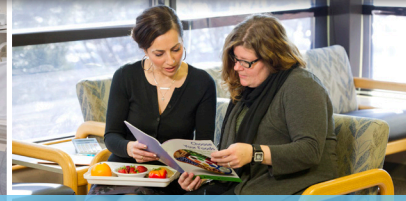


# MEMBER RESOURCES

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## HEART CARE

**708.827.2030**

### Diagnostic and Interventional Cardiac Services

Outpatient procedures include:

- CT angiography** - uses contrast dye during a CT scan to visualize blood vessels and check for narrowing, blockages or aneurysms.
- Echocardiogram** - shows enlargement of the heart, valve abnormalities, blood clots or other concerns.
- Stress echocardiogram** - assesses how well the heart works during exercise.
- Electrocardiogram (EKG)** - shows heart's electrical activity, revealing irregular rhythms.
- Heart monitoring** - records heartbeat for 24 or 48 hours to check for irregular rhythms.
- Pediatric heart monitoring**
- A-Fib Clinic**- treatment and therapy options to manage irregular heart rate. **708.923.5460**
- Cardiac Rehabilitation** - A comprehensive, multi-phase program of exercise, education, risk-factor control and regular evaluation for treatment of an existing condition or recovery from surgery. Education available to help improve overall health and reduce risk of future cardiac events. **708.923.5188**

## HEART & LUNG WELLNESS CLINIC

**708.923.5300**

Available to patients with a physician's order. Provides one-on-one, disease specific education with either an Advanced Practice Nurse or a Respiratory Therapist. Patients can obtain focused physical assessments and laboratory tests, treatments or medications as well as assistance in home wellness management with action plans and goals.

### Courage to Quit

**708.226.2300**

This is a FREE seven-week program offered by the Respiratory Health Association, designed for adults who are ready to quit smoking.

## PALOS HOME CARE

**630.257.1111**

Licensed, certified, trustworthy care in the comfort of home.

- Home Health** - Wide array of services including nursing, IV therapy, wound and ostomy care, PT, OT, ST, nutritional guidance and psychiatric care. Available 24/7 to residents recovering from a medical treatment at a hospital or skilled nursing facility.
- Hospice** - Life experience focused on caring, not curing. Care can take place in the patient's home, nursing home, assisted living facility or in Palos Hospital's inpatient unit.
- Private Duty** - Compassionate assistance for day-to-day activities including: bathing, grooming and dressing, taking medications, preparing and eating meals, laundry and light housework and running errands.
- House Calls** - Offered in connection with a primary care physician to provide medical care to patients unable to leave their home. Visits may include: a detailed medical history and exam, an individualized plan of care, medical management, assessment of additional needs at home and prescriptions.
- Telemonitoring** - Allows patients to take vital signs daily at home using simple health monitoring devices. Technology records blood pressure, oxygen level and other clinical data, and then transmits to specially trained nurses. Medical professionals review information to determine if further treatment is needed.
- Palliative & Supportive Care** - Works with patient's physician to provide medical care and enhance quality of life during serious illness.

## PALOS DIABETES & METABOLISM CENTER

**708.226.2626**

An advanced practice nurse works with patients and their physician to provide comprehensive management of type 1, type 2 and gestational diabetes as well as metabolic conditions including: pre-diabetes, obesity, dyslipidemia and Polycystic Ovarian Syndrome (PCOS). Dietitians available for nutrition counseling and disease education.

TURN OVER FOR PAGE 2



## CARE COORDINATION

### 708.827.CARE

Patients with the following high-risk medical conditions may be referred by their primary care physician or specialty care provider for a care management services evaluation: multiple chronic conditions or uncontrolled illness (diabetes, uncontrolled asthma), patient accessing the ER frequently/unnecessarily, cancer diagnosis. Nurse care coordinators outreach to patients via telephone to help coordinate the care and services needed to manage these complex illnesses/conditions.

## PALOS IMAGING & DIAGNOSTICS

### 708.226.2500

Minimally invasive options for identifying internal illnesses and injuries in Orland Park. Competitively priced services include:

**Computed Tomography (CT) Scan (128 Slice)**

**Magnetic Resonance Imaging (MRI) Scan (3T and 1.5T)**

**PET scan**

**Ultrasound**

**X-ray (General Radiology)**

## NUTRITION COUNSELING

### 708.923.4330

**Cancer Nutrition** – A registered dietitian nutritionist works with patients to maintain body weight during treatment, cut the risk of cancer recurrence, reduce nausea and improve overall quality of life.

**Personal Nutrition Counseling** – One-on-one attention from a registered dietitian nutritionist for weight loss and overall health improvement.

## PULMONARY REHABILITATION PROGRAM

### 708.923.5536

An intensive, medically supervised exercise experience using the latest exercise technology. Helps to decrease shortness of breath and the stress of living with pulmonary disease.

## OUTPATIENT REHABILITATION

### 708.923.5280

Specialized, individual care for physical, occupational and speech therapy needs offered at two convenient locations.

**Physical Therapy**

**Occupational Therapy**

**Speech Therapy**

**Cancer Rehabilitation** – Customized exercise programs for cancer patients created by a physical therapist. Consultations available with speech and occupational therapists if needed.

**Vestibular Rehabilitation/ Imbalance**

**Pelvic Floor Rehabilitation**

**Urinary Incontinence**

**Lymphedema Program** – Care from physical and occupational therapists certified in Complete Decongestive Therapy (CDT), which aims to reduce swelling and restore tissue softness.

**Wound Care Clinic** – Personalized outpatient treatment of chronic or non-healing wounds. A complement to physician services.

## BEHAVIORAL HEALTH

### 708.460.2721

**Counseling Services / Family & Marital Therapy** – Help adjusting to life changes, mental health conditions, grief, addictions and relationships.

**Transcranial Magnetic Stimulation (TMS)** – Uses magnetic energy to stimulate areas of the brain thought to be underactive in individuals with depression. Non-invasive outpatient procedure.

**Intensive Outpatient Program** – Structured outpatient programs for psychiatric disorders, chemical dependency or co-occurring (dual diagnosis) disorders. More support than traditional outpatient treatment.

**Partial Hospitalization Program** – Psychiatric and co-occurring disorder (dual diagnosis) tracks available. Both include daily therapy groups led by a behavioral health specialist. Individual counseling or family and marital therapy also available.

## HOSPITAL-BASED IMAGING SERVICES

### 708.827.2030

Comprehensive range of diagnostic and interventional radiology services.

**Computed Tomography (CT Scan)**

**Low-Dose CT Lung Cancer Screening**

**Magnetic Resonance Imaging (MRI)**

**Mammography**

**Nuclear Medicine**

**Ultrasound**

**Vascular Ultrasound**

**X-ray (General Radiology)**

## WOMEN'S SERVICES

### 708.827.2030

**Mammography** – Advanced technology in the detection and diagnosis of breast cancer. Breast tomosynthesis, 3D Mammography™, is a new technology that allows radiologists to examine breast tissue in one millimeter slices. Available at the Women's Center in Tinley Park and at the Women's Center at Palos Hospital.

**Bone Density Scan (DEXA)** – Measures bone density to help detect osteoporosis.

## IMMEDIATE CARE

### 708.460.5550

Help for non-life threatening health issues when the primary care physician is not available. No appointment necessary. Basic X-ray and laboratory services available.

## CHC Member Resources Key Contacts

*Medical Director - Jim Draguesku, MD*

Administrative Director - Margie Zeglen, 708.923.4744

Contracting - John Cepek, 708.923.5014

Network Coordinator - Julie Stephens, 708.923.5242

Physician Liaison - Dan Such, 708.923.5030