with 1 tablespoon of honey.

(Recipe from Avera Heart Hospital)



APPLE, SAUSAGE AND CORNBREAD STUFFING

16-ounce package cornbread stuffing

8 ounces lean turkey sausage

2 tablespoons apple juice

1 tablespoon butter

1 large onion, chopped

2 stalks celery, chopped

2 apples, cored and diced

¼ cup chopped fresh parsley

½ teaspoon ground thyme

1 tablespoon poultry seasoning

½ teaspoon fresh ground black pepper

1 ½ cup low-sodium chicken stock

Place packaged cornbread stuffing in a large bowl. Spray skillet with non-stick spray. Heat to medium heat. Add sausage and brown. Add apple juice. Simmer and stir until juice evaporates. Add to bowl with stuffing. Sauté onion and celery in butter until tender. Add to cornbread stuffing along with remaining ingredients. Toss with enough chicken stock to moisten stuffing as desired. Bake stuffing in a covered baking dish about 30 minutes at 350 degrees. Remove cover and continue baking until top is goldenbrown (about 15 minutes).

(Recipe from Avera Heart Hospital)



PUMPKIN WHIP

1 small package diet instant vanilla pudding

2 cups skim milk

1 can (15 ounces) pumpkin

1 teaspoon pumpkin pie spice

8 ounces reduced-fat whipped topping

4-6 graham crackers, crushed

Make pudding according to package directions using the skim milk. Let set in refrigerator until firm. Stir in pumpkin and spice. Fold in whipped topping until well blended. Spoon into dessert cups. Top with crushed graham crackers.

(Recipe from Avera Heart Hospital)

KEEP YOUR LIFE IN BALANCE

Instead of sinking into the sofa, play a game of charades, dance or plan a treasure hunt to keep moving during get-togethers. Or, get bundled up and carol the neighbors. You'll have fun and create memories!

Like our recipes? Have a recipe you'd like to share?

Email us at Balance@Avera.org

MODERN MEDICINE

UPDATES

ABERDEEN, S.D.

New Home for Avera Cancer Institute Aberdeen



The Don and Carmen Meyer Center of Excellence, home of Avera Cancer Institute Aberdeen, is nearing completion. The \$14.5 million facility will more than double the size of the current institute, addressing the growing need for cancer treatment in the region.

Chemotherapy treatment, radiation therapy, outpatient infusion services and the practices of both Richard Conklin, MD, Medical Oncologist, and Troy Adolfson, MD, Radiation Oncologist, will relocate to the new facility in 2016.

“Avera St. Luke’s is, and has been, the region’s leader in cancer care for more than 25 years. With the completion of the Don and Carmen Meyer Center of Excellence, we continue to move forward into the next generation of cancer care services where so many hopeful advancements in the treatment of cancer are available,” said Todd Forkel, President and CEO of Avera St. Luke’s Hospital.

Avera Cancer Institute Aberdeen will expand to 23 chemotherapy stations in a combination of private, semi-private, and open group settings, with radiation therapy located on the same floor. A new, fully digital Elekta Infinity™ linear accelerator, that offers greater imaging and capability for a full range of radiation treatments, will be housed within the facility.

A grand opening celebration is planned for Thursday, Jan. 21, and Avera Cancer Institute Aberdeen will begin to treat the first patients in early February.

Learn more at AveraStLukes.org

MARSHALL, MINN.

Marshall Welcomes New Providers

- Troy Bruns, DNP, Internal Medicine, Avera Medical Group Marshall
- Jefferson Reynolds, CRNA, Anesthesia, Avera Medical Group Marshall

Find an Avera physician at Avera.org/doctors

MITCHELL, S.D.

Upcoming Events

Jan. 29 – Avera Queen of Peace Foundation Gala will raise funds to pair cancer patients with navigators to guide them through the cancer treatment process. Call 605-995-5773 to purchase tickets or learn more.

Spring 2016 – Avera Sports and Wellness Complex opens at Dakota Wesleyan University. This facility will offer the community of Mitchell 85,000 square feet of exercise, fitness training and classroom space.

March 2016 – Avera Grassland Health Campus opens. A new clinic at this location will be home to family practice, internal medicine, pediatrics, urgent care, dialysis, psychology, surgery, urology, dermatology and pharmacy which includes a convenient drive-through.

Learn more at AveraQueenofPeace.org

SIoux FALLS, S.D.



New NICU Opens

A new state-of-the-art Neonatal Intensive Care Unit (NICU) is now open at Avera McKennan Hospital & University Health Center. NICU care is specialized care for newborns who are born premature, or with health issues that need greater attention than what is offered in the newborn nursery.

Located on fourth floor, the \$7 million specialized unit is 16,500 square feet in size. Its new design features 31 private rooms for patients and their families. Neighborhood groupings provide a sense of community between families. Decentralized nurse stations in each neighborhood allow nurses to stay in immediate contact with patients and families.

The new unit will incorporate the latest technology available for NICU babies. This includes Giraffe OmniBeds in every room, providing an optimal environment for neonates; an enhanced patient monitoring system; new call system; and advanced visitor ID system.



State's First Free-Standing Emergency Department

Avera is building a new primary care clinic that includes the state's first free-standing emergency department.

The new emergency department will be part of a three-story, 70,000-square-foot Avera Medical Group Family Health Center, to be located at 28th Street and Marion Road. This location will also offer a complete continuum of primary care: family practice, internal medicine, OB/GYN and pediatrics, as well as an Avera Breast Center location, behavioral health counseling, lab and radiology.

The ED at this location will be equipped very similarly to a hospital emergency room, complete with enhanced imaging services and CT for fast diagnosis of conditions like stroke. The ED will be staffed with a physician, nurses and care team 24/7/365. Like other Avera emergency rooms, it will have 24/7 support of Avera eCARE™ eEmergency telemedicine services.

Completion of the new clinic is planned for late summer of 2016.

YANKTON, S.D.

Candlelight Memorial Service

The SHARE Candlelight Memorial Service will be held at 7 p.m. Thursday, Dec. 3, in the Avera Sacred Heart Hospital lobby.

The event provides an evening of hope and healing for those remembering children who have died. It includes special readings, Christmas singing, a candle-lighting ceremony and decorating the SHARE memory trees.

Refreshments and a time for sharing with others will follow the candlelight ceremony. This special program is sponsored by the Avera Sacred Heart Hospital Pastoral Care Department.



Learn more at AveraSacredHeart.org

AVERA HEALTH PLANS

Events

Thursday, Dec. 3, 10 a.m.
What is Open Enrollment and what that means when you have Medicare?
Active Generations,
2300 W. 46th St. Room 204,
Sioux Falls, S.D.
Call Active Generations at
605-336-6722 for more information

Thursday, Dec. 3, 6-9 p.m.
Open Enrollment Community Event
Free flu shots and blood pressure screens
(6-6:30 p.m.) and health insurance education.
Talk one-on-one with a licensed agent to ask questions or enroll.
Dakota Event Center,
720 Lamont St. S, Aberdeen, S.D.

Avera

Avera Health
3900 W. Avera Drive
Sioux Falls, SD 57108

Avera.org



BALANCESM

MY HEALTH...MY PLAN

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WINTER 2015

KEEP YOUR LIFE IN BALANCE

Indulge in only the most special and tasty holiday treats or buffet entrees and keep the portion size small. If there's something you can take or leave – leave it.

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