MercyOne introduces colleague health coaching program

The health and wellness of all MercyOne colleagues is vital to our organization and helps ensure its successful future. To encourage optimal health among our colleagues, MercyOne Central Iowa has launched a new wellness initiative for 2019. As part of this initiative, free and confidential health coaching is available to colleagues and their family members who are enrolled in the MercyOne Health Plan/CHI Health Plan.

Jill Hayes, RN, BSN, MS, recently joined MercyOne Central Iowa in the role of employee health coach. Jill’s role is to work one-on-one with colleagues to set and achieve health improvement goals. This includes managing chronic conditions such as diabetes, COPD, heart disease and/or high blood pressure, as well as providing basic support and education to improve health. She is able to coordinate care with a patient and his/her primary care provider as well as meet with patients in-person or by phone to set health behavior goals.

If you are enrolled in the MercyOne Health Plan, you are eligible for this free health coaching. As an added benefit, colleagues who are enrolled in the employee wellness program can receive $50 in wellness dollars for each health coaching visit or call (up to four visits per calendar year).

Other additions to the 2019 wellness program that can benefit colleagues and their families include:

- Livongo program: helps manage diabetes by providing a free Livongo blood glucose meter, unlimited strips and lancets delivered to your home, and two diabetes monitoring visits per year at any CVS MinuteClinic location at no cost.

- Weight Watchers (WW): reduced costs for Digital + Workshop, Digital and WW for Diabetes program options.

If you would like to set up an appointment for health coaching or find out more about the wellness program, contact Jill Hayes at 515-358-7097.

MercyOne Iowa Heart Center Celebrates Program Milestone

MercyOne Iowa Heart Center recently celebrated its 100th Watchman left atrial appendage (LAA) closure implant, which reduces the risk of blood clots, stroke and death in patients with irregular heartbeats without long-term blood thinning medications. Electrophysiologists Robert Hoyt and Troy Hounshell performed the procedure on March 28, 2019.

“We are among one of the first medical centers in the region to complete its 100th implant of this life-saving device,” said Dr. Hoyt, who has been implanting the device since 2011 as part of clinical trials. “This milestone is important to our program because it takes a team of people working together to offer this device for patients with atrial fibrillation who have problems taking long-term anticoagulants.”

The Watchman LAAC implant provides an alternative for patients with atrial fibrillation who take blood thinners on a long-term basis to help prevent blood clots and possible stroke. The implant acts as a safety net by closing off the left atrial appendage and catching harmful blood clots before they enter the bloodstream.

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MercyOne Iowa Heart Center

The implant, performed via catheter inserted into the groin, is a one-time procedure that lasts about an hour, followed by an overnight hospital stay with most patients leaving the next day.

“Some patients cannot tolerate blood thinners because of bleeding complications and other issues,” said Dr. Hounshell. “The Watchman device allows patients to stop taking these medications and return to an active lifestyle with less fear and fewer changes.”

Candidates for the device include patients who have atrial fibrillation not caused by a heart valve problem, are able to take short-term blood-thinning medications after the procedure, and are poor candidates for long-term blood-thinning medications. For more information, contact our Watchman education specialist at 515-229-7449.

Consumer Experience

Nurse’s handmade gifts having meaningful impact on patients

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National Laboratory Professionals Week

MercyOne Des Moines Laboratory’s physicians, technologists, technicians and support staff will celebrate National Laboratory Professionals Week April 21-27. The week is set aside each year to increase awareness of the various laboratory professions and communicate appreciation for the high level of expertise demonstrated by laboratory personnel.

The MercyOne laboratories at Des Moines and West Des Moines Medical Centers employ more than 250 colleagues who perform more than three million tests per year for local patients and patient samples referred from throughout central Iowa.

Team Engagement