

— Welcome to your new —  
**HEALTH NETWORK**

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[HENDRICKS.ORG](http://HENDRICKS.ORG)

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Welcome to your new health network. We're ready to provide you with indispensable healthcare services, right here in our community. It's what we have been doing for more than 50 years – and counting.

Today, we offer cutting-edge technology and high-quality care combined with our Treat People Better approach to medicine. Our patients recognize and appreciate these qualities, and for the past seven consecutive years, we have been honored to receive the Healthgrades Outstanding Patient Experience Award™. In receiving this recognition, Hendricks Regional Health was included among the top 5 percent of hospitals in the nation.

We hope you explore this booklet and learn more about the services that Hendricks Regional Health offers. And not just the ones to help you feel better when you are sick, but also the programs designed to keep you well. As a non-profit hospital, we believe our mission centers around making our community healthier. That's why we provide a unique package of comprehensive resources to help you and your family eat healthier, move more and get support in managing chronic medical conditions. That's what being your partner is all about.

## HELPFUL CONTACT INFORMATION

### GENERAL INFORMATION

(317) 745-4451

### CARE COORDINATION

(317) 718-8162

### FIND-A-DOCTOR

(317) 745-DOCS

### WELLNESS CLINIC

(317) 718-2950

Visit [HENDRICKS.ORG/NETWORK](https://www.hendricks.org/network) for regular updates about Hendricks Regional Health physicians and services.



James of Danville  
Joint Replacement Success Story



## AVON

### AVON FAMILY HEALTH

Cyndi A. Speelman, MD  
Haley N. Trambaugh, MD  
Jamie R. Ulbrich, MD  
Brian J. Leffler, MD

301 Satori Parkway, Suite 200  
Avon, IN 46123  
(317) 271-6363

### AVON INTERNAL MEDICINE

Michaela A. Besold, MD  
Linda S. Schmid, MD

8244 East US 36, Ste. 1320  
Avon, IN 46123  
(317) 272-7519

### HENDRICKS PEDIATRICS

Susan M. Emmick, MD  
Christine M. Bender, MD  
Theresa S. Henderson, MD  
Jennifer K. Botkin, MD  
Ruth M. McCluskey, MD

8244 East US 36, Ste. 210  
Avon, IN 46123  
(317) 272-7337

## BAINBRIDGE

### HENDRICKS REGIONAL HEALTH BAINBRIDGE, FAMILY MEDICINE

Joyce Heald, MD  
Gina S. Leman, NP

1152 East U.S. 36  
Bainbridge, Indiana, 46105  
(765) 522-1889

## BROWNSBURG

### BROWNSBURG FAMILY MEDICAL CENTER

Kenneth Maynard, DO  
321 E Northfield Dr, Suite 100  
Brownsburg, IN 46112  
(317) 852-6065

### HENDRICKS FAMILY MEDICINE

Mark P. Schopper, MD  
Michael J. Bode, MD  
Brett A. Graham, MD  
Stacia L. Groover Maltby, MD

1411 South Green St., Ste. 130  
Brownsburg, IN 46112  
(317) 858-4610

### INDIANA ADULT AND PEDIATRIC MEDICINE

Barry L. Freeman, MD  
John N. Kersteff, MD  
John E. Unison, MD  
Audrey M. Abell, MD  
Julie A. Walters, MD  
S. John Voiles, MD  
April R. Johnson, MD  
Linda DeCesare, MD  
Laura J. Nelson, MD

1411 South Green St., Ste. 210  
Brownsburg, IN 46112  
(317) 852-3600

## DANVILLE

### DANVILLE PEDIATRICS

Melissa K. Essig, MD  
Jennifer S. Caswell, MD  
Stacy Williams, MD

100 Hospital Lane, Ste. 200  
Danville, IN 46122  
(317) 745-7337

# PRIMARY CARE PHYSICIANS

## HENDRICKS ADULT MEDICINE

Thomas H. Jones, MD  
Olga V. Walton, MD  
112 Hospital Lane, Ste. 110  
Danville, IN 46122  
(317) 745-8790

## INTERNAL MEDICINE OF HENDRICKS COUNTY

Bradley P. Hamrick, MD  
Jennifer Allen, MD  
100 Hospital Lane, Ste. 115  
Danville, IN 46122  
(317) 718-4066

## LIZTON

## LIZTON FAMILY MEDICINE

David M. Stopperich, MD  
Gina S. Leman, NP  
1045 Wyatt Way  
Lizton, IN 46149  
(317) 994-6600

## PLAINFIELD

## INDIANA ADULT AND PEDIATRIC MEDICINE

Barry L. Freeman, MD  
John N. Kersteff, MD  
John E. Unison, MD  
Audrey M. Abell, MD  
Julie A. Walters, MD  
S. John Voiles, MD  
April R. Johnson, MD  
Linda DeCesare, MD  
Laura J. Nelson, MD  
1100 Southfield Drive, Ste. 1220  
Plainfield, IN 46168  
(317) 838-3443

## STAFFORD POINTE FAMILY PHYSICIANS

Thomas D. Jones, MD  
Amy E. Roberts, MD  
1100 Southfield Dr., Ste. 1310  
Plainfield, IN 46168  
(317) 839-7741



Dr. Brian Leffler, Avon Family Health  
**Learn more at**  
**HENDRICKS.ORG/DOCS**



## ENDOCRINOLOGY / DIABETES CARE

### HENDRICKS ENDOCRINOLOGY & DIABETES SPECIALISTS

James W. Edmondson, MD  
Priya P. Menon, MD

100 Hospital Lane, Ste. 205  
Danville, IN 46122  
(317) 745-7445

### HENDRICKS REGIONAL DIABETES HEALTH

Samuel M. Wentworth, MD  
100 Hospital Lane, Ste. 205  
Danville, IN 46122  
(317) 745-7128

### CENTER FOR DIABETES EXCELLENCE

Angela Thompson, NP  
Family Nurse Practitioner with focus on  
diabetes/conditions related to diabetes  
1000 East Main St.  
Danville, IN 46122  
(317) 745-3769

## GASTROENTEROLOGY

### WESTSIDE GASTROENTEROLOGY CONSULTANTS

Michael P. Hartley, MD  
Christopher G. Sofianos, MD  
M. Sarah Savabi, MD  
Richard G. Foster, MD

100 Hospital Lane, Suite 100  
Danville, IN 46122  
(317) 745-7310

## OB/GYN

### AVON OB/GYN

Ian Johnston, MD  
7517 Beechwood Centre Rd., Ste. 200  
Avon, IN 46123  
(317) 272-7510

### NEW LIFE ASSOCIATES

Clark E. Boccone, MD  
Mark E. Gentry, MD  
M. Rebecca Haak, MD  
Barbara A. Koewler, MD  
Nicole R. King, MD

112 Hospital Ln., Suite 200  
Danville, IN 46122  
(317) 745-3366

1411 South Green St., Ste. 220  
Brownsburg IN 46112  
(317) 745-3366

### WESTSIDE PHYSICIANS FOR WOMEN

Grace C. Badman, MD  
D. Michelle Fenoughty, MD  
Andrea G. Huffman, MD  
Anita K. Mazdai, MD  
Julie L. Ruckman, MD

6911 East US 36  
Avon, IN 46123  
(317) 272-8033

1100 Southfield Drive, Ste. 1312  
Plainfield, IN 46168  
(317) 272-8033

# SPECIALTY CARE PHYSICIANS

## NEPHROLOGY

### HENDRICKS NEPHROLOGY ASSOCIATES

Robert Z. Fialkow, MD  
Jared A. Fialkow, DO

100 Hospital Lane, Ste. 145  
Danville, IN 46122  
(317) 718-2460

1152 East U.S. Hwy 36  
Bainbridge, IN 46105  
(317) 718-2460

## NEUROLOGY

### HENDRICKS NEUROLOGY

G. Joseph Herr, MD  
Jesse Z. Li, MD  
Lois J. Talley, PA-C

100 Hospital Lane, Ste. 225  
Danville, IN 46122  
(317) 718-4730

1152 East U.S. Hwy 36  
Bainbridge, IN 46105  
(317) 718-4730

## OPHTHALMOLOGY

### AVON OPHTHALMOLOGY

Darrel L. Huff, MD

8244 East US 36, Ste. 1270  
Avon, IN 46123  
(317) 272-4242

## ORTHOPEDICS / SPORTS MEDICINE

### HENDRICKS ORTHOPEDICS AND SPORTS MEDICINE

Kyle P. Ritter, MD  
Chad A. Waits, MD  
Brad A. Prather, MD

100 Hospital Lane, Ste.300  
Danville, IN 46122  
(317) 718-4676

### HENDRICKS REGIONAL HEALTH SPORTS MEDICINE

Mark A. Booher, MD

301 Satori Parkway, Suite 120  
Avon, IN 46123  
(317) 718-GAME

## PULMONARY / SLEEP MEDICINE

### HENDRICKS PULMONARY & SLEEP MEDICINE

Eric L. DeWeese, MD

112 Hospital Ln., Ste. 303  
Danville, IN 46122  
(317) 718-4000

## RHEUMATOLOGY

### HENDRICKS RHEUMATOLOGY

Marcia A. Johnson, MD, Ph.D.  
Anna Gramling, MD

1100 Southfield Dr., Ste. 1330  
Plainfield, IN 46168  
(317) 837-5510

## SURGICAL CARE

### HENDRICKS SURGICAL ASSOCIATES

P. Daniel Read, MD  
Kimberly A. Kerr, MD  
Bruce C. Inman, MD

112 Hospital Lane, Ste. 100  
Danville, IN 46122  
(317) 745-3740

8244 East U.S. 36, Ste. 1210  
Avon, IN 46123  
(317) 272-8272



## AVON

### AVON CAMPUS

8244 East U.S. Highway 36  
Avon, IN 46123



**Services Available Here:**

- Cancer Center
- Immediate Care Center
- Laboratory Services
- Physician Offices
- Radiology/Imaging
- Surgical Center

### AVON - YMCA

301 Satori Parkway  
Avon, IN 46123



**Services Available Here:**

- Bierman Autism Center
- Cardiac Rehabilitation
- Fitness Programs
- Physician Offices
- Laboratory Services
- Physical/Occupational Therapy
- Physician Offices
- Radiology/Imaging
- Wellness Services

## BAINBRIDGE

### BAINBRIDGE OFFICE

1152 East U.S. 36  
Bainbridge, Indiana, 46105

**Services Available Here:**

- Diabetes Services
- Physician Offices

## BROWNSBURG

### BROWNSBURG - GREEN STREET

1411 South Green Street  
Brownsburg, IN 46112



**Services Available Here**

- Laboratory Services
- Physician Offices
- Radiology/Imaging

### BROWNSBURG - NORTHFIELD DRIVE

321 East Northfield Drive  
Brownsburg, IN 46112

**Services Available Here:**

- Physician Offices

### BROWNSBURG - GARNER ROAD

65 E. Garner Road, Suite 100  
Brownsburg, IN 46112

**Services Available Here:**

- Physical/Occupational Therapy



# SERVICES & LOCATIONS

## DANVILLE

### DANVILLE CAMPUS

1000 East Main Street  
Danville, IN 46122

**General Info:** (317) 745-4451



#### **Services Available Here:**

Cancer Services and Treatment  
Cardiology / Heart Care Services  
Childbirth Center  
Center for Diabetes Excellence  
Dialysis Services  
ER  
Endocrinology  
Gastroenterology  
Laboratory Services  
Mammography  
Neurology/Sleep Studies  
Nutrition Counseling  
Oncology Infusion Center  
Pediatrics  
Physical and Occupational Therapy  
Physician Offices  
Radiology/Imaging  
Surgery

## LIZTON

### LIZTON OFFICE

1045 Wyatt Way  
Lizton IN 46149



#### **Services Available Here:**

Physician Offices

## PLAINFIELD

### PLAINFIELD CAMPUS

1100 Southfield Drive  
Plainfield, IN 46168



#### **Services Available Here:**

Aquatic Therapy  
Immediate Care Center  
Laboratory Services  
Mammography  
Occupational Medicine  
Physical and Occupational Therapy  
Physician Offices  
Radiology/Imaging



## IMMEDIATE CARE CENTERS

Hendricks Regional Health Immediate Care Centers in Avon and Plainfield offer convenient hours for those times that you or a loved one get sick and can't see your regular family doctor. No matter when you come, our Immediate Care Center staff members work hard to make your visit as smooth as possible. The average time for a routine visit is 45 minutes. Check the wait before you go at [HENDRICKS.ORG](http://HENDRICKS.ORG).



## HOURS & LOCATIONS

Monday – Saturday: 8 a.m. – 8 p.m.  
Sunday: noon – 6 p.m.

No appointment necessary. Immediate Care Centers are closed on Thanksgiving, Christmas Day, New Year's Day and Easter.

### AVON

8244 East US 36  
(317) 272-7500

### PLAINFIELD

1100 Southfield Drive  
(317) 839-7200

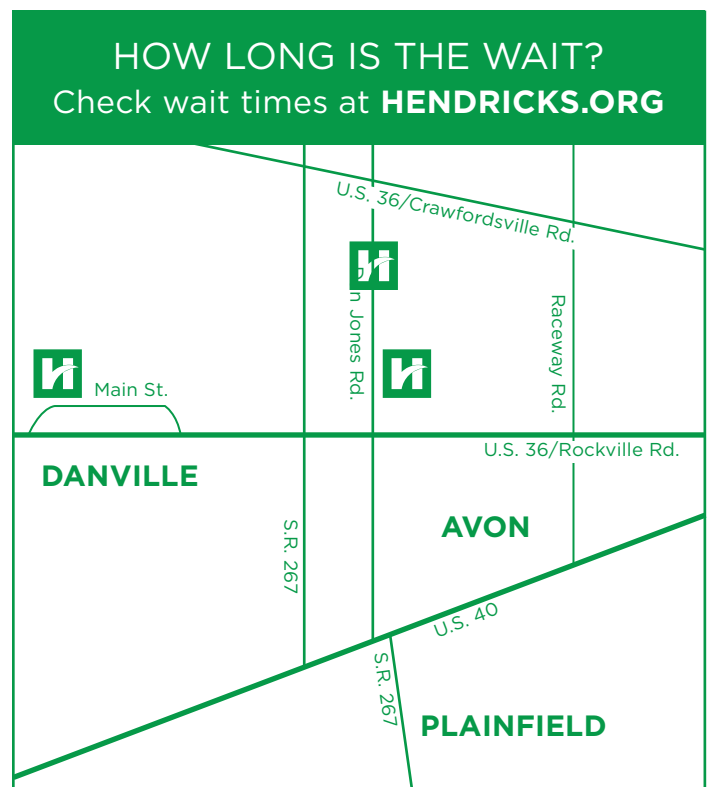
## SERVICES

Health issues such as respiratory illness, flu, injury, strains and ankle sprains are treated quickly and efficiently by skilled urgent care physicians and registered nurses experienced in family practice, internal medicine, emergency services and occupational medicine.

## EMERGENCY DEPARTMENT (ER)

Our full-service emergency department is located at 1000 East Main Street in Danville. On average, our emergency room patients see a doctor in less than 15 minutes. Check current wait times at [HENDRICKS.ORG](http://HENDRICKS.ORG).

Our ER also offers a Fast Track service, available for patients with less severe illnesses or injuries, to help reduce waiting times and add convenience.



# PEDIATRICS

At Hendricks Regional Health, we understand that children are not just small adults. Kids need individualized, developmentally appropriate care by staff experienced and specially trained in pediatric care. Our health care services for kids encompass everything from well child care, such as immunizations and physicals, to specialty care for conditions like asthma and childhood diabetes or other health problems affecting children.

## PEDIATRIC UNIT



Hendricks Regional Health offers a dedicated pediatric unit with all private rooms for children needing to stay in the hospital. We care for pediatric patients with conditions such as asthma, diabetes, gastrointestinal or respiratory illnesses, or those recovering from surgery.

Every aspect of our Pediatric Unit was designed to offer a sense of comfort and security to young patients and their families. Rooms can accommodate at least one parent per child, and a variety of amenities are available for parents and siblings. Even a private treatment room is available just across the hall for procedures such as lab draws.

All 10 rooms are private, and have the comforts of home for our pediatric patients – even their own “Choo-Choo Menu” with kid-friendly meal options.

The care team is led by our pediatric hospitalists, who are pediatricians that care for children while they are admitted to the hospital.

Our pediatric hospitalists care for children in the Pediatric Unit, Special Care Nursery, and other areas of the hospital to provide specialized treatment for our youngest patients. Pediatric hospitalists work with your pediatrician and other physicians and providers involved in your child’s care.

## SPECIAL CARE NURSERY

The Hendricks Regional Health Childbirth Center offers a Special Care Nursery for babies who need medical monitoring and specialized treatment after they are born. Staff care for infants born as early as 33 weeks and for those experiencing respiratory distress, an infection or other medical problems at birth. Special Care Nursery nurses and pediatric hospitalists closely monitor babies and work with new parents to explain procedures or medications.

## PEDIATRIC HEALTH & DEVELOPMENTAL CARE



We offer a variety of other pediatric services, including:

- Custom Orthotics
- Nutrition counseling
- Physical/Occupational Therapy
- Sleep Disorder Testing and Treatment (for children as young as seven)
- Speech Therapy
- Surgery Care, Including Teddy Bear Tours for Children Having Surgery
- STOP (Stop Taking On Pounds) Child/Family Program

We offer a medical staff with many experienced pediatricians and family physicians. Finding the right one for your child is an important step, and we can help. Call our free referral service at **(317) 745-DOCS** to speak with someone today.

Hendricks Regional Health is committed to meeting the specialized health needs of women, from motherhood through menopause. We offer high-quality, comprehensive care with the Treat People Better personal touch that has earned us national recognition for patient satisfaction.

## CHILDBIRTH CENTER

At Hendricks Regional Health, we want your birth experience to be as magical as you've dreamed. Our dedicated staff cares for you every step – from a special care nursery to a staff of experienced physicians and nurses ready to handle emergencies and high-risk pregnancies.

OB-GYNs in the Hendricks Regional Health Medical Group deliver babies only at Hendricks Regional Health. That means our doctors are involved in



making decisions about our Childbirth Center and have a close working relationship with our nurses. It's comforting for patients to know that when they go into labor, their doctor will be here and not at another hospital.

We respect the birth plans of each mother-to-be. For moms choosing a more natural approach, we help promote relaxation and offer the use of whirlpool tubs. Our complimentary massage therapists are available to support laboring patients, encourage relaxation and help manage pain. Moms choosing an epidural or other pain relief techniques receive care from an anesthesiologist in their private laboring suite.

We have a one-to-one nurse-to-patient ratio for patients in active labor, so our nurses can spend more time at their bedside.

New moms and babies also benefit from breastfeeding support from our clinical lactation consultants before and after delivery. Families receive one-on-one support as they begin breastfeeding. Once home, breastfeeding mothers are encouraged to call, e-mail or visit with the lactation consultants if they have breastfeeding challenges or questions. Also, attending our free breastfeeding support group is fun and informative. Eighty-five percent of new moms at Hendricks Regional Health breast-feed – well above the national average.

Our pediatric hospitalist team provides another benefit to our new families. Pediatric hospitalists are pediatricians who specialize in caring for infants and children in a hospital setting. They work closely with your family doctor or pediatrician when needed. And because their offices are right here in the hospital, they are more readily available to families to provide care, answer questions and be a supportive resource to the nursing staff.

## GYN CARE

Hendricks Regional Health Medical Group includes three OB-GYN practices, with convenient locations in Danville, Avon, Brownsburg and Plainfield.

# WOMEN'S SERVICES

Our OB-GYNs provide a full scope of preventative care. We recommend an annual examination including discussion with your physician about any concerns or updates in your health history.

All of our doctors strive to proactively educate each patient about the importance of screenings such as Pap tests, self-breast exams and mammograms. OB-GYN services include: care for all gynecological problems and menopause, major and minor surgery, care for routine and high-risk pregnancy, infertility evaluation and basic treatment and more.

## WOMEN'S CENTER & MAMMOGRAPHY

The Hendricks Regional Health Women's Center is among a prestigious group of breast centers nationwide named to the National Accreditation Program for Breast Centers from the American College of Surgeons Commission on Cancer. It has also been designated a Breast Imaging Center of Excellence.

Mammograms serve a vital role in breast cancer screening. The American Cancer Society recommends that women age 40 and older have a screening mammogram every year.

A doctor's order is not required to schedule. Call **(317) 745-3404** or request a mammogram at **[HENDRICKS.ORG/MAMMO](https://www.hendricks.org/mammo)**.

Screening mammograms are available at Hendricks Regional Health Danville and Plainfield campuses. Diagnostic mammography is performed in the Women's Center at our Danville facility. For your convenience, the Women's Center offers early morning and evening mammogram appointments from 7 a.m. to 6 p.m.

## PHYSICAL THERAPY FOR WOMEN

Our award-winning therapy team treats a number of disorders specific to women, including pelvic floor disorders, incontinence, constipation and other bowel disorders, pregnancy pain or special laboring needs, lymphedema or issues that arise from breast and other cancer treatments.



Michelle and Baby of Avon  
Childbirth Center Success Story

**Learn more at**  
**[HENDRICKS.ORG/BABY](https://www.hendricks.org/baby)**



Gary, EMS / Fire Professional in Danville  
Heart Scan Success Story

**Learn more at [HENDRICKS.ORG/SCAN](https://www.hendricks.org/scan)**

# CARDIOVASCULAR SERVICES

Complete heart and vascular care at Hendricks Regional Health is designed for the prevention, detection and treatment of heart disease and stroke. When you put your heart in our hands, you get the confidence that comes from choosing a hospital that consistently performs above the national average in heart care.

We are also an accredited Chest Pain Center, which means our cardiology team is skilled in giving patients the right care and immediate treatments needed during the critical early stages of a heart attack.

## **PARTNERSHIP WITH ST. VINCENT HEART CENTER OF INDIANA**

Hendricks Regional Health partners with St. Vincent Heart Center of Indiana to offer enhanced heart care services in the western suburban area of Indianapolis. While we have long provided extensive heart care services in our community, the partnership creates an easy access point for patients with more complex heart issues.

## **CARDIAC CATHETERIZATION LAB**

The complete heart and vascular care available at Hendricks Regional Health includes a state-of-the-art Cardiac Catheterization Lab. We perform diagnostic catheterization procedures to assess coronary artery blockages and interventional catheterization to treat heart disease.

Interventional treatments for blockages in the coronary arteries include balloon angioplasty and placement of coronary stents to restore the pathway to the heart. Other treatments available include the use of thrombolytics (clot-busting drug therapy) and platelet inhibitors.

## **ELECTROPHYSIOLOGY / PACEMAKER & DEFIBRILLATOR SERVICES**

Physicians specializing in cardiac electrophysiology also perform pacemaker and defibrillator implants in our Cardiac Catheterization Lab.

An electrophysiologist is a doctor who diagnoses and treats problems with your heart's electrical system, such as abnormal heart rhythms.

## **VASCULAR CARE**

Forty percent of patients with heart disease also have peripheral vascular disease, which is any condition affecting the body's blood vessels. Some common symptoms of peripheral vascular disease include pain in one or both calves, thighs or hips, or a sore that doesn't heal on the toes, feet or legs.

For many, peripheral artery disease is a chronic condition that has slowly diminished their quality of life. In these cases, our vascular specialists perform diagnostic and interventional procedures to restore blood flow and get patients back to a healthy, more active lifestyle.

Patients who have been diagnosed with cardiovascular disease, or those who have experienced a vascular event, need special support to heal and move forward.

We provide the individualized support and therapy to restore independence in patients recovering from stroke. All patients managing a heart or vascular condition can receive nutrition support from registered dietitians, as well as access to fitness and smoking cessation programs.

## **CARDIAC REHABILITATION**

The days and weeks following a cardiac event can be overwhelming. Our cardiac rehabilitation program is designed to map out the road to recovery. Through a medically supervised education and exercise program, patients can minimize the effects of heart disease and reduce the risk of future heart problems. Services are tailored to a variety of patients, including those who are staying in our hospital and those who need outpatient services.

Cardiac rehabilitation services are available at our Danville campus and at the Hendricks Regional Health YMCA.



We care for every joint in your body to get you back to the activities you enjoy, uniquely addressing the needs of kids, seniors, athletes and working professionals. Whatever your needs, we help you restore your lifestyle. Our doctors are backed by a team of physical therapists recognized nationally for excellence in patient satisfaction. Therapy services are available in suburban Indianapolis in Danville, Brownsburg, Plainfield and Avon at the Hendricks Regional Health YMCA.

## SPORTS MEDICINE

You don't need to be an athlete to benefit from sports medicine care. Anyone that is experiencing muscle or joint pain, soreness, loss of motion or weakness is a candidate for treatment by a sports medicine specialist. Hendricks Regional Health provides comprehensive non-surgical orthopedic and sports medicine services at the Hendricks Regional Health YMCA and on-site at local high schools. Our team is led by Mark Booher, M.D., Hendricks Regional Health Sports Medicine, and works with a nationally recognized staff of physical therapists, including those with certification as an orthopedic clinical specialist.

Our offerings include sports medicine experts that diagnose, manage, rehabilitate and prevent injuries and disease of the musculoskeletal system. This system includes your bones, joints, ligaments, tendons, muscles and nerves and allows one to move, work and be active.

The good news is that up to 90 percent of patients won't need surgery to improve. Seeing a sports medicine doctor should be your first step to recovery. We will diagnose the cause of your symptoms and build a treatment plan just for you. With the right mix of therapeutic approaches, you will soon return to the activities you love.

Athletes of any age also will get everything they need to fully recover from an acute injury like sprains, strains or fractures, as well as overuse problems like tendonitis or stress fractures.

## ORTHOPEDIC SURGERY & JOINT REPLACEMENT



Our surgeons specialize in total joint replacements (such as knee, hip and shoulder replacement surgery), revisions and joint preservation as well as arthroscopic surgery of the shoulder, knee, ankle and elbow.

Our joint replacement team has made Hendricks Regional Health one of the most sought after destinations for joint procedures and care. Thanks to the expertise and progressive approach of our surgical team, the number of procedures performed here is growing rapidly and patients are seeking us out from a broad geographic area.

We are dedicated to providing safe, high-quality care that begins before surgery and extends until your recovery is complete. This care is delivered by an incredible team that ensures patients are partners in the process, with a full understanding of all steps along the way. Our goal is to minimize pain, restore mobility and get you back to the activities you love.

Dr. Brad Prather is one of only a few orthopedic specialists in central Indiana that performs the direct anterior approach for hip replacements – this technique can significantly reduce recovery time.

For patients who meet specific health criteria, Dr. Chad Waits and Dr. Kyle Ritter can perform double



# ORTHOPEDICS/SPORTS MEDICINE

knee replacements in tandem so patients can have both knees done at the same time – this means one trip to the operating room, one time under anesthesia and reduced overall recovery time.

Drs. Waits and Ritter also perform reverse total shoulder replacement that reduces pain and allows return of mobility for patients who have lost shoulder function and/or have had large rotator cuff tears. The reverse total shoulder replacement relies on undamaged muscles to position and power the arm for restored motion.

Here are just a few of the other reasons to choose our Joint Replacement team:

**High-Quality Care** – Our board-certified and fellowship-trained surgeons lead an orthopedic team that is setting new marks for quality standards, including low infection rates, reduced lengths of stay, and lower occurrence of falls.

**Unmatched Patient Satisfaction** – Time after time, surveyed patients place Hendricks at the top of the list when it comes to patient satisfaction, thanks to innovative approaches to patient preparation, pain management, patient navigation and other aspects of the patient experience.

**Low Cost Provider** – Hendricks Regional Health delivers higher quality health care services more efficiently, and with better outcomes. We are your ideal low-cost provider and partner for joint replacements.

## BACK & SPINE SURGERY

Surgeons from Indiana Spine Group work alongside our orthopedics team, creating an easy access point for patients requiring more complex surgical care of the spine.

Surgeons performing spine surgery provide care at Hendricks Regional Health Danville and have access to a Magnet® accredited nursing team and the latest technology – in our new operating room suites. They specialize in minimally invasive spine surgery and cutting-edge spinal stealth navigation techniques.

## PHYSICAL / OCCUPATIONAL / AQUATIC THERAPY



The physical and occupational therapists at Hendricks Regional Health are experts in how the body works and moves. That's why they are an important part of treatment after an injury or surgery. Our physical therapy team has received national recognition from HealthStream Research for excellence in patient satisfaction and boasts the highest ratio of board-certified specialists in the Indianapolis metropolitan area.

### Services include:

- AlterG Anti-Gravity Treadmill
- Augmented Soft Tissue Manipulation (ASTYM)
- Back to Golf Program
- Lymphedema Management
- Pediatric Therapy Services
- Treatment of Pelvic Disorders and Incontinence
- Video Motion Analysis
- Wound Care

A physician referral is not required to receive physical therapy. To schedule an evaluation with a member of our award-winning staff, call:

- **Danville Campus** (317) 745-3420
- **Avon – YMCA** (317) 272-4186
- **Brownsburg – North** (317) 858-9400
- **Plainfield Campus** (317) 838-3434



The Hendricks Regional Health Cancer Program is accredited by the Commission on Cancer. Our team includes highly skilled, board-certified physicians supported by specially trained oncology nurses and other experts. We brought this team together to shape a cancer care program built entirely around patients. Together, we are stronger in the fight against cancer.

## SCREENING / DIAGNOSIS

Preventive care screenings, covered by insurance under healthcare law, are important in diagnosing cancer early. Other diagnostic tools used to diagnose cancer include magnetic resonance imaging (MRI), computed tomography (CT) scanning, nuclear medicine, ultrasound imaging and pathology.

## ONCOLOGY INFUSION CENTER



For many patients with a cancer diagnosis, chemotherapy is a recommended part of their treatment plan. Patients in our community who need chemotherapy can receive their medication at the Hendricks Oncology Infusion Center, provided through a unique partnership between Hendricks Regional Health and the oncologists of American Health Network.

The Hendricks Oncology Infusion Center is located in Building 3 at our Danville Campus. Its convenient location adjacent to the hospital provides easy access to many outpatient services including lab and radiology. Families can even take advantage of the Cancer Resource Center, just a short walk away in the main hospital facility. The Cancer Resource Center offers resources like literature, a computer with printer for cancer research, and a private room for reading or watching a DVD.

## RADIATION SERVICES

The Hendricks Regional Health Cancer Center staff has earned recognition for its dedication to our Treat People Better philosophy. Radiation services are available in the Cancer Center at our Avon Campus.

We utilize the latest technology with intensity modulated radiation therapy (IMRT), Image Guided Radiation Therapy (IGRT), and Three-Dimensional Computerized Treatment Planning for any cancer treatment including specialized prostate treatment.

## SUPPORTIVE CARE

Our patient-centered approach to cancer care includes offering many resources to help with the medical, emotional and social issues that can accompany a cancer diagnosis. Many of our patients find that complementary care is beneficial during their treatment journey to promoting healing and improve quality of life.

### *Complementary services include:*

- Chaplaincy and pastoral care
- Nutrition support
- Cancer support group
- Massage therapy
- Wellness programs
- Acupuncture

# SLEEP DISORDERS CENTER

Sleep is essential to physical and emotional health. Unhealthy sleep habits and untreated sleep disorders are linked to health problems like obesity, diabetes, heart disease and depression.

The Hendricks Regional Health Sleep Disorders Center offers a full-service department led by board-certified sleep medicine specialists.



Our Center is accredited by the American Academy of Sleep Medicine. The accreditation standards ensure the highest quality of care for those with a problem related to sleep or daytime alertness.

## TREATMENT SUPPORT

PAP Therapy is a life-changing experience which finally allows a person to get restorative sleep. For some, however, getting used to PAP takes time, patience—and sometimes a coach. If you're struggling with wearing your PAP, let us help. Our PAP Clinic staff are certified Sleep Educators, specifically trained in PAP troubleshooting and adjusting, mask issues, education, and coaching.

PAP Clinic support is a covered service of many insurance plans. A doctor's order is needed for our PAP Clinic. Call **(317) 745-3680** to schedule an appointment with our PAP Clinic, or for help arranging a referral.





The neurodiagnostic services offered at Hendricks Regional Health assist physicians in diagnosing and treating neurological disorders and diseases.

Neurologists are medical specialists that focus on diagnosing and treating disorders of the nervous system. Some of the common conditions they treat include headaches or migraines, stroke, dementia, epilepsy, muscular dystrophy and Parkinson's disease. They help manage chronic pain, as well as carpal tunnel syndrome and sleep disorders.

## **NEUROLOGISTS IN THE HENDRICKS REGIONAL HEALTH MEDICAL GROUP**

Hendricks Regional Health Medical Group includes neurologists who can work with your primary doctor to help you manage your health.

Your physician may order an electroencephalogram (EEG) to record electrical activity of the brain, a brainstem auditory evoked response (BAER) study to evaluate how the brainstem responds to specific sounds, or other tests. Other common tests ordered are a transcranial doppler (TCD), electronystagmograms (ENG) and 24-hour ambulatory electrocardiogram.

Your primary care or family doctor may refer you to a neurologist for evaluation if you are experiencing symptoms such as memory loss, tingling or weakness in your arms or legs, frequent headaches that do not respond to recommended treatments, and other concerns.

# WEIGHT LOSS SUPPORT/BARIATRICS

Helping our community live healthier means giving residents the tools they need to reach and maintain a healthy weight. Obesity affects quality of life, and is linked to conditions such as cancer, diabetes, heart disease, high blood pressure, depression, stroke and more.

## **PARTNERHIP WITH ST. VINCENT BARIATRIC CENTER OF EXCELLENCE**

Candidates who qualify for bariatric surgery (those with a body mass index above 40, or BMI of 35 or above with one or more obesity-related health conditions) can have pre- and post-operative bariatric services, such as laboratory tests, performed at Hendricks Regional Health.

Surgical candidates must undergo a number of diagnostic tests and procedures, and participate in a medically supervised weight loss program, before proceeding to surgery. The Hendricks Regional Health bariatric and weight loss program is overseen by the physicians of Hendricks Endocrinology and Diabetes Specialists.

## **WEIGHT LOSS SUPPORT & PROGRAMS**

Many services are available to help you lose weight and successfully keep it off. Experienced dietitians offer nutrition counseling at our Danville Campus, as well as free community classes at the Hendricks Regional Health YMCA that gives tools for better nutrition – including how to plan and prepare more healthful meals.

The comprehensive Lifesteps® weight management program teaches how to manage food choices, metabolism and physical activity. It helps you develop the skills you need to manage your weight for the rest of your life.

Also, clinical health managers at the Hendricks Regional Health YMCA in Avon are available for intensive one-on-one coaching and support for better nutrition, fitness and stress management.



## GASTROENTEROLOGY / DIGESTIVE HEALTH

Proper health and optimal well-being includes having a digestive tract that functions optimally. Many digestive issues, such as upset stomach or heartburn, are not serious and are usually short-lived. However, these common symptoms could be a sign of a more serious digestive problem. Hendricks Regional Health offers digestive health services, as well as a team of board-certified gastroenterologists, to support the prevention, diagnosis and treatment of digestive and liver diseases.

Gastroenterologists are physicians that specialize in diagnosing and treating adult conditions of the digestive system and liver including inflammatory bowel disease, reflux, colon and rectal cancer, ulcers, gastritis, hepatitis or other liver abnormalities. They work together with our team of Magnet® accredited nurses and other experienced healthcare professionals to also provide a range of endoscopy services at Hendricks Regional Health Danville, as well as Hibbeln Surgery Center in Avon.

### COLONOSCOPY SCREENINGS

Getting a colonoscopy is the best protection against colorectal cancer. If you're 50 or older, you should receive a colonoscopy once every 10 years. Depending on your personal family medical history and risks, you may need to be screened even earlier. A colonoscopy is the best way to find and remove growths before they become cancerous. During this test, patients are kept comfortable with moderate IV sedation while a gastroenterologist uses a flexible, lighted tube with a tiny camera to examine the inside of the colon. The procedure itself usually takes less than 30 minutes and is painless.

Some risk factors, such as having a family history of cancer or getting older, are out of your control. But some risk factors – what you eat, how much you weigh, whether you smoke, how much you drink, and how often you exercise – are factors you can control. Talk to your doctor to learn more

about your personal risk, and how you can take preventative action.

If you would like to make an appointment with a board-certified gastroenterologist at Hendricks Regional Health, simply fill out our appointment request form online at [hendricks.org/colon](http://hendricks.org/colon). You will be contacted and, if needed, staff will assist you in getting a referral from your primary care doctor.

## UROLOGY SERVICES



The Hendricks Regional Health medical staff includes 10 urologists, providing a wide variety of specialized care for diseases of the male and female urinary tract and the male reproductive organs. These physicians, through Urology of Indiana, practice at Hendricks Regional Health in Danville.

Urologists on staff at Hendricks Regional Health work are committed to making treatment as successful and comfortable as possible.

For more information or to schedule, call **(317) 837-5571**.

# OTHER SPECIALITY CARE

## SURGICAL CARE

At Hendricks Regional Health, we work hard to stay on the cutting edge of the latest advancements in surgery, and our physicians commit themselves to continuing education and specialized training. The rapid development of new surgical equipment and procedures has, in many cases, given our patients the opportunity to enjoy shorter hospital stays and a faster recovery.

Inpatient surgical procedures are performed at our Danville campus; outpatient procedures are done at both our Danville campus and at Hibbeln Surgery Center, located at our Avon campus. Our surgeons are supported by a Magnet® accredited nursing team and the latest technology.

Patients who have procedures at Hibbeln Surgery Center in Avon benefit from features designed for privacy and convenience, including a chronic pain management area and special pediatric areas. Teddy Bear Tours are available for our pediatric surgery patients.

View the Quality information in this booklet to learn about our infection rates and other important quality of care metrics.

## FEATURES FOR FAMILY MEMBERS

Our patients feel comfortable knowing that while they are in surgery, their family members are kept well informed. The surgery waiting room at our Danville campus features an electronic message board that provides ongoing updates. The status of each patient is updated by nursing staff, and refreshes every minute to provide the most recent information possible. Visitors can also take advantage of our delicious, made-to-order fare at The Copper Grill. And while they are away to grab a bite to eat or a coffee refill, they can still check in on their loved one's status. They just need to stop in at any of the seven ambassador desks located throughout Hendricks Regional Health.

## OTOLARYNGOLOGY / EAR, NOSE & THROAT SERVICES



The medical staff of Hendricks Regional Health includes experienced ear, nose and throat specialists with the ENT Group. These experts diagnose and treat a broad range of ear, nose and throat conditions in both adults and children. Examples of the conditions treated by ear, nose and throat specialists include ear infections, tonsillitis, sinusitis, allergy, nasal blockage, obstructive sleep apnea and more.

Many diseases affecting the ears, nose, and throat have an allergic component. Services available include testing for common environmental and inhaled Midwestern allergens.

Surgical procedures are provided at Hendricks Regional Health Danville, as well Hibbeln Surgery Center in Avon.

For more information or to schedule, call **(317) 745-3758.**



## RHEUMATOLOGY & ARTHRITIS CARE



Arthritis and other rheumatic diseases are characterized by pain, swelling, and limited movement in joints and connective tissues in the body. According to the Centers for Disease Control and Prevention, over 46 million Americans have some form of arthritis or chronic joint symptoms.

The Hendricks Regional Health Medical Group is proud to include Hendricks County's first rheumatology practice. The office is located at our Plainfield medical campus, 1100 Southfield Drive. Our rheumatologists work with patients who have been diagnosed with rheumatic conditions such as osteoarthritis and rheumatoid arthritis, lupus, gout, scleroderma, bursitis and other auto-immune disorders involving pain in the musculoskeletal system.

For more information or to schedule, call **(317) 837-5510**.

## OPHTHALMOLOGY & EYE SURGERY

According to the American Academy of Ophthalmology you should have your eyes examined by an ophthalmologist if you have signs or risk factors for eye disease, including decreased vision,

distorted vision, new floaters or flashes of light, a curtain blocking your vision, halos (colored circles around lights) or red eye.

Those who have eye pain or have experienced an eye injury also can benefit from an ophthalmologist. Ophthalmologists also are an important part of the health care team for patients managing chronic medical conditions such as diabetes.

The Hendricks Regional Health Medical Group and staff include ophthalmologists, who are specially trained to provide the full spectrum of eye care, from prescribing glasses and contact lenses to complex and delicate eye surgery. They diagnose and treat a variety of eye conditions including cataracts, diseases of the cornea and retina, glaucoma, diabetic retinopathy, macular degeneration, ocular surface disease and more.

For more information or to schedule, call **(317) 272-4242**.

## ENDOCRINOLOGY & DIABETES & METABOLIC DISORDERS

Nearly 26 million Americans have diabetes, while nearly 10 percent of Americans have some sort of thyroid disorder. Endocrinologists can help these individuals live healthier, more active lives.

Your body's endocrine system is a complex network of glands that controls many functions such as reproduction, metabolism and growth through substances called hormones. The Hendricks Regional Health Medical Group includes endocrinologists, who are specially trained to diagnose and treat hormone imbalances and problems. They take care of many conditions including diabetes, thyroid and metabolic disorders, high blood pressure, osteoporosis and more.

For more information or to schedule, call **(317) 837-5571**.



# OTHER SPECIALITY CARE

## STROKE CARE

Stroke is the leading cause of serious, long-term disability in the United States. Sometimes called a “brain attack,” a stroke occurs after the brain is deprived of oxygen and nutrients. Like a heart attack, this occurs after the blood flow is disrupted by a blockage.

Hendricks Regional Health is a certified Primary Stroke Center by the Healthcare Facilities Accreditation Program (HFAP). That means our stroke care is specially designed to quickly diagnose, effectively treat and better manage patients with stroke. We’re committed to teaching our community about stroke warning signs and prevention.

### PART OF AN ELITE 7%

Hendricks Regional Health is among the only seven percent of U.S. hospitals achieving a “Door to TPA” time of under 60 minutes. This quality metric measures how quickly hospital staff administer potentially life-saving, clot-busting medication to patients experiencing a stroke.

## STROKE CLINIC

Following a stroke, patients often need a lot of specialized care and follow-up. Scheduling and tracking multiple appointments can be overwhelming for someone who is simply trying to regain basic abilities.

To make stroke recovery more manageable, Hendricks Regional Health offers a Stroke Clinic in the Hendricks Neurology office. The clinic brings multiple services together in one place at one time. Patients can receive services from our experts in neurology, speech therapy, physical and/or occupational therapy and nutrition. Diabetes educators and the social services department are also available. Our neurohospitalist and other care team members refer patients to the clinic early in their recovery so that they can take advantage of this convenient, crucial service.

## CONTROL YOUR RISK

Healthy lifestyle changes can help lower your risk for both stroke and coronary artery disease. For example, quitting smoking, staying physically active and maintaining a healthy weight all can help lower your risk. If your blood pressure or cholesterol is high, it is important to talk to your doctor about how to reduce it. You should also work with your doctor to manage chronic medical conditions like diabetes. Visit [HENDRICKS.ORG](https://www.hendricks.org) to learn about our community wellness offerings.

## DERMATOLOGY & SKIN HEALTH



The Hendricks Regional Health medical staff includes dermatologists offering a full range of services for patients with skin disorders. Conditions treated include acne, eczema, dermatitis, psoriasis, rosacea, actinic keratoses, hair loss, skin infections, as well as for more complex disorders issues such as skin cancer.

In addition, Hendricks Regional Health partners with our dermatologists every May to offer free skin cancer screenings during Skin Cancer Awareness Month.

Dermatology services are available in Avon and Plainfield. To find a specialist fitting your needs, call **(317) 745-DOCS**.



# LAB & RADIOLOGY SERVICES

## LABORATORY SERVICES

Our highly-qualified lab technicians will treat your procedure or specimen with the careful precision and quality practices that has earned us accreditation by the College of American Pathologists. We understand the importance of giving the most reliable and trustworthy lab results so that your doctor can better provide your care. And with five different locations, we offer convenience too – no appointment needed.

## HOURS & LOCATIONS

**Danville Campus** (317) 745-3430

Open Monday – Friday: 7 a.m. – 6 p.m.  
Open Saturday: 8 a.m. – 3 p.m.

**Avon Campus** (317) 272-3640

Open Monday – Friday: 8 a.m. – 5 p.m.  
(closed from 12:30 – 1 p.m.)

**Avon – YMCA** (317) 718-8600

Open Monday – Friday: 8 a.m. – 5 p.m.  
(closed from 12:30 – 1 p.m.)

**Brownsburg Campus** (317) 852-7700

Open Monday – Friday: 8 a.m. – 5 p.m.  
(closed from 12:30 – 1 p.m.)

**Plainfield Campus** (317) 838-3430

Open Monday – Friday: 8 a.m. – 5 p.m.  
(closed from 12:30 – 1 p.m.)

## RADIOLOGY / IMAGING SERVICES

As part of our commitment to quality, Hendricks Regional Health has earned full accreditation from the American College of Radiology (ACR) in all radiology services, including CT, MRI, nuclear medicine, digital mammography, ultrasound, breast ultrasound and biopsy and stereotactic guided breast biopsy.

When you choose a Hendricks Regional Health radiology facility, you have the peace of mind that

our staff are nationally registered in their field, stringent quality assurance guidelines are in place, and the latest state-of-the-art instruments and equipment are used. Our wireless network and electronic medical record system means results are ready quickly for your physician.

## HOURS & LOCATIONS

**Danville Campus** (317) 745-3425

*Services:* Diagnostic radiology, CT services, nuclear medicine studies, digital screening and diagnostic mammography, ultrasound, wide-bore MRI (featuring wider opening and less noise), \$49 Heart Scan.

Open Monday – Friday: 7 a.m. – 6 p.m.  
Open Saturday: 7 a.m. – 1 p.m.

**Avon Campus** (317) 272-3640

*Services:* Diagnostic radiology  
Open Monday – Friday: 8 a.m. – 5 p.m.  
(closed 12:30 – 1 p.m.)

**Avon – YMCA** (317) 718-8600

*Services:* Diagnostic radiology  
Open Monday – Friday: 8 a.m. – 5 p.m.  
(closed 12:30 – 1 p.m.)

**Brownsburg Campus** (317) 852-7700

*Services:* Diagnostic radiology  
Open Monday – Friday: 8 a.m. – 5 p.m.  
(closed 12:30 – 1 p.m.)

**Plainfield Campus** (317) 838-3430

*Services:* Diagnostic radiology, digital screening mammography, wide-bore MRI (featuring wider opening and less noise).  
Open Monday – Friday: 8 a.m. – 5 p.m.  
(closed 12:30 – 1 p.m.)



Below are some of the commonly asked questions about your employer's wellness clinic. Check out this information to learn about accessing all of the services available to you and your family.

## MAKING APPOINTMENTS



The preferred way to make an appointment is to use the online scheduling system at **HENDRICKS.ORG/CLINIC**. If you need assistance or don't have access to a computer, please call the Employer Clinic Helpline at **(317) 837-5595** Monday through Friday from 8 a.m. to 5 p.m.

## HOURS & LOCATION

The clinic is located in Building One of the Main Danville Campus, 998 E. Main St., Ste. 104. Parking is available in front of the building.

### *Hours (subject to change):*

Monday: 7 a.m. – 10 a.m.

Tuesday: 7 a.m. – 10 a.m.

Wednesday: 1:30 p.m. – 4 p.m.

Thursday: 7:30 – 9:30 a.m. (pharmacy hours)

Friday: 7 a.m. – 9 a.m.

## LOG IN SUPPORT

Once you are eligible, the clinic administrator will email you a username and temporary password. It will be a randomly assigned password that you can change any time. For those employees with dependents, each family will have just one username and password.

Log-in at **HENDRICKS.ORG/CLINIC**.

## PASSWORD TROUBLESHOOTING

Go to **HENDRICKS.ORG/CLINIC** and click on the password prompt. You will need to be able to provide your username, birthdate and the last four digits of your social security number. The system will email you a new, temporary password. If you do not have an email address, the system will show you your password on the screen.

To make an appointment over the phone, please call the Clinic Helpline at **(317) 837-5595**.

## REFILL MEDICATIONS

Members can refill medications that were prescribed during a clinic appointment that occurred within the past 12 months. Medicines on the clinic formulary are free.

**IMPORTANT:** To avoid waiting at the clinic for your prescription, be sure to make an appointment for a prescription refill. To do this online, simply click "Schedule an Appointment" and select "Prescription Refill" from the drop-down menu. Or you can call the Help Line for assistance. This ensures your medicine had been reviewed by the doctor, and is ready for you to pick up.

## REFILL TIMEFRAME

When refilling your medication online, kindly allow one business day for processing.

## APPOINTMENT CANCELLATIONS

Appointments may be cancelled by using the online scheduling tool or by calling **(317) 837-5595** Monday through Friday from 8 a.m. to 5 p.m.

## NO-COST CARE

Services provided at the clinic are at no-cost to the member. All prescriptions written and filled at the clinic pharmacy are free. Only employees that carry insurance benefits may use clinic services.

# WELLNESS CLINIC

## CASE STUDY: YOUR WELLNESS CLINIC BENEFITS

*The following case study illustrates the cost savings that can be gained when taking advantage of your wellness clinic offerings.*

Fictional employee Hannah Hendricks, a fictional employee, participates in the Hendricks County Government health plan along with her three dependents – a spouse, Henry, and two children, Heather and Haden.

Hannah's family takes several medications. Henry lowers his cholesterol with Crestor®, which costs \$50 to refill. He also takes Avapro® to help lower his blood pressure, which costs \$25. Since these are maintenance drugs, Henry saved 25% by asking his doctor to write his prescription for a 90-day supply.

Heather has gastroesophageal reflux disease (GERD), known as heartburn. She treats her condition with Nexium®, which costs \$25.

Hannah herself takes an oral contraceptive, which costs \$7. The family's total monthly drug costs, with the occasional antibiotic or other prescribed medications, averages from \$85 to \$100.

The family sees their primary care doctor regularly for well-child visits and annual physical exams. Like most families, they sometimes need to see a physician or other medical specialist for an illness or to get help managing chronic conditions.

On average, the family spends about \$300 annually on doctor's office co-pays, including 3 to 5 trips to the Immediate Care Center.

Hannah and her family are able to save significantly on the new HRH health package.

Here are the steps Hannah's family took:

- Henry's doctor changed his blood pressure medicine to Diovan® and cholesterol medicine to Lipitor® – free in the new HRH Wellness Clinic.

### **Annual estimated savings: \$675**

- Heather's doctor changed her GERD medication to Prilosec®, free in the clinic.

### **Annual estimated savings: \$300**

- Hannah's OB/GYN recommended switching to Loestrin-24, available free in the clinic.

### **Annual estimated savings: \$84**

- The plan includes six free office visits (to HRH Medical Group doctors in pediatrics, internal medicine, family practice, OB/GYN and endocrinology). The family's doctors were all in the HRH Medical Group except Henry's internal medicine physician. He changed to an HRH Medical Group internist accepting new patients.

### **Annual estimated savings: \$250**

### **Total annual estimated savings: \$1,309.**



## ABOUT WELLNESS COACHING

Hendricks Regional Health provides comprehensive programs to help you and your family improve your health and well-being. Wellness coaching is a program that helps jump-start your journey to greater wellness.

## WHAT WE DO

Wellness coaching is an innovative new approach to help meet this mission. Clients who participate, receive free coaching with a Certified Health and Wellness Coach.

Our program is designed in a group setting which allows the participants to meet with a coach as well as other individuals who are in need of creating healthier habits.

We believe the group approach helps keep each other accountable as well as give each other extra support. Our team consists of four registered nurses, an exercise physiologist, and a registered dietitian nutritionist. While you will have one primary coach, those from other disciplines will be available to meet with you, providing a well-rounded coaching experience.

## THE “BIG THREE”

In wellness coaching, “Taking Care of the Big 3” is vital and affects the rest of your health.

Maintaining a healthy weight range through proper diet and exercise and managing your stress can keep you healthier longer and improve your quality of life. Examples of support your wellness coach will be able to provide include:

- Developing strategies to better manage chronic conditions
- Coordinating follow-up care and referrals to other medical specialists
- Reducing risk for additional chronic diseases
- Offering tobacco cessation support
- Providing medication management
- Giving nutrition and healthy meal planning tips

- Promoting weight management
- Creating personalized fitness plans
- Tracking health goals



## PROGRAM LENGTH

You will meet with your wellness coaching group once per week for an hour. The coaching program lasts for 8 weeks. When the program is complete, we will check in on you once per month for two months to make sure you are still on track and do not have any further questions.

We look forward to helping you along on your new wellness journey! Call **(317) 718-8160** to learn more.

# PHYSICAL ACTIVITY

## LOW-COST FITNESS OFFERINGS

### BODY SCULPT

A simple, low impact, yet challenging resistance training class with an emphasis on toning the muscles of your entire body. This class will increase your cardio fitness, build your strength and improve your balance and flexibility. It is designed for every fitness level.

### HARD CORE BOOT CAMP

For those who are looking for a challenge! A great cardiovascular workout that builds endurance, targets your whole body with challenging multipurpose moves that builds lean muscle- all exercises that are fun and aerobic!

### YOGA

A soothing gentle flow stress relief class focusing on the basic yoga postures and how to connect them through attention to breathing, alignment and mindfulness. You will learn techniques to help gain flexibility, while immersing yourself in a relaxing class that moves at a slower pace, relieving the stress from the week.

### ZUMBA

A fusion of Latin and International music-dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. This class is suitable for all levels.

### BALLISTIC

Combines exercises that are fairly simple with a stability ball. This makes your body and brain work so much harder. It forces the body to work as a whole, delivering maximal results. The ball can improve muscle strength and endurance in all of the major muscle groups. Training with the ball can improve muscle tone, increase muscle endurance and strength, restore or improve flexibility,

enhance spinal stability, complement your resistance and aerobic training programs, help you lose weight, and improve your balance, posture and coordination. Stability balls are provided.

### DANCEBOX

A great cardiovascular workout with fun dance moves. It has bouts of intense intervals, easy to follow combinations, and specific strength/endurance training. This total body workout is a great way to build strength in your lower body while toning legs, thighs, abdominals and glutes.

### BALLROOM DANCING

The perfect combination of physical activity and social interaction. Dancing enhances every aspect of your life. You'll learn the most popular dances while you burn calories, improve your flexibility, strength and balance.

### YOGA STUDIO OPENS



Hendricks Regional Health is opening a new yoga studio on our Danville Campus in late 2014. Our yoga teachers are highly trained and certified from a Yoga Alliance Registered School, and have studied with top teachers from across the country.

Each of our classes represents the best of years of study and dedication to the practice of yoga. A variety of classes are available, including yoga for a variety of ages and stages of life, as well as fitness level.

Register at [HENDRICKS.ORG](http://HENDRICKS.ORG) or call **(317) 718-8160**.



## RECOMMENDED SCREENINGS FOR EVERYONE

SCREENING	AGE	DESCRIPTION
<b>COLONOSCOPY AND/OR SIGMOIDOSCOPY</b>	50 and over	<p>The American Cancer Society recommends everyone age 50 or over be screened for colon cancer. People with higher than average risk for colon cancer should begin screenings at a younger age. Talk to your doctor about what tests are right for you.</p> <p><b>For more information, please visit <a href="https://www.hendricks.org/colon">HENDRICKS.ORG/COLON</a>.</b></p>
<b>DIABETES &amp; METABOLIC SYNDROME</b>	45 and over	<p>The Hendricks Regional Health Center for Diabetes Excellence helps patients manage their diabetes. The center focuses on blood sugar monitoring, medication management, insulin management, exercise recommendations, nutrition, preventing complications and more.</p> <p><b>For more information, please visit <a href="https://www.hendricks.org/diabetes">HENDRICKS.ORG/DIABETES</a>.</b></p> <p>The Hendricks Regional Health YMCA Diabetes Prevention Program facilitates a small group of participants in learning healthier eating, physical activity and other behavior changes over the course of 16 one-hour sessions. Participants meet monthly for added support to help maintain their progress. This program is part of the CDC National Diabetes Prevention Program.</p> <p><b>For more information, please call (317) 266-9622 or email <a href="mailto:PREVENTDIABETES@INDYMCA.ORG">PREVENTDIABETES@INDYMCA.ORG</a>.</b></p>
<b>LUNG &amp; HEART SCANS</b>	55 and over* <i>*Younger for those at high risk. Talk to your doctor.</i>	<p>The U.S. Preventative Services Task Force recommends yearly lung screenings for those over age 55, who have smoked within the past 15 years or have a “pack-year” smoking history higher than 30. Annual screenings can detect lung cancer in its earliest stage, when up to 90 percent can be cured.</p> <p>A Heart Scan checks for coronary artery disease, which occurs when plaque builds up in the arteries. The American Heart Association and the American College of Cardiology have determined a heart scan is necessary if you have high or borderline-high blood pressure or cholesterol, have diabetes, have a family history of heart disease, are overweight or you smoke.</p> <p>These screenings do not require a doctor’s order. You can register for a \$49 Heart Scan, a \$49 Lung Scan, or a \$69 Bundle that includes both a heart scan and a lung scan.</p> <p><b>For more information or to schedule, please call (317) 718-8500 or visit <a href="https://www.hendricks.org/scan">HENDRICKS.ORG/SCAN</a>.</b></p>
<b>PHYSICAL THERAPY</b>	all ages	<p>You have direct access to physical therapy service - no need to see a physical first. The Hendricks Regional Health Orthopedics team helps you stay active when aches and pains get in the way. Sports medicine experts diagnose, manage, rehabilitate and prevent injuries and disease of the muscles, bones and joints.</p> <p><b>To schedule a physical therapy evaluation, please call (317) 745-3420.</b></p>



# HEALTH SCREENINGS

<p><b>NUTRITION, ACTIVITY &amp; WEIGHT MANAGEMENT</b></p>	<p>all ages</p>	<p>Hendricks Regional Health dietitians provide a wide range of nutrition counseling services that empower individuals to improve their health. Initial consultations include a nutrition assessment and education designed to establish habits and lifestyle behaviors that offer maximum health benefits.</p> <p>Hendricks Regional Health offers a variety of fitness classes, weight management programs and special programs in conjunction with the YMCA.</p> <p>Hendricks Regional Health has also partnered with St. Vincent Health to offer pre- and post-bariatric services, such as labs, to patients at the Danville campus. There is also a bariatric support group offered at the Hendricks Regional Health YMCA.</p> <p><b>For more information, please visit <a href="https://www.hendricks.org">HENDRICKS.ORG</a>.</b></p>
<p><b>SLEEP</b></p>	<p>all ages</p>	<p>Most people experience trouble sleeping at one time or another. This is normal and usually temporary, brought on by factors like stress. But it's not normal to regularly feel sleepy during the day, have problems getting to sleep at night, or to wake up feeling exhausted. When sleep problems affect your everyday life, it's time to take a close look at your symptoms.</p> <p>The Hendricks Regional Health Sleep Disorders Center offers a full-service department accredited by the American Academy of Sleep Medicine.</p> <p><b>Take the Epworth Sleepiness Quiz at <a href="https://www.hendricks.org/sleep">HENDRICKS.ORG/SLEEP</a>. For more information or to get help arranging a referral for a sleep test, call (317) 745-3680.</b></p>

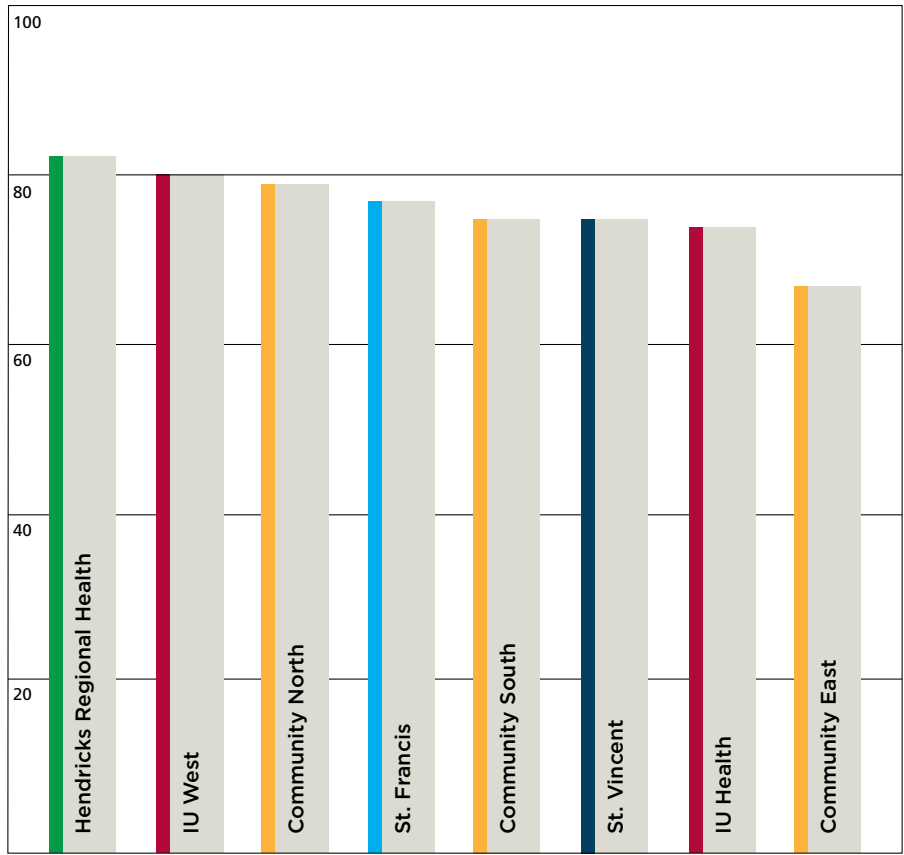
## SCREENINGS SPECIFIC TO WOMEN

SCREENING	AGE	DESCRIPTION
<p><b>MAMMOGRAPHY</b></p>	<p>40 and over</p>	<p>Every woman should have an annual clinical breast exam. In addition, the American Cancer Society recommends women 40 or over get annual mammogram screenings. A doctor's order is not needed to schedule a mammogram.</p> <p><b>To schedule an appointment, please call (317) 745-3404 or visit <a href="https://www.hendricks.org/mammo">HENDRICKS.ORG/MAMMO</a>.</b></p>

## SCREENINGS SPECIFIC TO MEN

SCREENING	AGE	DESCRIPTION
<p><b>PROSTATE</b></p>	<p>50 and over</p>	<p>Men age 50 and over should talk to their doctor about cancer testing; individual risk factors will determine the need to begin testing.</p> <p><b>For more information or to schedule a screening please visit <a href="https://www.hendricks.org/prostatescreen">HENDRICKS.ORG/PROSTATESCREEN</a>.</b></p>

# WOULD RATE THE HOSPITAL "9" OR "10" OUT OF 10



HospitalCompare.gov; 2Q2012-1Q2013

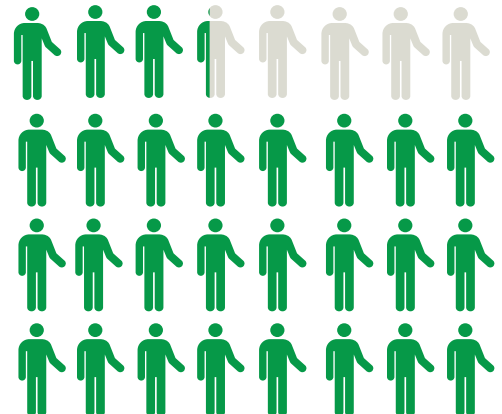
# 4 of 5

**PATIENTS SAY HENDRICKS REGIONAL HEALTH NURSES "ALWAYS" COMMUNICATED WELL**

HospitalCompare.gov; 2Q2012-1Q2013

**85% OF PATIENTS SAY HENDRICKS REGIONAL HEALTH DOCTORS "ALWAYS" COMMUNICATED WELL**

1.	Hendricks Regional Health	85%
2.	St. Vincent	83%
3.	IU West	81%
4.	St. Francis	79%
	Community South	79%
5.	Community North	78%
6.	IU Health	77%
7.	Community East	75%



HospitalCompare.gov; 2Q2012-1Q2013

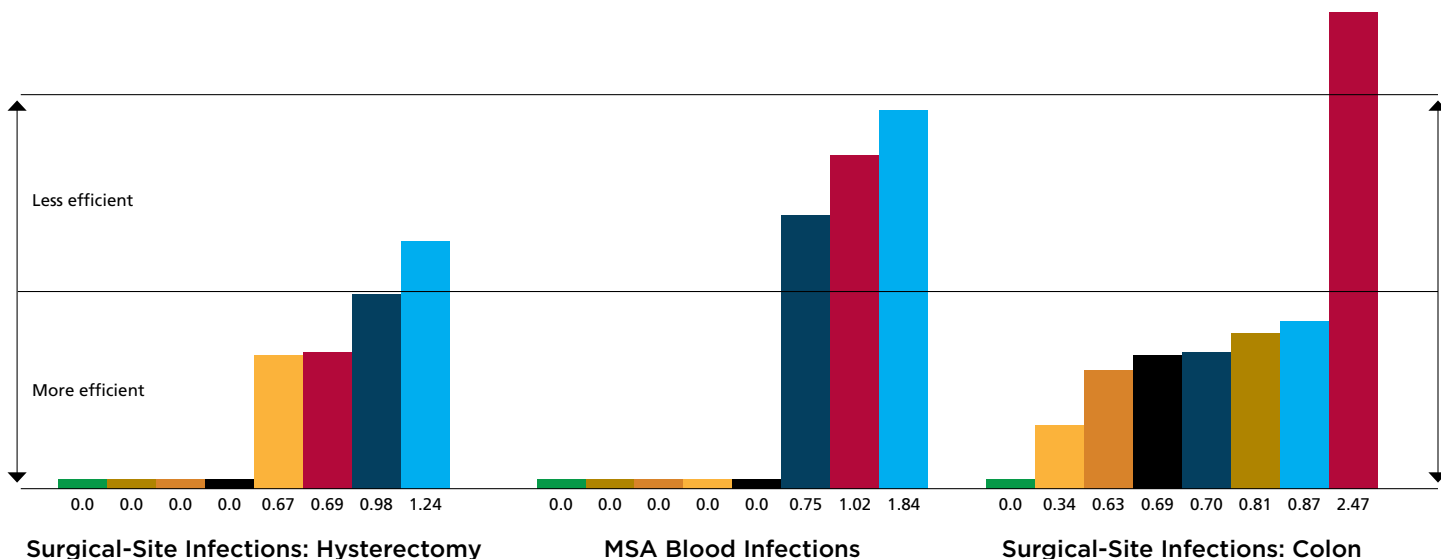
# QUALITY

## LOW INFECTION RATES

Hendricks Regional Health has extremely low infection rates thanks in large part to the careful steps we take before surgery to avoid complications. Low infection rates mean less time in the hospital – helping your employees recover more quickly and get back to work sooner. They also mean your costs are kept to a minimum.

- Community East
- Community North
- Community South
- Hendricks Regional Health
- IU Health
- IU West
- St. Francis
- St. Vincent

HospitalCompare.gov; 2Q2012-1Q2013



# 4.6

### MINUTES FROM “DOOR TO EKG”

Nearly half the national average of 8 minutes

When a heart attack occurs, time is a crucial factor. Patients at Hendricks Regional Health get an EKG within 4.6 minutes of arrival, giving medical personnel the ability to quickly determine the activity in the posterior, anterior and interior sections of the heart.

CMS Hospital OQR Specifications Manual TPT-1 Encounter dates 1Q14-4Q14, v7.0b

# 3X

### FASTER AT DELIVERING THE CLOT-BUSTING DRUG “TPA”

**Door to “TPA” Time**  
 National Standard.....180 minutes  
 Hendricks Regional Health Average.....58 minutes

The sooner the clot-busting drug “TPA” is given, the better chance a stroke patient has for survival. Because we are the only Healthcare Facilities Accreditation Program (HFAP) Primary Stroke Center in the county,<sup>2</sup> we hold ourselves to a much higher standard.

1: CMS Specifications Manual for National Hospital Inpatient Quality Measures Discharges 1Q14-3Q14  
 2: HFAP Primary Stroke Center Certification  
 3: JAMA 2000; 283:3102-09; Circulation 2007;115:e478-e534