

WEEKLY

Featuring content from the channels of CHI St. Vincent

onespirit
COMMUNICATION

October 8, 2018

FEATURED PIC: Our new Well-being Hub is now open in downtown Hot Springs. The hub is not a clinic, but will serve as a resource center for living healthier and also includes a hydration station for downtown visitors.

Stories From OneSpiritBlog.com

Coworker blog written by coworkers for coworkers.

Must-Know

Next OneSpirit Forums Begin Later This Month

Make plans to attend one of the upcoming OneSpirit Forums. Leaders from hospitals and clinics will discuss the progress we've made across our Living Our Mission measures. The theme for the forums will be "imagine," and coworkers will be able to imagine their best self in four key areas: growth, rewards, spirituality and well-being.

Well-Being

Your 2019 Well-Being Program Preview - Earn HSA Dollars Easier

Here are a few ways we've made it easier ways to earn in 2019. Now, connecting your Fitbit or Apple Watch earns you \$10 Wellness Dollars. You can earn another \$10 by just logging into the mobile app for the first time. Tracking your calories through an app like MyFitnessPal for 20 days will earn you \$30.

Facetime

Clinic Coworkers Send Photo Welcomes to LRDC Team

We love our teams and the Medical Group is showing their welcoming spirit by sending photo greetings to their new coworkers at CHI St. Vincent Little Rock Diagnostic Clinic (LRDC). With more than 100 clinics across central and southwest Arkansas, our Medical Group continues to expand to serve those who need high quality health care. The addition of LRDC includes more than 30 new providers and 250+ coworkers are now part of the clinic network family. Welcome, welcome and more welcome to our new partners.

OTHER HEADLINES:

Nurses Encouraged to Participate in NDNQI Survey

Wear Pink Friday, Oct. 19 to Support Breast Cancer Awareness

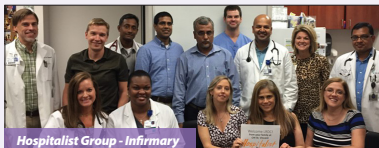


OTHER HEADLINES:

Take Ownership of Your Health This Fall



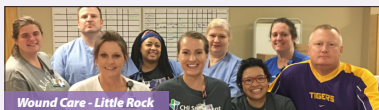
Pulmonary/Neurology Clinics - Hot Springs



Hospitalist Group - Infirmary



Primary Care - Morrilton



Wound Care - Little Rock

Events & Perks

Discounted Hog Football Tickets

Sat., October 13 (Little Rock)

Redeem the healthcare discount at onespiritblog.com/perks

Breast Cancer Awareness Wear Pink Day

Friday, October 19 (All Facilities)

Send photos of your team to: webmaster@stvincenthealth.com

Walks and Events

Light the Night Walk

Benefits Leukemia and Lymphoma Society

Friday, Oct. 19 | 7pm (North Little Rock)

JDRF One Walk

Benefits Juvenile Diabetes Research Foundation

Saturday, Oct. 28 | 2pm (North Little Rock)

Social Highlight

We appreciate all likes (and especially shares) for Facebook posts. Help continue to get the word out about our ministry.



Share: Content for OneSpirit, including blog and photos can be submitted to: webmaster@stvincenthealth.com

well-being EXPOS



Visit booths to learn about benefits, discounts, and wellness perks. Flu shots will be available during the expos.

Infirmary *(Terrace Room)*

Wednesday, Oct. 24 | 7am – 3:30pm

Morrilton *(Employee Dining Room)*

Thursday, Oct. 25 | 7am – 3pm

Hot Springs *(Mercy/McAuley Room)*

Monday, Oct. 29 | 7am – 3:30pm

North *(Admin. Conference Room)*

Tuesday, Oct. 30 | 7am – 3pm

IHUM-35-10-18

Coworkers are required to get a flu shot by Dec. 7.

2018 Flu Shots

Monday-Friday, Oct. 8-Dec. 7

(To see afterhours clinic schedule, visit onespiritblog.com)



HOT SPRINGS

7am – 3:30pm
Employee Health *(Human Resources)*

INFIRMARY

7am – 3:30pm
Employee Health *(Human Resources)*

NORTH

Infirmary Human Resources

MORRILTON

Dates will be communicated by department managers.