UW Medicine VALLEY MEDICAL CENTER WE Valley Community CARE update HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

Cholesterol screenings are a common part of routine blood

tests during wellness checks with your primary care provider. But what exactly is cholesterol? What's the difference between "good" and "bad" cholesterol? And what

should you do if the screening shows that your cholesterol is

high? Amitoj Marwaha, MD, a cardiologist at Valley, discusses these questions and more in this **DocTalk video**. Learn more about cardiac care at Valley.

**Understanding Peripheral Arterial Disease** 

An overview of PAD with a Valley vascular surgeon Peripheral Arterial Disease (PAD) refers to blockages in the arteries, causing a mismatch between oxygen supply and

demand. When tissues, especially hardworking ones like

Meghann Nelles Dalstrom, MD, a vascular surgeon at Valley, discusses the symptoms, diagnoses, treatment

Valley is proud to announce its designation as the very <u>first</u> Center of Excellence in Nutrition and Dietetics in the nation by the **Commission on Dietetic Registration!** This designation recognizes exemplary work, supports recruitment and retention of Registered Dietitian Nutritionists (RDNs) and Nutrition and Dietetics Technicians-Registered (NDTR), and helps generate

best practices, benchmark data, and quality outcomes.

We are excited to share that our primary care clinics have

Committee for Quality Assurance (NCQA) Patient-Centered

Medical Homes (PCMH)! Each year our primary care clinics

criteria to maintain their distinction of being Patient-Centered Medical Homes; we have achieved this recognition every year

must prove they meet the 40 core criteria and 25 elective

successfully sustained their recognition as National

muscles, don't get enough oxygen, symptoms arise.

Learn more about vascular care at Valley.

Add YOU to Your

options, and more for PAD in this DocTalk video.

'To-Do' List Schedule your annual mammogram today!

SCHEDULE YOUR APPOINTMENT

the people we serve.

located.

Valley Receives Designation as the First Center of Excellence in **Nutrition & Dietetics in the Nation** 

"This award demonstrates Valley's extraordinary dedication to nutrition and dietetics services in the areas of quality of practice, quality of leadership, quality of outcomes, and quality of organization. Congratulations to Melissa Molloy, Manager of Clinical Nutrition and Dietary Services, and the Clinical Nutrition, Dietetics, and Lifestyle Medicine teams!" said Kalen Privatsky, Chief Operating Officer at Valley. This award recognizes Valley's credentialed nutrition and dietetics practitioners for their

professional competencies within a highly competitive marketplace. It also recognizes that our organization places a high value on the importance of high-quality nutrition care for the health of

Headed to Valley's main campus? Find out where our cafeteria and coffee shops are

**COMING SOON!** The next We are Valley Podcast episode is an interview with Jerry Roundy, Director of Culinary & Nutrition Services at Valley. Click here to subscribe to the podcast and listen to past episodes. Valley Primary Care Clinics Sustain Recognition as NCQA Patient-**Centered Medical Homes** 

**Our Community** 

Be the Hope Raises More than \$350K for Cancer Care in

since our initial application in 2018. Read more about this recognition.

In need of a primary care provider? Find one near home or work.

The 6th annual Be the Hope Walk was held Sept. 21. This year, 946 walkers participated either in-person or virtually, with a fundraising total of more than \$350,000! 100% of funds raised at the

The 2025 Be the Hope Walk is scheduled for Saturday, Sept. 20. Register today!

event support cancer care in our community, including right here at Valley.

What to Expect at Your DEXA Scan

**DEXA Scans on MyChart** 

3 convenient locations. FIND AN URGENT CARE

Got a

A DEXA scan, also called a bone density scan, is an imaging test that measures how strong your bones are and if you're at risk of osteoporosis. Learn who should get a DEXA scan,

Valley is dedicated to making your healthcare experience as convenient as possible and helping you get the care you need.

diagnostic services at our Breast Center can now be scheduled

diagnostic ultrasounds. Learn how to schedule via MyChart.

MyChart offers a new 2-way text notification system for all

you to more quickly and easily get updates and take action.

With the new 2-way texting functionality, you will be able to

Schedule Your

Next Clinic Visit in

**MYCHART** 

Online appointment scheduling

in MyChart is now available for

most clinics after your first visit.

LEARN MORE

Valley patients that will be launching on October 30. This is an upgrade to our current one-way text notification system that will give you even more control of your healthcare journey, allowing

online through MyChart. This includes services ordered by a provider for DEXA scans, diagnostic mammograms, and/or

We're excited to announce that many appointments for

how to prepare, and what to expect.

Easily Schedule Your Diagnostic Mammograms, Ultrasounds, and

Boo-Boo?

Onsite X-ray imaging at

**Important Update: 2-Step Verification for MyChart Accounts** Starting Nov. 9, Valley Medical Center will activate two-step verification for all MyChart accounts. This extra layer of security helps ensure your personal health information stays protected. When logging in, you'll be prompted to verify your identity by entering a six-digit code that will be sent to you via email or text message. To learn more about this change, including instructions on activating or deactivating two-step verification, click here. Thank you for your understanding and cooperation in keeping your information safe! For questions or assistance, please contact our support team by calling 833.452.4278

respond to automated messages and take action with simple prompts, reducing the need to

make a phone call or log in to MyChart for many tasks. Learn more about how 2-way texting

(833.45.CHART) or emailing <u>mycharthelp@valleymed.org</u>.

will make communicating with Valley easier.

this year.

Coming Soon: MyChart 2-Way Texting and Bill Pay

**Insurance Options for Striking Workers** Workers who have lost their health insurance due to the Boeing washington healthplanfinder strike (and other strikes or labor disputes) are now eligible to apply for health and dental insurance through Washington's

insurance exchange, Washington Healthplanfinder, thanks to a new state law that passed earlier

Workers who lose health care coverage due to a strike now have a 60-day special enrollment

The Exchange is providing information and enrollment assistance only and is remaining neutral

On Nov. 18, Valley Women's Healthcare's Renton location, currently located on Talbot Rd., is moving to the Medical Arts Center (MAC) building on Valley's main campus. Providers from

the clinic will move to the new MAC location or to our Time

We're happy to introduce 10 new providers who joined our

three primary care clinics. Meet our new providers.

Clinic Network this month in our Cardiology; Dermatology; Ear, Nose & Throat; Diabetes, Thyroid & Endocrinology; Oncology & Hematology; and Psychiatry & Counseling clinics, as well as at

Diagnosed-

Now What?

nervous system.

At Valley, we serve a critical role in helping maintain and improve the health of our community. We have an honest

passion for helping others, patients and staff alike. If this excites and motivates you, consider joining our team! Here are some of

Seattle Met Magazine's list of top doctors for 2024 is out and

staff. This is one of two local "top doctor" lists of healthcare practitioners who are nominated by their peers. The other list,

by Seattle magazine, was published in July. See who made

Order glass pumpkins in support of Valley's Thank a

3.5 inches wide x 4 inches tall. \$50 each, with discounts

Pumpkins are unique, hand-blown glass and are approximately

LEARN MORE

As the temperature drops and the daylight hours get shorter, a

beans or chickpeas, are both hearty and heart healthy! Get a

In the U.S., 1 in 3 adults has prediabetes and is at risk for type

Many of the contributing factors of chronic conditions such as heart disease, diabetes, and hypertension can be mitigated or prevented through lifestyle changes. Even small changes can

What chronic disease is and how it affects our community How you can take charge of your health with small lifestyle

make a BIG difference! And we're here to help.

Join us for an upcoming session at one of our three Lifestyle Medicine locations! All HealthyCare

At our FREE HealthyCare session, we will discuss:

warm and cozy meal is a nice way to end the day. Dishes containing a variety of vegetables, along with proteins like

available for multiples, and are available in an array of Valley watercolors – red, orange, yellow, green, blue, light pink, and

Caregiver program through Oct. 31.

The price of each pumpkin includes a tax-deductible donation supporting Valley's Thank a Caregiver program. Proceeds from the program are reinvested in projects and educational opportunities to support employees, as identified by Valley staff members. Order today at

WHAT'S THE MOST

HAPPENING IN SOUTH

Valley Eats: It's Getting Cold Outside - Warm Up with a Veggie-

tasty way to eat your vegetables.

We Can Prevent Diabetes, Together! Register for Valley's Diabetes

Valley is here to help! Our Lifestyle Medicine Clinic's Diabetes Prevention Program (DPP) is a CDC-recognized education and proven intervention system focused on physical activity, healthy eating, and other lifestyle changes, providing support for patients to help lower their risk for type

WHEN: First meeting, Wednesday, Nov. 6, 4:30 - 5:30 PM. See registration link for full schedule.

We are now registering participants for the next DPP cohort, which will begin on Nov. 6.

Small Changes Can Make a BIG Difference - Register for a Free

**EXCITING THING** 

**KING COUNTY?** 

Hint: it's life-changing.

includes physicians and nurse practitioners on Valley's medical

From ALS to MS, Pediatrics to

Parkinson's, our team treats a vast array of conditions affecting the brain, spinal cord, and central

**LEARN MORE** 

Neuroscience Institute UW Medicine VALLEY MEDICAL CENTER

**Update Your Address Book! Valley Women's Healthcare's Renton** 

Square - Renton location.

The new MAC address will be:

period before and after employer coverage ends to shop for a health or dental plan at

in the labor dispute. Valley is also sharing this for informational purposes only.

wahealthplanfinder.org. Learn more and get enrolled.

(Talbot Rd.) Location is Moving on Nov. 18

4033 Talbot Rd. S, Suite 200, Renton, WA, 98055

ARNP; Victoria Hwang, MD; and Shannon Sluys, CNM.

**Learn more about Valley Women's Healthcare.** 

Auburn locations.

Network

NEW

caring for our

community like family.

Join the Valley Family!

the jobs we're currently recruiting for:

Psychiatric NP

valleymed.org/careers.

Total Rewards Specialist

Magazine "Top Docs" in 2024

UW Medicine

MEDICAL CENTER

Remarkable things happen here."

lavender.

valleymed.org/pumpkin.

**Forward Meal** 

2 diabetes.

changes

**WHAT:** Diabetes Prevention Program

WHERE: <u>Lifestyle Medicine - Renton</u>

**HealthyCare Session** 

How to take the first step

sessions are 5 - 6 PM.

Resources to help you get started

• Thursday, Oct. 24 - Covington

• Thursday, Nov. 21 - Covington

• Wednesday, Nov. 13 - Maple Valley

We Have You

**Choose Valley for surgery.** 

**LEARN MORE** 

Covered

Monday, Nov. 4 - Renton

• Tuesday, Nov. 19 - Renton

COST: \$299 + tax. Payment plans available.

**REGISTRATION:** Click here to learn more and register.

Hear from a DPP participant in this testimonial video.

Clinic Coordinator, RN (OB/GYN)

• Oncology APP, Weekend, Infusion Center

Providers moving to the MAC location: Neetu Cheema, MD; Jayanti Clay, MD; Elizabeth Junk, PA-C; Clive Liu, MD; Taryn Miyaoka, PA-C; Eric Schmit, DO; and Krissy Yamamoto, MD. The Time Square address is:

660 SW 39th St., Suite 150, Renton, WA, 98057. This clinic is down the street from IKEA.

Providers moving to the Time Square location: <u>Edward Conner, MD</u>; <u>Kaylee Drewry</u>,

Please note: this move does not affect patients who see their provider at our Covington or

Welcome to the Valley Family! 10 New Providers Join Valley's Clinic

• Clinical Nurse Specialist (CNS), Behavioral Health - \$5K sign-on Dermatologist - General Family Medicine Physician Internal Medicine Physician - Outpatient Interventional Gastroenterologist NICU RN - \$10K sign-on Nurse Educator-Specialist, Birth Center - \$5K sign-on

Find out more about these career opportunities and others, and apply today at

the list.

Fall Décor in Support of a Great Cause!

Congratulations to Valley Providers Recognized as Seattle Met

2 diabetes, yet nearly 85% don't know they have it. Having prediabetes means your blood glucose (sugar) level is higher than normal but not high enough to be diagnosed as diabetes. This raises your risk of type 2 diabetes, heart disease, and stroke.

**Prevention Program Beginning Nov. 6** 

Register for a HealthyCare session near you. From Head to Toe,

**Current or Former Smoker? You May be Eligible for Lung Cancer** 

In recognition of Lung Cancer Awareness Month in November, Valley Medical Center and Vantage Radiology are taking part in National Lung Cancer Screening Day by hosting a low-dose CT

At Stroke Club, help yourself — or the one you care for — get better and learn about changes that may come after a stroke.

lung screening event on Saturday, Nov. 9.

Find out if you're eligible for the screening.

Screening. Low-Dose CT Event on Saturday, Nov. 9

**Grief Support Group from Chateau at Valley Center - First Meeting Nov. 6** Goldencare Are you navigating the challenging waters of grief? Do you find

WHEN: Next session is Tuesday, Nov. 12, 6 PM

**Valley Center** 

Members of the Harborview and Valley Medical Center stroke care teams will answer questions and present topics to help you learn what you need to know to be the best stroke survivor you can be. WHAT: Virtual Stroke Club

Virtual Stroke Club - Next Session Tuesday, Nov. 12

yourself longing for a safe space to share your experiences, express your emotions, and find solace in the company of others who understand? Chateau at Valley Center invites you to join their free support group, a compassionate community where you can find comfort, connection, and healing.

WHERE: Virtual. Click here to join Stroke Club and receive monthly meeting invitations.

Support Group and Seminar from Community Partner Chateau at

**WHAT:** Grief Support Group from Chateau at Valley Center WHEN: First Wednesday of the month, 2 - 3 PM. Next meeting is Nov. 6. WHERE: Chateau at Valley Center - 4450 Davis Ave. S., Renton. For more information, call 425.251.6677. Downsizing & Decluttering for Seniors and their Families - Seminar from Chateau at Valley Center on Nov. 9

The process of downsizing can be overwhelming. This seminar from Chateau at Valley Center will give tips for how to tackle the downsizing and moving process with sensitivity and preparation, while acknowledging physical, mental, and emotional barriers.

**WHAT:** Downsizing & Decluttering Seminar **WHEN:** Saturday, Nov. 9, 9:30 - 11 AM WHERE: Chateau at Valley Center - 4450 Davis Ave. S., Renton RSVP: Please RSVP at this link if you'd like to attend the seminar. Content provided by Chateau at Valley Center, a Valley community partner and GoldenCare program supporter.

Community Events

See all classes and events, including virtual birth center tours, birth and parenting classes, support groups, and classes for a healthier you. Connect with Valley

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<u>Update My Email Preferences</u>

October 2024 **Considerations for Cholesterol** 

Myths, management, and more with a Valley cardiologist

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