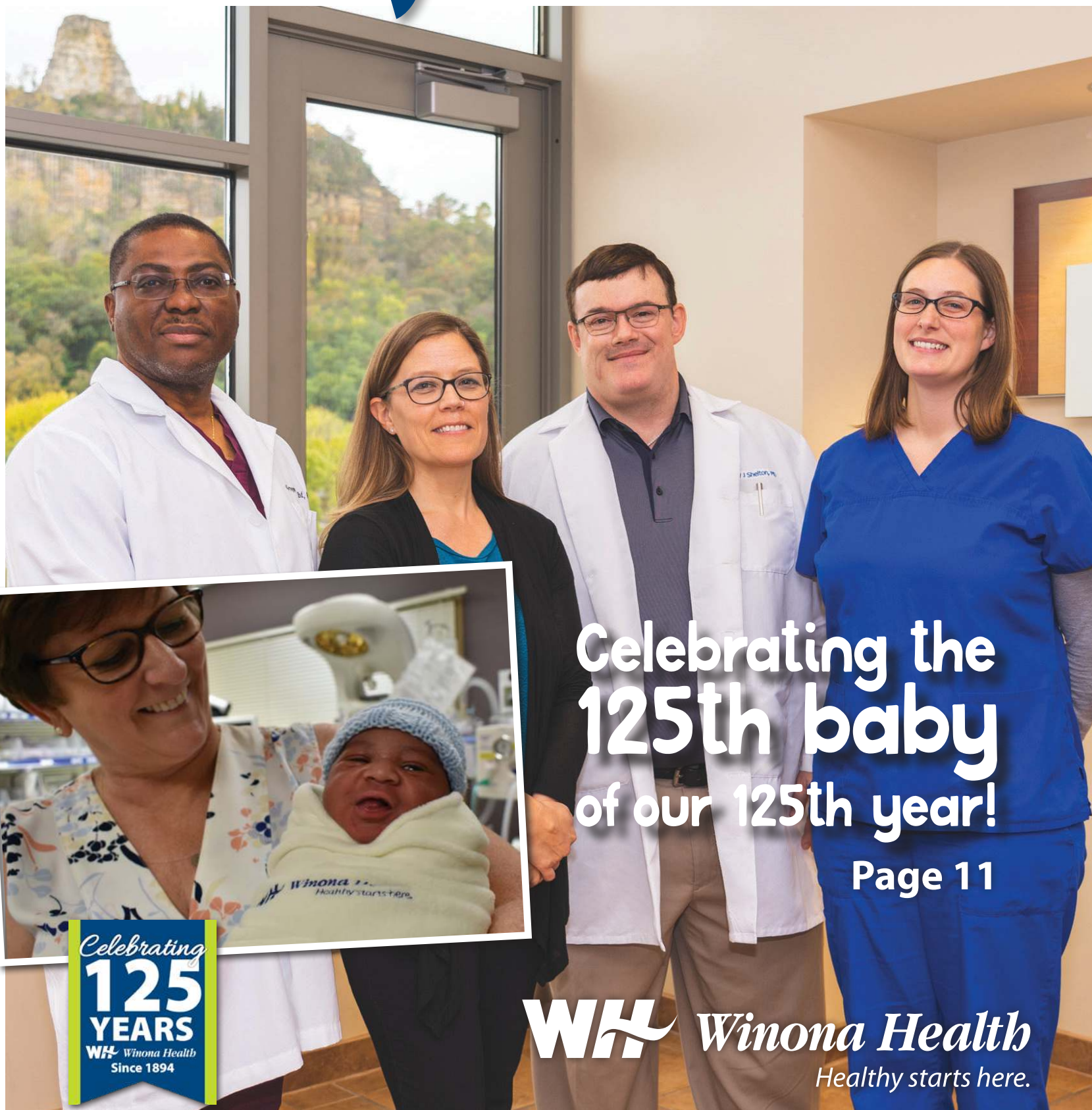


HealthyConnections



Celebrating the
125th baby
of our 125th year!

Page 11

Celebrating
125
YEARS
Winona Health
Since 1894



Winona Health

Healthy starts here.

Healthcare. Anywhere.

Diagnosis and a treatment plan in under an hour.

Whether your health concern requires a prescription or just sound medical advice to speed recovery and provide peace of mind, using your smartphone, tablet, or computer, you can receive care from anywhere in Minnesota and Wisconsin.

Use SmartExam from your office or your hotel when traveling, at a soccer match or at home under a blanket on your couch.

Access to this convenient care means you can feel better faster—and it's just \$39. Just answer simple questions, and get a treatment plan and a prescription if necessary. If we're unable to provide a diagnosis and treatment plan, there is no charge to you.

It was unbelievable...

I have to admit, I was a little skeptical, but using SmartExam was so easy! I literally have been telling everybody about it. I was out of town boating when I knew I had a urinary tract infection. I easily set up a SmartExam account from my phone and completed the SmartExam visit. About 10 minutes later, I received a text with a treatment plan from one of the Winona Health providers saying that a prescription had been sent to the pharmacy I had selected. It was so fast, it was unbelievable—I could begin treatment and get relief right away!

- Tami, patient

You can complete a SmartExam 24 hours a day. A response will be provided within an hour during weekdays 7 a.m. to 7:30 p.m., weekends 8 a.m. to 4:30 p.m.

To create an account so it's ready when you need it, call **507.457.7680** or complete our secure form at winonahealth.org/smartexam. Registered users must be 18 or older.

If you have a My Winona Health account, no need to register, you can log in to SmartExam from your account.



Preventive vs. Problem Visits

What's the difference? What's covered by insurance?

People often have questions about what is and what is not covered during a preventive visit—sometimes referred to as a wellness visit for preventive healthcare services.

Winona Health follows standard healthcare billing practices and insurance rules for the type of care you receive.



Your Options:



1 Preventive/Wellness Visit

Preventive/wellness visit includes:

- Conducting an exam based on your age and gender.
- Providing advice about staying healthy and healthy living choices.
- Identifying risk factors.
- Screening tests based on age, gender or lifestyle.
- Keeping your immunizations up to date based on your age and gender.

Annual preventive/wellness visits are covered by many health insurance plans **POTENTIALLY with no out-of-pocket costs to you.**

3 Combine Your Visits

Save time and money by combining visits.

When time allows, you may decide to combine your preventive/wellness visit with a problem visit. If you're here for a preventive/wellness visit and you'd like to discuss concerns not covered under preventive services, you have the option to do so. Please be aware that separate charges **WILL** apply.

Likewise, if you are here to discuss a problem, your provider could offer preventive/wellness visit services to help you avoid having to schedule an additional appointment to receive those services.

Federal law requires us to bill services for preventive care and problem visits separately.

2 Problem Visit

Standard office visit for a problem includes:

- Discussion of any new health problem, illness or injury.
- Management of chronic, ongoing health problems and/or medications.

Health insurance treats each of these visits as a single office visit with varying coverage. **Your insurance provider may pass some or all of the cost on to you.**

Billing & Insurance Standards

What's covered by your insurance policy?

Call your insurance representative before your appointment and ask specific questions:

- Is a preventive/wellness visit covered under my policy?
- What screenings are covered (ie: labs, imaging)?
- What vaccines are covered?

We will submit your bill to your insurance. It is likely that you will have some out-of-pocket expense. If you have questions regarding billing for preventive/wellness visit services, please call the our Business Office financial counselors at **507.457.7632** or see our web page under the *Patients/Billing & Insurance* tab.

Winona Health Business Office - 507.457.4579 | Financial Counselors - 507.457.7632



Well-being.

What does it mean to you?

At Winona Health, when we say, *healthy starts here*, we consider “healthy” to encompass well-being, which, in simplest terms, means being comfortable, healthy and content.

As the Winona area’s hometown healthcare provider for 125 years and counting, *healthy starts here* is a good way to sum up our mission, which is unwavering: Winona Health is devoted to improving the health and well-being of our family, friends and neighbors.

Let's break it down.

The following are "Dimensions of Wellness"

* Instead of trying to tackle every dimension, start by focusing on one or two that speak to you!

Intellectual

Challenge yourself to ask questions, be open to new ideas and learn new skills. What's something you're curious about? Seek out information to satisfy your curiosity.

Social

Being involved in your community encourages personal growth and builds connections with others. Becoming part of a supportive social network through developing positive relationships based on trust and honesty also contributes to emotional health and happiness.

Occupational

Finding meaning and satisfaction in a job well done, no matter what work you do, can provide a sense of satisfaction. When you balance your work expectations and your life outside of work, you're more likely to maintain a healthy level of stress and find more value in your day-to-day life.



Spiritual

Being in touch with your deepest values brings meaning to your existence. Personal meaning results from feeling connected, expressing compassion and love to others, remaining optimistic, being able to forgive, and having the ability to experience joy and peace in life. By engaging in spiritual practices, such as meditation, prayer, or relaxation, you are more likely to keep in touch with your purpose in life.

Physical

Top physical health occurs when your body is functioning at its highest potential. When you combine nutrition, physical activity, rest, and preventive care (getting recommended physicals and health screenings and avoiding harmful habits), your body is more likely to perform at its peak, which ultimately affects your mental health and well-being.



For more tips and information on these Dimensions of Wellness, visit www.livewellwinona.org.

Let us help make healthy start here for you! Schedule a wellness visit with one of your local healthcare providers at Winona Health. Call 507.454.3650.

*Source: Dimensions of Wellness www.livewellwinona.org.



Comfort and joy

“Many nights the staff would spend time giving Mom special care. They would hold Mom in their arms to reassure her that she had no reason to be afraid and that her new home was safe and a place filled with love just like she had been used to at home. We knew that when we came to visit and it was time for us to leave, Mom was in very good hands.”

– a grateful family

It's what we all want for those we love...

On an early summer morning, sunlight streams through the windows, lighting up the faces gathered around the kitchen table.

The faces of those gathered could be neighbors enjoying conversation and coffee. Here, they are the faces of our family, friends and neighbors living with various stages of Alzheimer's disease or other forms of dementia.

Life for our memory care residents is safe and secure, and each day is filled with comfort, companionship and compassion. Our home-like environment and meaningful, enriching activities ensure each life is lived to the fullest. It's what we all want for those we love. It's what we'd want for ourselves.

Comfort and joy are two of life's most wonderful feelings.

We're grateful for the gifts, big and small, community members make to our local Memory Care Fund. When you understand the meaningful difference these gifts make, we hope you carry with you a sense of the comfort and joy you help provide.



WH Winona Health
FOUNDATION

Here's just a glimpse into the comfort and joy your gift to our local Memory Care Fund supports:

- Excursions around town through the neighborhoods in which our residents grew up, raised their families and gathered with friends.
- Visits to the Minnesota Marine Art Museum's SPARK! program, which is designed specifically for people with memory loss and their care partners.
- Enriching, everyday activities like baking cookies and tending flowers in the comfort and security of our beautiful Memory Care homes and gardens.



On behalf of our Memory Care residents, families and staff, thank you. You help us not only provide a safe and secure home, but also life-enriching comfort and joy every day. You can be sure 100 percent of your gift stays in our community and touches the lives of our family, friends and neighbors.

Ways to give:

Online: www.winonahealth.org/foundation.
For more information, call: 507.457.4394
or email: jaheim@winonahealth.org.



Where should I go?

How to decide where to go for medical care.



Primary Care

Primary Care offers a full range of preventive services, works with you to manage chronic conditions, and refers you to a specialist when necessary.

When should I use Primary Care?

- Establish care with a provider
- Any time that you feel it is important to be evaluated by your care provider

Preventive Care

- Health/wellness exams, annual physical
- Sports physicals

Acute Care

- Minor injuries, sprains and strains
- Minor acute illness

Chronic Condition Care

- Management of chronic condition(s)
- Medication management
- Care coordination

To schedule an appointment with a Primary Care provider, call one of these departments:

Pediatrics	507.457.7607
Family Medicine	507.457.7648
Internal Medicine	507.457.7622
Rushford Clinic	507.864.7726



Urgent Care

Visit Urgent Care, located on the first floor of the clinic, when you want immediate convenience, but you don't quite need Emergency Department care.

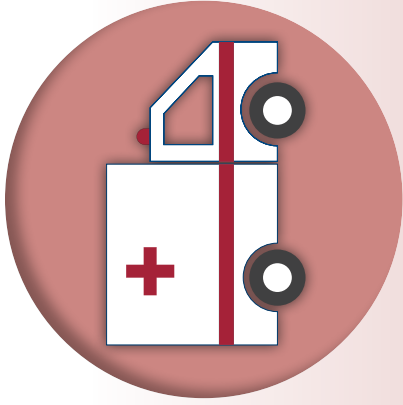
When should I use Urgent Care?

- Minor cuts and scrapes
- Minor accidents, falls
- Minor sprains and fractures
- Cold and flu symptoms
- Sore throat
- Cough
- Congestion
- Sinus problems and allergies
- Earaches
- Fever
- Insect bites
- Headaches and migraines
- Nausea, vomiting, diarrhea, dehydration
- Bladder infection or urinary tract infection (UTI)
- Rash
- When you feel you can't wait

Urgent Care Hours:

Monday-Friday: 7 a.m.-8 p.m.
Saturday, Sunday & Holidays*: 8 a.m.-5 p.m.
* Closed Thanksgiving, Christmas Day, New Year's Day, and Easter

Visit www.winonahealth.org to check current wait times.



Emergency Department

Visit the Emergency Department for serious, life-threatening conditions and night-time care. Staff are always ready for you for any critical situation.

What is considered an emergency?

- Chest pain
- Numbness in face and/or limbs
- Difficulty speaking
- Paralysis
- Sudden loss of consciousness
- Difficulty breathing
- Severe abdominal pain
- Seizures
- Head injury or trauma
- Broken bones with bone visible
- Burns or electrical shock
- Uncontrolled bleeding
- Severe cuts that may require stitches
- Coughing or vomiting blood
- Drug or alcohol overdose
- Poisoning
- Suicidal thoughts and/or actions
- When you feel you can't wait

Emergency Department Hours:

24 hours a day, 7 days a week, 365 days a year.

Call 911



SmartExam

Convenient, low-cost care for common, easy-to-treat issues—no appointments, same-day care. Connect with a provider from your phone or computer. Get a diagnosis and treatment in under an hour.

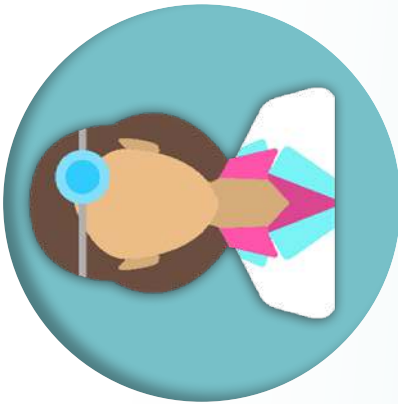
When can I use SmartExam?

- Acne
- Bladder or urinary tract infection (UTI)
- Burn or sunburn
- Cough, cold, allergy or chest infection
- Depression
- Ear pain
- Exposure to sexually transmitted infection
- Eye pain, eye bump or irritation
- Flu
- Rashes and other skin conditions
- Sinus pain or pressure
- Sore throat
- Yeast infection
- See more at: winonahealth.org/smartexam

SmartExam Hours:

Available 24 hours a day (responses provided weekdays 7 a.m. to 7:30 p.m., weekends 8 a.m. to 4:30 p.m.). Register by phone or log in to your My Winona Health account.

Call 507.457.7680



Specialty Services

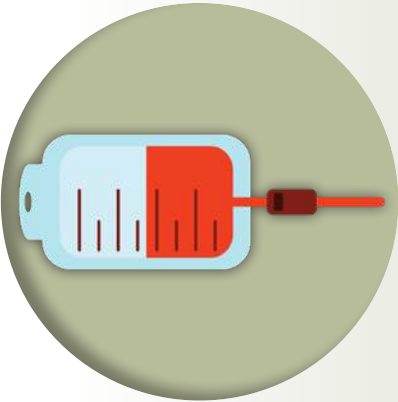
In addition to Primary Care services such as Family Practice, Pediatrics, Internal Medicine and Rehabilitation Services, Winona Health provides a wide range of specialty care services making it possible for you to receive high-quality and high-tech care for all but the most highly specialized or advanced healthcare services.

Services include these and more:

- Cancer care
- Dermatology
- Eye care
- Infusion services
- Orthopedics
- Pain management
- Podiatry
- Rehabilitation services
- Spa services
- Sleep lab and sleep advisor services
- Women's health

If you're wondering if a service is available at Winona Health, please contact us or visit our website: www.winonahealth.org.

For more information:
507.454.3650



Surgical Services

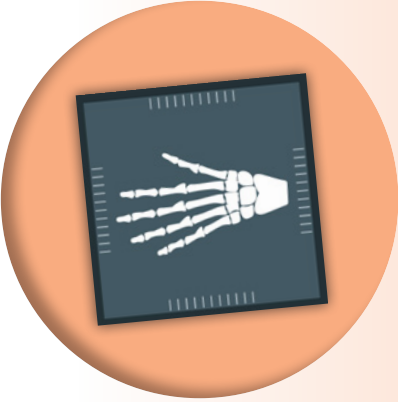
When you need surgical care, it's comforting to know that you're in good hands. Highly skilled surgeons, nurses and surgical teams put you at ease with compassionate, continuous care from pre-op through post-operative care and recovery. A broad range of surgical procedures are performed right here at Winona Health.

Services include:

- Anesthesiology
- Breast surgery
- Cancer care
- Eye surgery
- General surgery
- Gynecological surgery
- Orthopedic surgery including total joint replacement
- Plastic and cosmetic surgery
- Podiatry

Most surgical procedures are same-day surgeries. We also provide excellent inpatient and rehabilitative services.

For more information:
507.457.7670



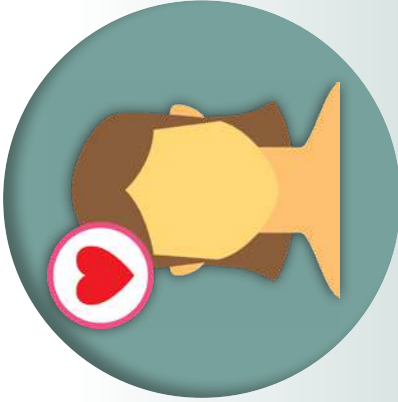
Diagnostic Services

Our Imaging/Radiology department performs a variety of procedures producing images of organs and structures inside the body to aid in screening and diagnosis. In addition, our full-service, fully accredited lab performs clinical analysis on blood, tissue and other body fluids, providing clinical data for physicians to diagnose, treat and monitor a patient's condition.

Services include:

- | | |
|------------------------|-------------------------------------|
| Laboratory | Imaging |
| Pathology | Radiology |
| • Urinalysis | • Bone density |
| • Bacteriology | • Computerized tomography (CT) scan |
| • Transfusion services | • Echo |
| • Hematology | • Magnetic resonance imaging (MRI) |
| • Chemistry | • Mammography |
| • Immunology | • Nuclear medicine |
| • Coagulation | • PET/CT scan |
| • Toxicology | • Radiology/x-ray |
| • Blood gases | • Ultrasound |

For more information:
507.457.4320



Behavioral Health

We provide care for those suffering from chemical dependency, anxiety, depression, suicidal thoughts, schizophrenia, and psychosis.

Our psychiatric and counseling staff includes psychiatrists, nurse practitioners, therapists and support staff.

Services include:

- Psychiatric evaluations
- Medication management
- Mental health therapy
- Geriatric and adult care

If you're wondering if a service is available at Winona Health, please contact us or visit our website: www.winonahealth.org.

For more information:
507.454.2606

Winona Health • 855 Mankato Avenue • Winona, Minn. • 507.454.3650 • www.winonahealth.org



WELCOME BABY!

Several members of the Winona Health Family Birth Center, Pediatrics and OB/GYN team.

Pampering infants (and their parents) It's what we love to do!

"Our Family Birth Center staff creates a welcoming, comfortable environment for parents and babies," says Kris Cichon, director of Inpatient Services, "It's what we love to do, and the health and well-being of our new mothers and newborns is our number one priority."

New parents can expect personalized attention during a very important milestone in their family's life. This includes the comfort of a private suite for labor, delivery, recovery and post-partum care. During labor and through the birth experience,

mothers have the one-on-one attention of their labor nurse to assist them with their preferred labor management techniques.

Following delivery, a "room service" menu featuring a variety of options is available.

The Family Birth Center is a comfortable, peaceful, healing environment for the new family adjusting to caring for a newborn. We recommend that family and friends check with the new parents before visiting to see what's most convenient for them.



Women's Health Services

Your needs may change depending on your age and stage of life. Whether you are expecting a baby, need a physical exam, have questions about birth control options, or need to be seen for a gynecologic condition, we are here for you. Physicians, a certified nurse midwife, certified nurse practitioners and nurses make up a healthcare team devoted to helping women lead healthier lives.

◀ **Meet our providers (l-r):** Gregory Obi, MD; Kara Reller, PA-C; Troy Shelton, MD; and Katie Duerr, CNM, Women's Health.

Celebrating the 125th baby of our 125th year



Rachelle Schultz, EdD, President/CEO, welcomes the 125th baby of Winona Health's 125th year.

Several members of the Winona Health Family Birth Center, Pediatrics and OB/GYN team, along with a few Winona Health leaders, gather with a gift basket to welcome the 125th baby of Winona Health's 125th year on Thursday, August 1.



Winona Health's Family Birth Center, Women's Health and Pediatric teams, along with some of the organization's leaders, welcomed the 125th baby of the hospital's 125th year! The healthy little boy arrived on Thursday, August 1, 2019. "All of our parents and babies are special to us," said Kris Cichon, director of Inpatient Services. "It is an honor to help parents bring their babies into the world and be the first to welcome them to our community."

Rachelle Schultz, Winona Health President/CEO, noted, "Winona Health welcomed its 15,000th baby back in 1953 and since then has been privileged to celebrate the "birth" days of more than 36,000 babies in our Family Birth Center.

Over the years, our wonderful OB-GYN physicians, Certified Midwives, nurses and other clinicians have been dedicated to providing a personalized experience to new and returning moms and dads. We play the Brahms Lullaby after each birth, and it is heartwarming to see the smiles of staff, patients and guests as they take a moment to celebrate the new family.

To learn more about the Family Birth Center, childbirth education classes and other resources available to parents and parents-to-be, visit winonahealth.org/childbirth.



Health Screenings That Could Save Your Life

Screenings can uncover a problem that might easily be treated, if caught early. Having preventive or wellness exams is important and means coming in to see your provider every year. By getting these screenings and treatments, you're taking steps that will improve your chances for a longer, healthier life.

70%
of chronic diseases
are preventable

Colonoscopy

Colorectal Cancer Screening

Adults ages 45 to 75 should have a colonoscopy every 10 years or stool testing every one to three years.

Mammography

Breast Cancer Screening

Beginning at age 40, women should discuss risks of breast cancer with their primary care provider to determine when and how often to be screened. The U.S. Preventive Services Task Force recommends starting at age 50.

Blood Pressure

Hypertension Screening

Adults should have their blood pressure checked every year.

Cholesterol

Fasting cholesterol screening may start at age 20 and continue every one to three years based on risk factors.

Blood Sugar/Glucose

Diabetes Screening

Most adults should have their fasting blood sugar measured every one to three years based on risk factors.

Depression & Anxiety

Adults should be screened for depression and anxiety at every preventive or wellness exam.

Pap Smear

Cervical Cancer Screening

Women ages 21 to 29 should have a pap smear every three years; ages 30 to 65, every three to five years (five years if a human papilloma virus test is done at the same time).

Bone Mineral Density

Osteoporosis Screening

Women ages 65 and older should be screened for osteoporosis at least once.

Hepatitis C

Adults born between 1945 and 1965 are encouraged to be screened once.

These guidelines are recommended for individuals with average health risks. Ask your primary care provider if these guidelines are right for you. Most insurance plans cover age-appropriate screenings. Check your policy for details.

Meet a few of our community-focused healthcare providers.

	What's your favorite healthy snack?	What's the best quick tip/advice you can give others about improving their health?	If you could have a superpower, what would it be and why?	How do you get moving?	I chose Winona Health because
 Stephanie LaLiberte, OD, Eye Care Center	Strawberry banana smoothie	Hold yourself accountable. What I tell myself when I don't feel like working out is: no excuses—do it.	Speed – To be able to do everything well and faster.	I'm a workout junkie.	The first time I heard about Winona Health was from two of my patients while I was doing rotations at the VA. They said it was a great place and encouraged me to check it out. Everyone I've talked to who works here absolutely loves it. I've always wanted to work in a healthcare setting where there is a sense of community and you can develop lasting relationships.
 Katie Duerr, CNM, Certified Nurse Midwife	Avocados	Eat fresh instead of processed foods.	Looking into the future	Hiking, walking, yoga	... I trained here and fell in love with rural healthcare. It's different from a huge healthcare system. I like the smaller practice where you can really develop relationships.
 Jennifer Van Keulen, PA-C, Urgent Care	Apple slices sprinkled with cinnamon.	Make one simple swap every day. Choosing a fruit or vegetable for a snack instead of chips can go a long way towards changing your eating habits.	I would want to be able to teleport because I would save so much time getting places and travel would be a breeze.	Attending spin classes. The combination of music and cycling makes exercise fun!	I knew that I wanted to return to the Midwest. I interviewed at Winona Health and was drawn in by the sense of community; I felt instantly welcomed by everyone I met and knew it was the right place for me.
 Kristin Badenhorst, PA-C, Urgent Care	Cottage cheese and pineapple.	Keep moving. That can have a big impact on your health. Also, be proactive – ask questions about your health.	Invisibility—sometimes I just like quiet.	Practicing sports with my kids, walking, playing with the kids.	There is a family-friendly atmosphere here, and it's obvious that Winona Health is truly focused on doing what's best for patients. It also feels like Winona is a community that takes care of each other.
 Rebecca J. Wuensch, CNP, Urgent Care	I make "Energy bites" (oats, honey, peanut butter, raisins, mini M & M's) or fresh berries/nuts.	Keep active! And, even though convenience is nice, try to stay clear from packaged processed food.	X-ray vision. It would make my job a lot easier.	Walking, biking, water fitness and lifting weights. I need to find more time for kayaking and paddle boarding too!	I gravitated toward this rural practice because I was impressed with the overall culture, values, and the focus on community health and well-being. In a healthcare setting of this size, it is easier to get to know all your colleagues, and to build stronger team-based care.
 Hannah Dégallier, PA-C, Family Medicine	Grapes, pita and hummus, smoothies, dark chocolate.	Lifestyle changes work, diets don't. Find something that combines fitness and fun, otherwise you won't ever make it a habit.	To feel other people's pain. I want to know what others experience so I can understand them better.	Hiking, swimming, walks with my husband, spike ball, paddle boarding. And if I can't do any of those, then I run, last resort.	I wanted to have a first-hand role in improving the health of the community in which I live, and I'm looking forward to getting to know patients on a deeper level than what the medical chart shows.

Rewarding Careers Start Here

The reasons to work at Winona Health are as unique as the people who do. Here you'll find the challenges you seek, in the settings you prefer. Staff also appreciate that we are a community based, not-for-profit system. Learn more: <https://www.winonahealth.org/careers>



Briefly...

Caring for our hometown since 1894

For 125 years, our mission has remained steadfast: to improve the health and well-being of the greater Winona community.

Being a community-focused healthcare organization means our priority is this community. All of us at Winona Health take our commitment to our mission and the continued success of your local healthcare organization to heart as we develop innovative ways to care for you.

Today, as one of the nation's Top 100 Rural and Community Hospitals, we offer world class care, always staying focused on the needs of individuals and families in our community. We're also committed to ongoing collaboration to support area businesses, schools and service organizations.

Through our dedicated service, we honor the legacy of the generations who came before in stewarding Winona Health's mission.

What's your connection? As we celebrate Winona Health's 125 years of service to our community, we invite you to share a Winona Health, Community Memorial Hospital or Winona General Hospital story or memory: info@winonahealth.org.



Have you been in the Lakeside Café recently?

If it's been awhile since you've been in the Lakeside Café on the hospital first floor, stop in! New windows from the lobby into the café and overlooking the healing garden have transformed the cafe with light.

Several menu options each day, along with an expanded soup and salad bar mean plenty of delicious and healthy options.

The Lakeside Cafe is open from 7 a.m. to 6:30 p.m. Monday through Friday and 7 a.m. to 1:30 p.m. on weekends.

Find the Lakeside Café menu online:

<https://www.winonahealth.org/menu>



HOT MEAL SERVICE

Monday through Friday

Breakfast: 7-10 a.m.
Lunch: 11 a.m. - 1:30 p.m.
Dinner: 4:30 - 6:30.

Saturday and Sunday

Breakfast: 7 - 10 a.m.
Lunch: 11 a.m. - 1:30 p.m.

The opening of new Main Street Clinic is just around the corner – the corner of 4th and Main!

Winona Health will open the Main Street Clinic in the heart of downtown Winona soon.

According to Jessica Remington, MHA, director of Health and Wellness Services at Winona Health, the Main Street Clinic will offer care for basic acute illnesses and conditions in addition to prevention and wellness care. She says, "This includes things like sore throat, pink eye, influenza, urinary tract infections, allergies, birth control renewal, ear pain, and basic health screenings, among several others. It will be a great option for people who live and work downtown and in surrounding neighborhoods."

Bill Cota, director of retail services at Winona Health says, "I think the Main Street Clinic will be of service to everyone. Whether it is someone who wants to swing in for an eye exam, someone who needs a quick diagnosis of possible strep throat or even someone who just needs to buy an ice pack or band-aids—a need will be conveniently met for everyone in the community."

Bill adds, "What I have found most exciting in working on this project is that the community will ultimately dictate what services will be offered. We are developing the space to be easily convertible so that we can change on a dime to reinvent the clinic, to meet a new need that may develop in the Winona community. Meeting those health-related needs in an extremely convenient and quick manner will be a welcome shift from a traditional clinic visit."

Jessica also notes that the new clinic will increase access to healthcare and price transparency—prices for services will be clearly marked and offered at a lower cost than in traditional healthcare settings. "So it's also a great option for those who have high deductibles, or may otherwise have postponed or avoided healthcare services due to cost or convenience." She explains that, because this will be a retail/cash-based clinic, insurance will not be filed.



Main Street Clinic project in progress. Opening Spring 2020.

The Winona Health Eye Care Center will also provide services at Main Street Clinic. Eye Care services *will be* billed and submitted to insurance based on each individual's coverage, the same as the Eye Care Center on the Winona Health main campus.

*Have you checked out
"What's Going On?"*



Looking for updates on what we're working on both internally and beyond our walls? Interested in how we're collaborating with other community-focused organizations?

Visit Rachelle's blog, What's Going On, for interesting, inspiring and helpful information. Topics include how and why we do what we do; improvements we've implemented; and insight into the opportunities and challenges of a rural community healthcare provider.

To keep up with What's Going On, visit:
www.winonahealth.org.

Working together, we can...
Increase access to care



Not going to show? Please let us know.

We understand that schedule conflicts arise or there may be reasons for cancelling your appointment. If that happens, please let us know as soon as possible so we can open that appointment time for someone else. Just give us a quick call: 507.454.3650.

Decrease your wait time

We allocate 20 minutes for each appointment. Here are some friendly tips and reminders to help you make the most of your time and decrease time spent waiting.

- Be considerate of other scheduled patients by being on time.
- Bring your medications with you.
- Have all ordered tests completed before you arrive.
- Fill out the What Matters Most form at check-in.



PO Box 5600 • 855 Mankato Ave. • Winona, MN 55987 • winonahealth.org

Stay in the loop.

Stay up to date on what's going on at Winona Health – new providers, new services, innovative ideas, upcoming events and more!

Sign up to receive updates sent directly to your inbox.

SIGN ME UP!

winonahealth.org/blog

Find us online:
winonahealth.org



Celebrating
125
YEARS
WH Winona Health
Since 1894