

Now

Parkland

Information and stories for
Parkland employees
July 29 – Aug. 4, 2024



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Parkland named one of the Healthiest Employers in Texas

Employee Health & Wellness offers wide range of healthcare options

Parkland Health has been recognized as one of the 2024 Healthiest Employers of Texas! This award, presented by Healthiest Employers®, recognizes organizations that prioritize the health and well-being of their employees. Parkland has been ranked as one of the top 10 large employers (10,000+ employees) in the state on the annual list. Started in 2009, the Healthiest Employers award program is a comprehensive online assessment to evaluate company performance spanning six key areas of health and wellbeing:

- Culture and leadership commitment
- Foundational components
- Strategic planning
- Communications and marketing
- Programming and interventions
- Reporting and analytics

One of the most important ways Parkland Employee Health & Wellness strives to better the health of our team members is by providing care at the Employee Health Center (EHC) and Employee Women's Wellness Center (EWWC). The EHC and EWWC offer advanced primary care (including both family medicine and internal medicine providers), express care (same/next-day visits for acute issues), obstetrics (maternity care), gynecology (including preventive women's care, mid-life and menopause transition support, and gynecologic issues), in-clinic specialty care, behavioral health, medication management with a licensed pharmacy specialist, and care coordination and referral management. Primary care, express care and behavioral health visits are available both in-person at Moody Outpatient Center and virtual for increased access and convenience.

Employee Health clinics are a trusted, first-choice provider of whole-person health and wellness dedicated to Parkland employees and their families. The Employee Health team works to improve your access to high-quality care, ensure an exceptional patient experience, help you navigate the healthcare system and prioritize your own health and wellness in all areas of life.

Mental and emotional care for employees has greatly expanded in the last year. The clinic provides individual and group psychotherapy with Clinical Psychologists, in addition to monthly Self-Enhancement and Therapy Services (SETS) workshops. Self-enhancement workshops are offered virtually, free of cost to all employees, and topics rotate monthly. Social work services with EHC Licensed Clinical Social Workers (LCSW) are available for support, resource navigation, and counseling, including crisis support and intervention.

Employee Health & Wellness is actively growing to expand specialty care offerings. Employees have access to personalized diabetes care with a provider Board Certified in Advanced Diabetes Management (BC-ADM) and support for musculoskeletal pain with a Physical Medicine & Rehabilitation (PM&R) and Sports Medicine physician and Doctor of Chiropractic. Employees can self-refer to specialists for diabetes and musculoskeletal pain at EHC. Beginning Fall 2024, the clinic will also offer Physical Therapy and will welcome Steven Bean, DO, Family and Sleep Medicine Physician, to the team.

For primary care, behavioral health, and specialty care at the EHC, call 214-590-2800 (ext. 22800). For women's and maternity care at EWWC, call 469-419-1010 (ext. 71010). Care coordination and referral requests can be submitted via the OTM self-service portal > Employee Health > [Access Employee Health Services](#).



Jet Dental onsite appointments available in August

Jet Dental offers a convenient opportunity to receive dental care here at Parkland. Rather than having to schedule an appointment with an off-site dentist, Parkland will host Jet Dental on campus throughout the year to provide services such as:

- Preventive care (provided at no cost to employees with dental insurance).
- Restorative care, such as fillings, scaling, root planning and corrective services (copays apply based on your dental plan).

Jet Dental will offer these services next to the Employee Health Center on the 4th floor of Moody Outpatient Center from 9 a.m. to 5 p.m. beginning Monday, Aug. 19, through Friday, Aug. 23. Appointments are required to be seen in the dental clinic and may be scheduled by [clicking here](#). For more information on this exciting new opportunity, view this [FAQ](#) or visit [ParklandBenefits.org](#).

▼ Lasting Impressions: Our IT team



Each week, “Lasting Impressions” features a Parkland employee who does exceptional work and provides excellent customer service. This week’s “Lasting Impressions” features our Information Technologies team for their diligent response during the recent CrowdStrike outage.

“On July 19, the CrowdStrike outage caused problems at organizations across the globe, including Parkland. But our IT team’s tireless efforts helped mitigate the problems and keep Parkland running to serve our patients. Hundreds of team members worked into the night and weekend, touching thousands of Parkland devices to get them back up and running. In a time of crisis, their proactive work kept a difficult situation from being much worse. Parkland saw minimal impacts to our operation as a health system, and that is thanks in large part to the dedication of our IT team. Thank you!”



Want to nominate an employee who goes above and beyond? Tell us what makes them so fantastic by emailing Employees@phhs.org or calling ext. 28048.

Nominate a deserving APP team

It’s time to submit nominations for Parkland’s Advanced Practice Provider (APP) Team of the year award. The Advance Practice Council is seeking nominations now through Wednesday, July 31. You can begin your nomination by [clicking here](#).

Parkland recognizes one APP team each year that goes above and beyond in their efforts to promote excellence, inter-professional collaboration, improved communication and better patient outcomes. An APP team is defined as either a single practice made up of only APP team members or an APP practice department that includes APPs and other employees who work together for a common purpose.

Make sure to submit your nomination by July 31 to recognize the amazing work done by APP teams at Parkland.



► ‘Food Truck Friday’ returns Aug. 2

Food trucks will return to the Parkland campus for “Food Truck Friday” from 11 a.m. to 2 p.m. on Friday, Aug. 2. Food trucks will be parked near the employee entrance, on Tex Oak Ave. between the hospital and the Ron J. Anderson, MD Clinic Building.

Food Truck Fridays are a community event that brings us together with our fellow team members to enjoy unique and diverse culinary experiences. Mark your calendars and bring your appetite. We hope to see you there!

▼ Schwartz Rounds return beginning Aug. 20

Parkland is once again hosting Schwartz Rounds, multidisciplinary forums where all healthcare workers (clinical and non-clinical) are invited to explore the social and emotional aspects of patient care. Sessions will take place from 11:30 a.m. to 12:30 p.m. in NPC 03-453/454, dates and topics are listed below. Lunch will be served, and each session is open to all Parkland employees, affiliated clinicians and trainees.

- **Tuesday, Aug 20:** The patient I’ll never forget
- **Tuesday, Sept. 17:** My first death
- **Tuesday, Oct. 15:** It’s OK to cry
- **Tuesday, Nov. 19:** Dealing with family illness while working to heal and treat others

For more information about Schwartz Rounds at Parkland, contact Karla.New@phhs.org, Jennifer.Wimberly@phhs.org or Kirsten.Drake@phhs.org.



▶ Annual water bottle drive a success

Earlier this month, the Professional Excellence in Nursing (PEN) Council held their annual reusable water bottle drive. With new, reusable bottles distributed to individuals experiencing homelessness by Parkland's Homeless Outreach Medical Services (HOMES) program. The drive had a goal of 700 bottles, but thanks to the generosity of Parkland team members, they received 1,017 bottles! Thank you to everyone who made this drive a success, your efforts will greatly benefit individuals experiencing homelessness in our community.

▶ Register for 2024 Infant Mortality Awareness Summit

This September, Dallas Healthy Start will host the 17th Annual Infant Mortality Awareness Summit from 9 a.m. to 4 p.m. on Friday, Sept. 13, at the Moody Outpatient Center (5151 Maple Ave., Dallas 75235). The title of this year's event is "Building Resilient Communities for Better Maternal and Infant Health Outcomes."

This event is free to attend, but registration is required. To do so, [click here](#) or scan the QR code.



Microsoft 365 Training Opportunities

Have an interest in improving your use of Microsoft 365 products? Register for and attend a live training session designed to help you increase proficiency and confidence in the tools you rely on the most. Check out the class offerings below and [get registered today!](#)

- Outlook – Basic
- Outlook – Intermediate
- Outlook – Advanced Mail Management
- Creating Outstanding PowerPoint Presentations
- Microsoft Word – Basic
- Microsoft Word – Advanced
- Microsoft Excel – Basic
- Microsoft Excel – Intermediate
- Microsoft Excel – Advanced
- Introduction to Web-based Collaboration in SharePoint Online

[Register here](#) for these beneficial training opportunities.



Care. Compassion. Community.

Parkland Now is published by the Corporate Communications department at Parkland Health. Please note the submission deadline for each issue of *Parkland Now* is by the end of day each Monday. To publicize your news in *Parkland Now*, please send all submissions to Employees@phhs.org or call ext. 28048.

TOP TIER

Specialty Care at Parkland

For EHC Specialties, call
214-590-2800 to self-refer



Employees have priority access to high quality specialty care, radiology, lab, pharmacy and hospital services at Parkland



**Priority access
scheduling**
for all services when
self-identifying as an employee



**Visits with
UT Southwestern providers
at Parkland are Tier 1**
(\$30 copay with PEHP Cigna PPO plan)

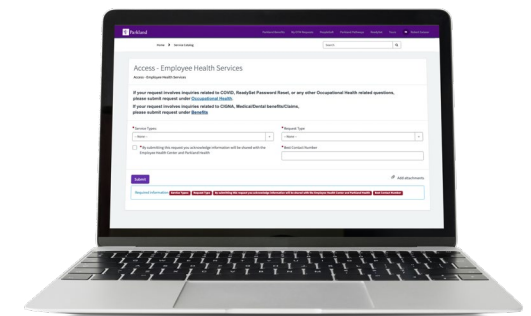
You can self-refer to specialty care
offered at our employee clinics:

PARKLAND EMPLOYEE HEALTH CENTER

- Diabetes Endocrinology
- Chiropractic
- Physical Medicine & Rehabilitation
- Behavioral Health

EMPLOYEE WOMEN'S WELLNESS CENTER

- Obstetrics
- Gynecology



bit.ly/3zEdiwD

Follow us on social media!

@ParklandHealth

PARKLAND EMPLOYEE
HEALTH & WELLNESS

Learn more about your benefits for Dental Care, Vision Care, and Flexible Spending Accounts (FSAs)!¹

Dental Care

You can choose between two dental plans, both administered by Cigna:

DHMO – Dental Health Maintenance Organization

- Receive care through the DHMO network of dentists and pay a set copay for care, according to a **patient charge schedule**.
- No deductibles, plan maximums or claims to file.
- Orthodontia is covered for children and adults.

DPPO – Dental Preferred Provider Organization

- Receive care from any dentist, but you'll save money if you use a Cigna network dentist.
- \$50 deductible per person (\$150 family maximum) before the plan pays for basic and major care.
- After you meet the deductible, you and the plan share costs (coinsurance).
- Orthodontia is covered only for dependent children under age 26.

Take advantage of additional dental benefits with the Dental Oral Health Integration Program®

- Enhanced dental coverage (available at no charge) and extra support if you have a medical condition such as diabetes, heart disease, stroke, maternity, head and neck cancer radiation, organ transplant or chronic kidney disease.
- You must enroll to participate. To enroll, contact Cigna 24/7/365 at 800-247-4433.

Onsite Dental Care at Parkland with Jet Dental

Convenient access to dental care at Parkland for employees currently enrolled in Parkland's dental plan. Services offered next to the Employee Health Center in the Moody Outpatient Center.

- On-site preventive and restorative care, such as cleanings, X-rays, exams, fillings, sealants and cavity treatments, as well as at-home kits for professional grade teeth whitening and clear aligner scans.
- With the DHMO and DPPO, you receive two free exams and cleaning benefits per year.
- **Schedule your appointment here** or visit the Employee Health & Wellness SharePoint page to locate the booking link.

Learn more about your dental benefits at www.parklandbenefits.org/benefits/dental

Flexible Spending Accounts (FSAs)

FSAs help you save money, contributions come out of your paycheck pre-tax, meaning you pay less in taxes. Parkland offers two FSAs.

Health Care Flexible Spending Account

Use for eligible medical, dental, vision and hearing expenses not paid by another health plan. Can be used for you, your spouse, and your eligible dependents' expenses, and you can add up to \$3,200 per year. You can't open a Health Care FSA if you enroll in the High Deductible Health Plan (HDHP) with Health Savings Account (HSA) or if your spouse has an HSA.*

* IRS rules do not allow you to have both a Health Care Flexible Spending Account and a Health Savings Account (HSA).

What can you use it for?

- Copays, deductibles and coinsurance
- Dental expenses such as orthodontia, crowns and bridges
- Vision expenses such as LASIK eye surgery, glasses and contacts
- Prescription drugs and certain over-the-counter medications
- Weight loss programs prescribed by your doctor to treat a specific medical condition
- Stop smoking programs prescribed by your doctor to improve your health
- Find eligible items at fsastore.com and amazon.com/FSA-Store
- Visit the IRS site for a complete list of covered health care expenses

Dependent Care Flexible Spending Account

Use for eligible dependent care expenses, such as child or adult day care. Parkland's contribution is equal to 25% of the amount that you contribute. Learn more about what expenses are eligible at parklandbenefits.org/benefits/flexible-spending-accounts/.

Learn more about FSAs at www.parklandbenefits.org/benefits/flexible-spending-accounts

Vision Care

Vision coverage is offered through Superior Vision by MetLife. How the plan works:

- The vision plan provides benefits for routine eye care, including comprehensive eye exams, frames and lenses, and contact lenses.
- You can see any provider, but you'll save money if you use a Superior Vision by MetLife provider.
- You have the convenience of ordering glasses and contacts online.

Cost Savings on the Vision Plan

- Retail discounts and LASIK surgery discounts

Onsite Vision Care at Parkland

- Convenient access to vision care at Parkland for employees currently enrolled in Parkland's vision plan. Services offered next to the Employee Health Center in the Moody Outpatient Center.
- OnSight Eyes provides eye exams (covered by Parkland's vision plan), selection of glasses and eyewear (covered by Parkland's vision plan and available to employees with a valid, outside prescription), and contact lens exams for existing wearers only.
- Vision plan copays will apply, and appointments are required. Schedule an appointment at <https://onsightexams.com/events/1099>

Learn more about your vision benefits at www.parklandbenefits.org/benefits/vision