

JEFFERSON COMMUNITY

Health & Life



*Inspiring a
Lifetime of
Health*

FAIRBURY CLINIC

COMMUNITY CONNECTION

Volume 2, Issue 1

Summer 2024

*Inspiring healthy
living by providing
exceptional health
and life services
for every person,
every time.*

**When you have
questions,
JCH&L Fairbury
Clinic's Patient
Services
Department is ready
to find you answers.**

**Call 402-587-5181 OR
402-729-3361, extension
5023.**

Yearly Wellness Exam Important

Jefferson Community Health and Life Fairbury Clinic wants to help you stay healthy for years to come! Seeing your primary care provider each year for a wellness exam is important to ensure your health and identify any abnormalities. During a wellness exam the provider will review your health history, medications, and recommended screening tests. A wellness exam does not always include a breast, pelvic exam or prostate exam.

WELLNESS WEDNESDAYS Wellness Lab Testing

on your time, what you want, and when you want it!

This lab testing allows you to choose the tests you wish to have performed. Tests are made available at patient request at a reduced price and without a physician order.

This service can help if you:

- Wish to have more frequent testing than your health insurance plan will cover
- Want to assess and manage your health status on a regular basis
- Are uninsured or have a high deductible and want to take advantage of lower out-of-pocket expenses

Wellness Wednesdays at JCH&L

Wednesdays, alternating 6-8 a.m. or 4-5:30 p.m.

Call for available dates and times!

APPOINTMENTS ONLY. NO WALK INS.

INDIVIDUAL TESTS AVAILABLE:

Complete Metabolic Profile	\$25
TSH	\$25
Lipid Panel	\$25
CBC	\$25
PSA Screening	\$25
Hemoglobin A1c	\$25
Vitamin D	\$25

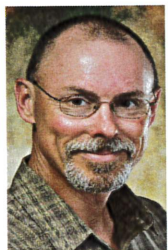
For appointment call 402-587-5193 and leave a message on our Wellness Lab voice mail. We will call you back on the next weekday between 8 a.m. and 4 p.m.

Appointment required 24 hours before testing

***Must pay with cash or check at the time of testing. Ask when making appointment if you need to use a credit card.
(Results are not shared with providers; insurance will not be billed.)**

Our Providers

JCH&L Fairbury Clinic has 3 doctors— Craig Shumard, M.D., Rebecca Stroklund, D.O., and Brett Wergin, M.D.; 2 Family Nurse Practitioners— Megan Knutson, FNP-C, and Keegan Williams, FNP-C; and 2 Physician Assistants — Rick Blum, PA-C and Kensly Williams, PA-C. Our providers are passionate about helping our patients and want to work in a rural area to make a difference. Same day appointments are generally available. **Accepting new patients! To make an appointment call 402-729-3661, option 1.**



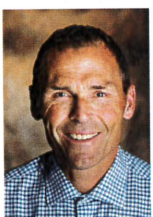
Dr. Shumard



Dr. Stroklund



Dr. Wergin



Rick
Blum
PA-C



Megan
Knutson
FNP—C



Keegan
Williams
FNP-C



Kensly
Williams
PA-C

Scheduling

When calling for an appointment you may be asked about your primary care provider. If you do not have a primary care provider, please consider choosing one of our providers. You may always see another provider if you need care and your primary care provider is not available. We generally have same day appointments available for immediate needs.

If you are scheduling due to illness you will be asked your symptoms. If you have certain symptoms or have tested positive for COVID, you may be asked to park on the southwest side of the clinic and be seen in our Negative Pressure area. Otherwise, you may be asked to enter through the main entrance but wear a mask during your time inside for the protection of staff and other patients.

Do you have questions?

Q: Why should I have a Primary Care Provider at the clinic?

- A: A primary care provider is the first step in building a trusting relationship to live a healthy lifestyle. When you consistently see the same provider they are familiar with you and your health, which assists in identifying health changes. If you are not feeling well there may be times that you need to see another provider for an appointment, which is fine.

Q: What if I am out of refills on my prescription?

- A: Please call your pharmacy at least 5 days prior to running out of your medication. This allows the pharmacy to process your request and send this to your provider to approve. If you have not been seen in one year or longer by your provider, please call 402-729-3361, opt. 1, to schedule your appointment.

Q: Why was my yearly labs not covered at 100% under wellness?

- A: When you have a chronic condition such as Hypertension, Diabetes, or problems with your cholesterol, it is an insurance requirement to include that diagnosis when submitting to insurance. That then makes a blood test for these conditions diagnostic.

Diagnostic Test: A test that is used to help determine a condition for a patient based on symptoms. This can also be used to monitor a current diagnosis or chronic health condition. For example, if a patient has a diagnosis of high cholesterol and the provider orders a cholesterol panel to check levels, this would be a diagnostic test. This would not be covered as wellness under a screening benefit.

Screening Test: A test ordered by a provider when no signs or symptoms of a disease are present. For example, a healthy patient that the provider orders a screening cholesterol panel on. Insurance would cover this as wellness under their screening benefits

What should I bring to my routine appointments?

- A: Drivers license; Insurance Cards; Bottles or a complete list of medications (including over-the-counter medications and Vitamins); any questions you may have related to your visit (it's good to have a list written down to help you remember.)

New Parking

Additional parking has been added for the JCH&L Main Entrance, and 2 additional handicap accessible parking stalls have been added in the main front parking lot.

"The Main Entrance is very busy – so the main parking lot is, as well. The Main Entrance is used by clinic patients, patients using health center services, Sports Medicine and Rehab Services patients, Burkley Fitness Center users, Gardenside visitors and volunteers, and others. We knew more parking was needed," said Lana Likens, director of public relations. "In addition, we had many requests for more handicap accessible parking stalls in the main parking area."

The drive by the new angled parking has been made a one way (north-to-south) drive. There are 16 new angled parking stalls.

"We hope the new parking stalls address some of the parking concerns we have seen since the Fairbury Clinic opened in its new location," Likens said.

WOMEN'S HEALTH DAY

Take charge of your health with a convenient wellness experience

Women's health day will now be available based on the appointment availability of the physical provider, rather than on set pre-scheduled days each month. We will now provide a meal coupon of up to \$8 which the participant may use at the cafeteria for breakfast (or lunch if they prefer.) We will schedule lab and mammogram services based on the physical appointment time. We plan to schedule so that lab work will be ready in time for the provider to have information at the physical. In many cases, the mammo overread may be available, but we are letting women know their mammogram results may come by mail. **This remains a convenient opportunity for women to get their annual screenings and physical done all in one day, in a few hours. Initial scheduling call will now go first to Ashley Norden at a new number - 402-729-5218.**

Screenings & Exams

Fasting Lab Tests: The day begins with standard laboratory tests as ordered by your provider (prior night fasting required), which give you and your provider useful information about your health. Your results will be reviewed with you before you leave for the day.*

3-D Screening Mammogram: Next, receive a screening mammogram for preventative breast health, as recommended for women 40 and older (or younger if recommended by provider based on family history.) Your results may be reviewed with you before you leave for the day.*

Annual Exam: Then, take another important step in protecting your health. This routine annual exam addresses overall and gynecological health and includes a pelvic exam and cervical cancer screening if recommended for you.*

All in one visit!

Dexa Scan if appropriate: If you are due for a bone density screening, the Dexa Scan will also be scheduled during your health day experience.

As part of Women's Health day, you will receive reserved parking, a guide for your visit and various tests, and a coupon for a meal in the JCH&L cafeteria - all at no extra cost to you!

*Lab testing results will be reviewed with you at your exam. Mammogram results will be reviewed if available, or will be mailed. Pap test results, if applicable, will be provided by mail.

Patient Portal

JCH&L Patient Portal Web address: <https://jchealthandlife.ighealth.com>

For those at least 19 years of age, a current patient and have a social security number on file can use the self enrollment link: <https://jchealthandlife.ighealth.com/self-enroll/>

If you have questions or encounter a problem, please call 402-729-3351 and ask for Patient Portal information.

For Release of Health Information requests and authorized representative requests, please call the JCH&L release of information line at 402-587-5221.

Summer Safety Tips

Follow these tips to have a #HealthySummer

Wear Sunscreen & Insect Repellent



- Use insect repellent and wear long-sleeved shirts and long pants to prevent mosquito bites and ticks.
- Apply sunscreen before insect repellent. After you come indoors, check your clothing, body, and pets for ticks. Reapply sunscreen after 2 hours and after swimming, sweating, or toweling off.



Move More, Sit Less!



- Get at least 150 minutes of aerobic physical activity every week.
- Physical activity has immediate benefits for your health: better sleep and reduced anxiety are two.

Choose Your Drink Wisely

- Drink water (fluoridated tap or unsweetened bottle or sparkling) instead of sugary or alcoholic drinks to reduce calories and stay safe.



Stay Safe while Swimming!



- Learn basic swimming and water safety skills. And wear a life jacket if inexperienced.
- Supervise closely by designating a responsible adult to constantly watch when children are in or near water.
- Always swim with a buddy, especially if you have a seizure disorder or other medical conditions that can increase your risk of drowning.
- Learn CPR. Your CPR skills could save someone's life in the time it takes for paramedics to arrive.

Keep Cool in Extreme Heat

- Extreme heat can be dangerous for everyone, but it may be especially dangerous for people with chronic medical conditions.
- Know the signs and symptoms of Heat Exhaustion and Heat Stroke

Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve 	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
<p>Dizziness Thirst Heavy Sweating Nausea Weakness</p>	<p>Confusion Dizziness Becomes Unconscious</p>
<p>Heat exhaustion can lead to heat stroke.</p>	<p>Heat stroke can cause death or permanent disability if emergency treatment is not given.</p>



Stay Cool, Stay Hydrated, Stay Informed!

