

MidHudson Regional Hospital

Patient Guide



**MidHudson
Regional Hospital**

Westchester Medical Center Health Network

Welcome

Dear Patients,

Welcome to MidHudson Regional Hospital, a member of the Westchester Medical Center Health Network (WMCHHealth). The information provided in this guide is designed to help you and your caregivers throughout your stay and discharge. You are encouraged to be an active participant in your treatment and recovery process and ask questions when you need information. We are here to make your experience as comfortable as possible. Please let us know how we can help.

On behalf of the workforce at MidHudson Regional Hospital, thank you for entrusting us with your care.



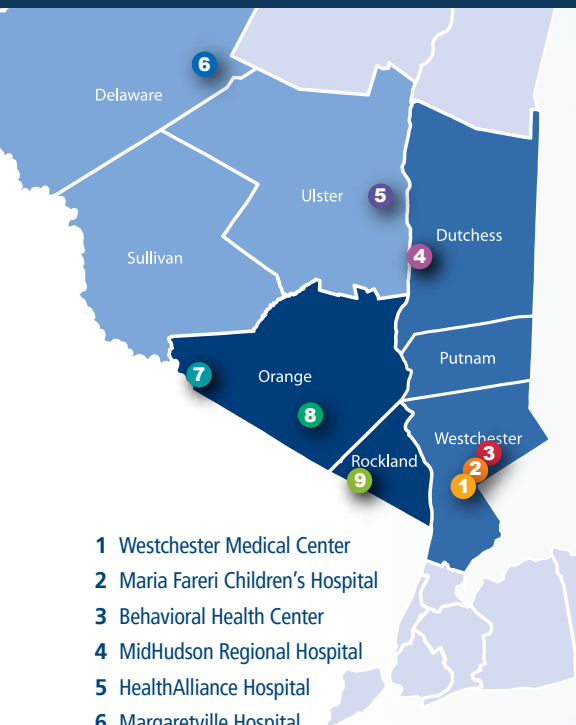
David Lubarsky, MD, MBA, FASA
President & CEO
WMCHHealth



Elissa Chessari
Senior Vice President & COO, Northern Region
Executive Director, Mid-Hudson Regional Hospital

Special Notice Regarding COVID-19

A safe and effective care environment is our highest priority, and Westchester Medical Center Health Network (WMCHHealth) hospitals and medical practices have undertaken necessary steps to protect our patients and workforce.



- 1 Westchester Medical Center
- 2 Maria Fareri Children's Hospital
- 3 Behavioral Health Center
- 4 MidHudson Regional Hospital
- 5 HealthAlliance Hospital
- 6 Margaretville Hospital
- 7 Bon Secours Community Hospital
- 8 St. Anthony Community Hospital
- 9 Good Samaritan Hospital

About WMCHHealth

Headquartered in Valhalla, NY, the Westchester Medical Center Health Network (WMCHHealth) is a 1,800-bed healthcare system comprised of 9 hospitals on seven campuses, spanning 6,200 square miles in the Hudson Valley. WMCHHealth has a workforce of more than 12,000 and has nearly 3,000 attending physicians who care for more than 381,000 patients annually. Approximately 600 of our providers are employed in one of our two medical groups, which make up WMCHHealth Physicians.

The network includes Level I adult and pediatric trauma centers, and a Level II trauma center; a dedicated burn center; the region's only advanced care children's hospital; an academic medical center; a new, high-tech, and patient-first ambulatory care facility; several community hospitals; dozens of specialized institutes and centers, including comprehensive and primary stroke centers; skilled nursing and assisted-living facilities; homecare services; and one of the largest mental health systems in New York State, along

with a growing telemedicine program that connects Hudson Valley residents with immediate, life-saving care.

WMCHHealth's patient-centered and family-supported environment celebrates diversity and inclusion. Discrimination based on age, race, ethnicity, religion, culture, language, physical or mental disability, socioeconomic status, sex, sexual orientation, or gender identity or expression is prohibited.

WMCHHealth Mission

WMCHHealth's vital mission is to provide the highest-quality care for all residents of the Hudson Valley regardless of ability to pay. WMCHHealth will build on its long tradition of delivering the most advanced services in the region by providing access to a coordinated continuum of care for its community. As the region's only academic medical center-led network, WMCHHealth is committed to educating the next generation of caregivers for the Hudson Valley and integrating research to advance treatment, expand knowledge, and improve lives.

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We encourage you to scan this QR Code to share this guide with your loved ones and caregivers.

Safety First

Your safety is our number one goal. We will always do our best to work together to make sure that you receive safe, high-quality care.

Here are ways that you can ensure your safety during your stay.



Fall Prevention

Upon admission, your nurse will assess your risk for falling. If you are at risk for falls, please do not attempt to get out of bed without assistance. Your nurse and care team will create a plan to keep you safe in the hospital.



Medications

Share all information you know about the medications you are taking.

Ask your care team about potential side effects of medications.



Hand Hygiene

Please wash your hands with soap and water for 15 seconds after using the bathroom, before eating or after touching anything that might be soiled. Healthcare providers are required to wash or sanitize their hands before and after seeing a patient. Patients and visitors are encouraged to remind the care team members to clean their hands or to wear gloves if they notice that they do not.



Call Bell

Each bed has a call bell connected to the nursing station, through which you can speak to the nurses and care partners. Please use the bell to request help. Our staff will regularly check in to make sure that all your personal needs are met.



Tubes, IV Lines and Catheters

Please do not tamper with, move or remove any tubes, IV lines or catheters that may be attached to you.

Non-clinical staff, patients and visitors are not permitted to reconnect these, and should seek clinical assistance if a problem develops.



Electrical Appliances

Electrical appliances are not permitted in patient rooms.



Valuables

Please do not bring valuables with you and limit the number of personal belongings to be kept in your room. We are not responsible for your personal belongings.



Rapid Response Team

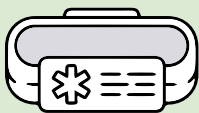
If you or your loved one recognizes a sudden worsening condition during your hospitalization, we encourage you to speak up for safety and notify a staff member to call for a Rapid Response Activation.

Here are ways that we will ensure your safety during your stay.



Vital Signs

It is important for us to regularly check your vital signs (temperature, blood pressure and heart rate). Your required level of care and the doctor's orders determine how often we check vital signs—sometimes we need to check during the night.



Identification

We will always match your identity by checking your medical record number on your wrist band, which contains your name and date of birth and asking you to verify your name and date of birth.



Alarms

Many pieces of equipment in your room have alarms that may sometimes go off. Your patient care team knows each alarm sound and how to respond.



Personal Safety and Security

WMCHHealth does not tolerate any acts or threats of violence or other disruptive behavior from patients, visitors or the workforce. Contact Security at x18122 or any staff member if you have any concerns.



Our Commitment to Your Care

During Your Stay Your Satisfaction Matters to Us

Patient satisfaction is important to us. We are always looking for ways to improve our services and welcome any comments and ideas you may have to help us in our mission. Please speak with your nurse or the unit's nurse manager if you have any questions or concerns about your care.

If you believe your concerns have not been resolved, you may contact Patient Experience at x35565. Patient Experience serves as a liaison between patients and the hospital, providing patients' rights information, details on hospital services, complaint resolution, and solutions to requests for special needs.

You also have the right to file your complaint with either:

New York State Health Department Centralized Hospital Intake Program

Mailstop: CA/DCS
Empire State Plaza
Albany, NY 12237
Phone: 800.804.5447

DNV Hospital Accreditation

<https://www.dnvhealthcareportal.com/patient-complaint-report>

Email: hospitalcomplaint@dnv.com

Phone: 866.496.9647

Fax: 281.870.4818

Mail: DNV Healthcare USA Inc.

Attn: Hospital Complaints

4435 Aicholtz Road, Suite 900

Cincinnati, OH 45245

After Your Stay We Welcome Your Feedback!

Once you leave our care, you may receive the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey with a postage-paid return envelope.

This survey is a tool to measure and report patient satisfaction.

It includes topics, such as: doctor and nurse communication, medicine, discharge information, staff responsiveness, and overall quality of the hospital.

If you receive this survey, we encourage you to take the time to complete it. The results will help us know what we're doing right and where we can improve.

Thank you.



Your Healthcare Team

Here are some of the professionals who make up your healthcare team and provide 24-hour patient care.



Nurses

The team of knowledgeable and dedicated nursing personnel is responsible for providing you with personalized care. Each nursing team works with an assigned number of patients. The team includes registered nurses (RNs) and care partners. In addition to the nurses on your unit, other nursing professionals may be active in your treatment. Some nursing specialists assist in the operating rooms, or work in hospital administration or patient education.



Attending Physicians

These are the senior doctors on your care team. Attending physicians make the final decisions related to tests, medicines, nutritional needs, and other aspects of your care and treatment while you are in the hospital.



Hospitalists

These are attending physicians who care for you when you are on a medical unit. They take over responsibility from your regular doctor when you enter the hospital.



Nurse Practitioners (NPs) and Physician Assistants (PAs)

NPs and PAs are advanced healthcare practitioners who are credentialed to provide care under the supervision of the attending physician. They examine, diagnose, and treat patients; take medical histories; prescribe medication; and refer patients to specialists, as needed.



Fellows

These are doctors that operate at a level of responsibility just below that of attending physicians. Fellows are physicians who have completed their primary residency and have chosen to pursue advanced training (fellowship) in a specialty area.

TeleHealth

Electronic intensive care unit (eICU) specialists can make observations, perform consultations, and make recommendations in coordination with the bedside team by using cameras, microphones, and digital monitoring systems in patient rooms on certain units. TeleHealth consultations are completely private and secure – only those in the patient's room or on the video screen can hear or see the patient.

Social Worker/Case Managers

These providers assist you and your family with personal adjustments related to your illness that may affect your recovery. They have access to a variety of resources that may help you resolve problems. Social workers and case managers are also available to help you plan for care after your discharge from the hospital, if necessary. If you wish to speak with a social worker, ask your nurse to call the social worker assigned to your unit or call x18717.

Physical Therapists (PTs)

Specialize in the functioning of joints and muscles. They help develop muscle tone, endurance, balance and movement.

You are the center of the healthcare team, and we encourage you to take an active role in your care.

Occupational Therapists (OTs)

Specialize in helping patients build or restore their abilities to perform daily tasks of life.

Speech Therapists

Specialize in speech and swallowing disorders.

Respiratory Therapists

Specialize in breathing disorders and respiratory equipment. They administer respiratory treatments when ordered by the physician.

Clinical Dietitians

Assist you with your specific dietary needs during your hospital stay.

Support Staff

There are hundreds of other trained professionals who you may or may not come across during your stay at MidHudson Regional Hospital, including laboratory and X-ray technicians, phlebotomists, pharmacists, transporters, housekeepers and food service staff.



Make sure you know your healthcare team.

Ask people to identify themselves and tell you what they do. We require all members of the healthcare team to wear their ID badges to better help you recognize who is taking care of you.

Make sure your healthcare team knows you.

All members of the healthcare team should check your identification bracelet before examining and treating you.

Keep notes.

Write down the names of your healthcare team members overseeing your care. Make a list of questions or concerns to discuss when they visit you.

Make sure you understand what you are being treated for.

If you don't understand a procedure or a technical term, ask the healthcare team to explain it.

Ask to receive the information about your care in the language you prefer.

Language translation services are available. Ask your nurse for assistance.

Understand your medications.

Ask why you take them and about side effects they may have.

Don't ignore pain.

Tell your healthcare team when you feel pain.

Ask a trusted family member or friend to be your advocate.

We encourage you to pick a key person to support you and to participate in your conversations with your healthcare team.

We Are ALL Here to Serve You.

Everything we do is aimed at making your stay with us as pleasant and positive as possible.



Services for Our Patients

Dining

We offer a variety of menu selections that are customized to follow the diet your physician ordered for you. A patient dining associate will help you with your menu selections. You can also request to see your clinical dietitian if you have further questions about your diet. Meal service is scheduled by floor and occurs between the following times:

Breakfast Service Hours 7 – 9 a.m.

Lunch Service Hours 11 a.m. – 1 p.m.

Dinner Service Hours 4 – 6 p.m.

Patient Services Hours 7 a.m. – 6 p.m.

Internet Access

Internet access is available. You do not need a password for Wi-Fi. For assistance call the IT Help Desk at x35723.

Interpreter Services/Hearing and Vision Assistance

Free interpreter assistance is available for patients who are hearing impaired and for people who speak a language other than English. Language interpretation is available 24/7 by telephone and/or video remote interpretation in over 200 languages. We offer 24/7 access to American Sign Language (ASL) interpretation via remote video technology. With notice, we can arrange to have in-person ASL translation provided at no charge. Braille versions of various documents are available in the Admitting Department, Emergency Department, and Outpatient Clinics.

To access these services, please ask your nurse for assistance or contact the Patient Experience Department at x35565.

Mail

If you would like to receive mail during your stay, please have it addressed in the following manner:

Your name
Your room number
MidHudson Regional Hospital
241 North Road
Poughkeepsie, NY 12601

Patient Rooms

Most rooms at MidHudson Regional Hospital are semi-private, each having its own bathroom with shower, and heating and air-conditioning controls. Each bed has controls on both sides that can be used to lower the head or foot of the bed. Each bed has a “call bell,” a two-way intercom connected to the nursing station through which you can speak to the nurse. Room assignments are based on the level of care required. As the level of a patient’s care requirements change, including the need for isolation, room assignments may also change.

Spiritual Health Services

Our board-certified staff chaplains and clinical pastoral education interns and residents are professionally and clinically trained to serve as spiritual health providers. They offer a non-judgmental, compassionate, clinical presence walking beside patients, their loved ones, and staff during the shifting seasons of life. Chaplains serve as part of the care team, helping people connect how their spiritual practices impact their lives and medical decision-making towards healing and wholeness. Chaplains are available as resources to help with ethical and/or specific religious concerns, to administer the sacraments, or to assist in calling your own clergy. You do not need to belong to an organized tradition, house of worship, or even consider yourself religious to speak with a chaplain. Spiritual Health Services can be reached at x18887.



Interfaith Chapel

The Interfaith Chapel is located near the end of the corridor leading from the main Atrium before the Spellman elevators.

It is open as a quiet place for meditation and prayer 24 hours a day. Roman Catholic Mass is in the chapel as follows: Tuesday, Thursday, and Friday at noon. Sunday Mass is at 10:00 a.m.



Jewish Prayer Room

The Jewish Prayer Room is located in the Spiritual Health Services Suite on the second floor. Electric Sabbath candles, prayer books and other ritual items are available upon request. Shabbos rooms for patient family members who cannot travel on the Sabbath or some holy days are available in Maplewood Hall.

Contact the Spiritual Health Services at x18887.



Muslim Prayer Room

The Muslim Prayer Room is located in the Spiritual Health Services Suite on the second floor. Prayer rugs and Qu'ran are available in the Prayer Room.

Spiritual Health Services can be reached at x18887.



Television

We provide free local television service to our patients. See page 14 for channel listings. If you experience any technical problems with TV or phone service, please speak with your nurse. Please be considerate of those around you by keeping the volume on your TV to the lowest possible level, especially at night.

Molloy Medical Arts Pharmacy

Molloy Medical Arts Pharmacy is located in Suite 207 on the 2nd floor of the Medical Arts Pavilion located at 19 Baker Avenue, Poughkeepsie.

It is accessible through the Atrium or parking garage entrance.

For your convenience, prescriptions can be called in prior to discharge and picked up upon leaving.

Hours are Monday through Friday 8:30 a.m. – 6:30 p.m.

Saturday – 8:30 a.m. to 2:00 p.m.
Closed Sunday.
845.471.7455

Lost and Found

Please contact Security at x18122.





Services for Visitors and Caregivers

Visitors are an important part of the recovery process and are welcome. Please visit wmchealth.org/locations/midhudson-regional-hospital for our current visiting hours and guidelines.

Patient Privacy

To protect the privacy of our patients, visitors may be asked to step outside of the patient room during direct patient care, including personal care and medical interventions, discussions with providers, and during the delivery of spiritual or emotional counsel. In a shared room, the needs of your roommate must be also be considered. Please limit noise when visiting.

Virtual Visitation

WMCHHealth supports the use of technology to connect with your loved ones through virtual options. Patients who have devices may use those to communicate with their family and loved ones outside of the hospital. The care team can assist patients that do not have a device.

Devices that allow continuous video and audio streaming capabilities must only be used in patient rooms and may not be moved around the hospital, e.g. into operating rooms, public spaces or elsewhere. In addition, devices must be turned off during direct patient care, as well as quiet times.

Video and audio recording of staff or other patients without prior written authorization or recording of clinical procedures is prohibited. Devices are prohibited from use to disclose any HIPAA protected information about other patients on social media or other venues without their consent.

WMCHHealth reserves the right to prohibit usage of electronic devices on a case by case basis to minimize disruption to patient care, to ensure patient privacy and confidentiality rights, if usage of the devices compromises or is likely to compromise WMCHHealth's IT security or systems and/or when required by law.

ATM

An ATM is located in the MidHudson Cafe on the first floor of Spellman.

Cellphone Use

Cellphones may be used in public, non-patient care areas such as lobbies, cafeterias and waiting rooms (unless otherwise restricted). Cellphones may not be used in patient care areas or procedural or diagnostic areas. Please be considerate to patients, other visitors and staff when using cellphones.

Dining

MidHudson Cafe

Located on the Ground Level of MidHudson Regional Hospital, the MidHudson Cafe offers a selection of gourmet and traditional-style hot and cold meals, popular grab 'n' go items, pizza, grilled items, soup, salad, and sandwiches. Fresh gluten-free, Halal, Kosher, organic, and vegan options are available.

Hours of Operation

Sunday thru Saturday
7 a.m. to 7:30 p.m.

Vending Machines

Vending Machines are located on the first and second floors of Spellman and in the Emergency Department lobby.



Gift Shop

Whether you're a patient or a visitor, our gift shop will brighten your day. We carry a variety of unique gifts and practical items for people of all ages. Our gift shop is located on the second floor of the Atrium to the right of the Main Desk and is open Monday thru Friday from 8 a.m. until 5 p.m. Delivery to patient rooms is available upon request. Please feel free to reach out for further information at 845.483.5768.

Latex balloons are not permitted in the hospital due to allergies. Because fresh flowers and plants can increase the risk of infection, please do not bring or send them to patients in our intensive care or oncology units.



Parking

Self-park visitor parking is available on the 1st and 2nd levels of the parking garage.

Free Valet parking is available at the Atrium Front Entrance Monday through Friday 6:30 a.m. – 8:00 p.m. (No weekends or Holidays).



E-Greetings

Friends and family are welcome to send a free e-greeting to their loved one. E-greetings can be accessed at westchestermedicalcenter.org/patient-greeting-card. Messages are downloaded and delivered to the patients' room daily.





Preparing for Your Discharge

Before you leave our care:



Know when your follow-up appointment is.



Understand all of your medications and their side effects.

In preparation for your discharge, your social worker/case manager will assist with coordinating follow-up care such as rehabilitation, visiting nurse, home healthcare, or special equipment to help you recover. On the day of your discharge, after being cleared by your doctor, your nurse will give you a discharge summary and discuss specific information with you about care instructions, diet, medication(s), and any follow-up appointments. If you or your caregiver(s) have any questions, please discuss them with your nurse during this review and get a phone number to call if you have questions after you leave the hospital. Please check your room, bathroom, and closet for personal items, so you do not leave anything behind.

Understanding Your Medications

The more you know and understand about the medicines you take, the easier it will be to take them correctly, setting you on the path to recovery. If you have a family member or another person helping you with your medicines, we will provide them with that information. It's important to find out exactly when to take your medicine for the first time at home, after you're discharged. Make sure you write it down. Also, make sure your primary care doctor is informed of any changes or new medicines. If you're not sure about when to take your medicines at home, ask your nurse to review them with you again. Be sure to write down the information.



More than 600 physicians available to provide you with care.

Continuing Your Care with WMCHHealth

WMCHHealth Physicians include the medical practices of Advanced Physicians Services and Bon Secours Medical Group. More than 600 physicians provide care at more than 150 practice offices across the Hudson Valley. Individuals who are not established with a WMCHHealth provider, or who need a new provider for any reason, can call 833.329.0095 for a convenient connection to an area medical practice.



WMCHHealth Physicians
Advanced Physician Services
Westchester Medical Center Health Network



Bon Secours Medical Group

Westchester Medical Center Health Network

Learn more about the practices at wmchealth.org

Accessing Your Medical Records

myCare

myCare, the WMCHHealth patient portal, is a secure online website that gives you convenient 24-hours access to your personal health information. You can sign up for your myCare account at wmchealth.org/patient-portal.

Once you sign up, instructions will be emailed to you to create your patient portal account. When you log on to your account, you may view, download, and share your medical record with healthcare professionals. If you wish to access your health information via a third-party application, such as an "app" used on a smart phone or fitness tracker, please contact the Customer Care Team at 877.621.8014.



If you experience any technical issue connecting to the myCare portal, please contact the Customer Care Team at 877.621.8014. They are available 24/7. Please let them know that you are a patient at WMCHHealth.

Requesting Copies of Medical Records

You may request a copy of your medical records in two ways.

1. **Electronically:** visit swellbox.com/wmchealth-wizard.html and complete the online form.
2. **By mail:** visit wmchealth.org/accessing-medical-records, download and complete the Authorization to Disclose Protected Health Information form, and mail the form to:

MidHudson Regional Hospital
Attn: Health Information Management
241 North Road
Poughkeepsie, NY 12601
or fax to 845.483.5099.

New York State Public Health Law allows WMCHHealth to charge a reasonable fee to recover the costs of copying, mailing and supplies used to fulfill your request. Patients will receive a pre-bill or a payment notice with their records (a significant discount is applied if electronic copies are requested). However, there is no fee if the record is being released to a doctor or healthcare provider.



Understanding Your Medical Bills

The information in this section will help you understand commonly used insurance terms, the billing process, types of coverage, and whom to contact for assistance.

Commonly Used Terms

Coordination of Benefits (COB): Designation of the primary payer of services when you're covered under two or more insurance companies, such as Medicare and commercial. COBs prevent duplicate payments. You will be asked to choose which insurance coverage you want to use when you're admitted.

Co-payment: A fee you pay for a specific service, usually due at the time of service.

Co-insurance: The portion of your medical expenses that you're personally responsible for paying. For example, your insurance may cover 80 percent of a bill, while you pay the remaining 20 percent.

Deductible: The amount you owe each year before your insurance begins making payments.


Explanation of Benefits (EOB): A statement that shows the amount billed by your doctor or hospital, how much is covered by your insurance, and how much you owe. EOBs are not bills.



Billing Process

Hospital bills include charges for your room, meals, 24-hour nursing care, medicines, X-rays, and lab tests. You'll receive bills for doctors, surgeons, and specialists separately from the hospital.

Types of Coverage



WMCHHealth works with many commercial insurance companies, as well as with Medicare and Medicaid. We will work with your insurance plan to determine how your bill will be paid. It is important that you understand the terms of your insurance coverage, as your plan may have special requirements.

Medicare

If you have Medicare, you'll complete a Medicare Secondary Payer (MSP) form at admission.

This ensures that Medicare only pays for services not covered by other insurance you may have.

If you have secondary insurance, this usually covers Medicare deductibles. If you don't have secondary insurance, you need to pay these amounts yourself.

Medicaid

If you have questions regarding Medicaid eligibility, please contact the Financial Assistance Department at 845.483.5406.

Commercial Insurance Providers

If you use a commercial insurance provider, the hospital will forward your claim to your insurance provider.

After you leave the hospital, you'll get an explanation of benefits (EOB) statement from your insurance provider. This will show the amount covered by your insurance and the amount you owe.

Self-Pay Patients and Payment

If you're planning to pay your bills without help from Medicare or a commercial insurance provider, you'll get bills directly from the hospital.

When the first bill arrives, call the hospital's Billing Customer Service Department at 914.493.2089 to set up a payment plan.

Financial Assistance

If you don't understand your bill, contact the Billing Customer Service Department at 914.493.2089.

If you need assistance paying your bill, contact the Financial Assistance Department at 845.483.5406. A patient representative can work with you and guide you to services that can help.



Grateful Patients

There are many ways for grateful patients and families to support our ongoing mission of Advancing Care. Here.

Nominate a Care Champion

The Care Champion program is a way for grateful patients and families to recognize any member of our workforce who provided extraordinary care and service.

If you would like to recognize outstanding care delivered, visit westchestermedicalcenter.org/champion to nominate a Care Champion.



Nominate a Nurse for the DAISY Award

The DAISY Award is a nationwide program that rewards and celebrates the extraordinary clinical skill and compassionate care given by nurses every day. Each DAISY Award honoree is recognized at a public ceremony in her/his unit and will receive a beautiful certificate, a DAISY Award pin, and a hand-carved stone sculpture entitled, A Healer's Touch.

If you would like to recognize outstanding care delivered by your nurse(s), visit westchestermedicalcenter.org/daisy-award.

Pay It Forward

Your generosity fuels our mission of providing high-quality, compassionate care to all, regardless of ability to pay. Supporting MidHudson Regional Hospital amplifies our ability to provide life-changing and life-saving care to adults and children in our community.

To contribute, visit wmchealthgiving.org or send your donation to:
WMCH Health Development Office
7 Skyline Drive, 3rd Floor
Hawthorne, NY 10532

For inquiries about giving opportunities or to learn more about your impact, contact us at 914.493.2575 or Foundation@WMCHHealth.org. Thank you for being a vital part of our mission.



Volunteer

Volunteers provide essential social support to our patients, their families, and other visitors. Whether you're interested in greeting and directing visitors or assisting with various other tasks, our Volunteer Services team can match you with the right opportunity.

To learn more, visit wmchealthjobs.org or call 845.483.5823.



Patient Family Advisory Council

The Patient Family Advisory Council provides important feedback on their patient experience to help us continue to improve our services. These volunteers meet with hospital leaders to offer ideas and recommendations based on their care at MidHudson Regional Hospital.

For more information, visit wmchealth.org/pfac.

Thank you for entrusting us with your care.

TV Channel Listings

| | |
|-----------------|-------------------|
| 2 CBS | 27 AMC |
| 3 FOX | 28 ABC FAMILY |
| 4 NBC | 29 A & E |
| 5 WRNN | 30 USA |
| 6 WMBC | 31 ANIMAL |
| 7 ABC | 32 CARTOON |
| 8 WNYE | 33 HISTORY |
| 9 WWOR | 34 DISCOVERY LIFE |
| 10 WLNY | 35 TLC |
| 11 WPIX | 36 BLOOMBERG |
| 12 WLIW | 37 HLN |
| 13 PBS | 38 WEATHER |
| 14 TNT | 39 NAT GEO |
| 15 DISCOVERY | 40 YES |
| 16 CNN | 41 SNY |
| 17 ION | 42 EWTN |
| 18 UNIVISION | 43 DISCOVERY JR |
| 19 TELEMUNDO | 44 GALAVISION |
| 20 TELEFUTURA | 45 FOOD NTW |
| 21 ESPN | 46 MSNBC |
| 22 ESPN2 | 47 FOX NEWS |
| 23 ESPN CLASSIC | 48 LIFETIME |
| 24 ESPN NEWS | 49 NICK JR |
| 25 MSG | 60 TV GUIDE |
| 26 TBS | 63 CARE |

Phone Directory



Calling from the bedside phone in your room?

Dial the 5-digit extension.

When making an external call from the bedside phone,
dial 9 + 1 before the area code and number.

| | |
|--|-----------------------------------|
| Admitting | 18215 |
| Billing Customer Service | 914.493.2089 |
| Compliance Officer | 35292 |
| Financial Assistance | 845.483.5406 |
| General Information | 18211 |
| Gift Shop | 18210 |
| Housekeeping Hotline | 17777 |
| IT Help Desk | 35723 |
| Medical Records (Health Information Management) | 18152 |
| Operator | 0 |
| Patient Experience | 35565 |
| Patient Information | 18211 |
| Public Transportation Buses | 845.473.8424 |
| Trains | 1.800.METRO.INFO (1.800.638.7646) |
| Security | 18122 |
| Social Work/Case Management | 18717 |
| Spiritual Health Services | 18887 |
| Molloy Medical Arts Pharmacy | 845.471.7455 |

Notes

[illegible]

Notes

[illegible]

Notes

[illegible]

We Welcome Your Feedback!

You may receive the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey in the mail after you are discharged.

We encourage you to take the time to complete it.

✓ ***Your feedback is very important. It helps us better understand our strengths as well as areas of improvement.***

Thank you for entrusting us with your care.



**MidHudson
Regional Hospital**

Westchester Medical Center Health Network

GUIDE TO PREVENTIVE HEALTH SCREENINGS, TESTS & IMMUNIZATIONS*

BIRTH–18 YEARS

Immunizations:

- **COVID-19 Vaccine:** As eligible
- **Birth:** Hepatitis B (HepB) – 1st dose
- **2 months old:** HepB – 2nd dose, Rotavirus (RV1 or RV5) – 1st dose, Diphtheria, tetanus, & acellular pertussis (DTaP) – 1st dose, Haemophilus influenzae type b (Hib) – 1st dose, Pneumococcal conjugate (PCV13), Inactivated poliovirus (IPV)
- **4 months old:** RV1 or RV5 – 2nd dose, DTaP – 2nd dose, Hib – 2nd dose, PCV13 – 2nd dose, IPV – 2nd dose
- **6 months old:** DTaP – 3rd dose, Hib – 3rd dose, PCV13 – 3rd dose, IPV – 3rd dose, Flu shot – 1st dose, 2nd dose two weeks after 1st
- **9-12 months old:** HepB – 3rd dose (if not received at 6 months), IPV – 3rd dose (if not received at 6 mos), Hib – 3rd dose (if not received at 6 mos), PCV13 – 4th dose
- **12-15 months old:** MMR – 1st dose, Varicella (VAR) – 1st dose, Hepatitis A (HepA) – 1st dose
- **18 months old:** IPV – 3rd dose, DTaP – 4th dose, HepA – 2nd dose
- **4-6 years old:** IPV – 4th dose, DTaP – 5th dose, flu shot – annually, MMR – 2nd dose, VAR – 2nd dose
- **11-12 years old:** Flu shot – annually, Tdap, booster, HPV (Gardasil), Meningococcal – 1st dose
- **13-15 years old:** Flu shot, annually
- **16 years old:** Meningococcal – 2nd dose, flu shot
- **17-18 years old:** Flu shot – annually

Physicals:

In the child's first year, routine visits are scheduled during the first and second weeks of life, and at 2, 4, 6, 9 & 12 months. The infant's first visit to the pediatrician may be as early as 2-3 days of age. Physicals are yearly after age 1.

At every visit to the pediatrician, ask questions about your child's development, including language, movement, thinking, behavior and emotions.

A girl's first gynecology exam is recommended at 13-15 years old.

Screenings:

Birth: Hearing

18 months: Autism Spectrum Disorder (ASD)

24 months: ASD

19–39 YEARS

Immunizations:

Flu shot, annually; one-time HPV vaccine (if not received as adolescent, male and female); COVID-19 vaccine, as eligible

Physicals:

Annually, including height, weight, blood pressure and blood work

Cholesterol/Heart Health Check: Annually, if there are known risk factors; otherwise every five years

Women: Breast exam: monthly at home; annually by physician; gynecological exam, annually

Men: Testicular exam: monthly at home; annually by physician

General Health: Annually, hearing, vision and dental

Screenings:

Skin: Annually for suspicious-looking moles or lesions

Historical illness: Annually for such family medical issues as cancer, heart disease, diabetes, etc.

Diabetes: Annually, if there are risk factors; biannually if BMI is 25/27+

Depression/Mental Health: Annually

Sexually Transmitted Infections: Depending on risk factors or patient request

Women: Cervical cancer: Pap smear every 3 years

* For general guideline purposes only; please consult your physician for specific recommendations.

40–60 YEARS

Immunizations:

Flu shot, annually; one 2-dose shingles vaccine: 50+; COVID-19 vaccine, as eligible

Physicals:

Annually, including height, weight, blood pressure and blood work

Screenings:

Skin: Annually for suspicious-looking moles or lesions

Colorectal: Annually 45+ unless there are risk factors; 10 years before onset of colorectal cancer in first-degree relative

Lung Cancer (CT scan): Annually 55-80 for those with history of heavy smoking who currently smoke or have quit within past 15 years

Depression/Mental Health: Annually

Sexually Transmitted Infections: Depending on risk factors or patient request

Hepatitis C screening: At least once in a lifetime for all adults aged 18 years and older, except in settings where the prevalence of HCV infection (HCV RNA-positivity) is less than 0.1%

Women: Mammogram: annually, depending on risk factors; Pap smear every 3 years (or more frequently with risk factors)

Men: Prostate exam: 40-50+ annually, unless there are risk factors; PSA blood test: 40-50+ annually, unless there are risk factors

Lower Your Risk of Viral Infections: COVID-19 and other

- Wear a mask
- Wash hands/use hand sanitizer frequently
- Refrain from touching face or eyes
- Limit in-person interaction with non-household members and crowds
- Maintain social distance (6 feet) from others
- Quarantine if exposed
- Call your doctor if you have a cough, fever, loss of smell and/or taste, sore throat, nausea, vomiting, or diarrhea



65 YEARS & OLDER

Immunizations:

High-dose flu vaccine, annually; Pneumococcal pneumonia vaccine: one-time, 2-dose series (65+); one 2-dose shingles vaccine: 50+; COVID-19 vaccine, as eligible

Physicals:

Annually, including height, weight, blood pressure and blood work

If you've had Medicare Part B (medical insurance) for longer than 12 months, you can get a yearly "wellness" visit once every 12 months. At this visit, you will develop or update a personalized prevention plan to help prevent disease and disability, based on your current health and risk factors. Your provider may also perform a cognitive impairment assessment.

Screenings:

Skin: Annually for suspicious-looking moles or lesions

Osteoporosis (bone density): Every 2 years 65+ (or earlier if postmenopausal with risk factors)

Fall Prevention: Baseline and then as recommended

Men: One-time abdominal ultrasound: 65-75 for current or former smokers or for never-smokers with a first-degree relative who had an abdominal aortic aneurysm (AAA) repair or a fatal AAA



Are you on schedule with annual physicals, screenings, and vaccinations?

Keeping up on routine healthcare is an important way that each of us can protect our health. Physicals and screenings are important tools to prevent health problems, and to prevent new problems from becoming real challenges. An annual physical is covered by most insurances, including Medicare and Medicaid. Screenings are often covered by insurances and we can help you learn if you are eligible for screenings based on age, gender and risk factors.

We have a reference guide to routine care for all ages, and it is available at [WMCHealth.org/guide](https://www.WMCHealth.org/guide).

If you or a family member is behind on having a physical, a vaccination, or a screening test – **please do not delay scheduling it.**

Individuals who are not established with a provider, or who need to see a new provider for any reason, can call WMCHealth Physicians at 1.833.329.0095 for convenient connection to an area medical practice.



We encourage you to scan this QR Code to share this guide with your loved ones and caregivers.



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