

MENU of Wellness Resources For Employers

We know that convenient access to health information and medical services is important to your employees and families. That's why the dedicated team of professionals at Placentia-Linda Hospital can be your "healthcare partner" and help you find ways to stay healthy and educated.

Below is a menu of services and outreach resources we offer your employees on-site including on site health education workshops, preventive screenings, articles for your employee newsletter and more!

Emergency Room Wait Time: 00:10

Knowing where to go and how long the wait time is in the ER is now as simple as **point and click from home or on the go with your mobile device!** Placentia-Linda Hospital has introduced a new way for you to find out ER wait times, before you ever even leave the office.

Before heading to the ER, you can access Placentia-Linda's web site at www.placentialinda.com or go to our mobile app and check out the average door-to-bed wait time. Patients are seen in priority order based on the type and severity of their medical complaint. Wait times are updated **every five minutes.**

This technology is designed for patients with relatively minor medical conditions. Patients with potentially life-threatening problems should call 9-1-1. Patients with medical emergencies such as heart attack, stroke or traumatic injuries, are always seen immediately.



Tired of spending hours in a stuffy, overcrowded ER waiting room? Placentia-Linda Hospital has a solution with InQuickER. This is an emergency room service that facilitates patient satisfaction by allowing consumers to hold a place at the ER online, while waiting in the comfort of their own homes.

You can now hold your place online at Placentia-Linda Hospital by paying a fee, completing an online form, and arriving at the projected treatment time. You will be seen by a health professional in the emergency room within 15 minutes, or InQuickER will refund your online fee in full. The new service is only intended for individuals who have non-life threatening medical conditions.

Promotional items available at no charge:

- InQuickER Instructional Wallet Cards – Please indicate the quantity needed: _____
- Posters – Please indicate the quantity needed: _____

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DOWNLOAD OUR FREE APP

Placentia-Linda Hospital offers a mobile application to further connect the hospital to community members and increase access to health-related information. The mobile application, powered by WorldLink, is available as a **free download for iPhone™, iPad™, iTouch™, Android™ and BlackBerry™ products.**

The application allows users to access:

- ER Wait Time – launches mobile web browser to view hospital's emergency room wait time
- InQuickER – allows user to register a time of a visit to hospital's emergency room
- Physician Finder – find a physician online
- Map, GPS and turn by turn directions
- Call Us – a list of frequently-called hospital numbers
- My Data – an area to list allergies, emergency contacts, important contacts, insurance information, medical history, physician contacts and medications
- First Aid Guide and
- Health Library

To download your App, please visit www.placentialinda.com And/or

To download for your iPhone, iPad, or iPod Touch:

- Search for “Placentia-Linda Hospital on the iTunes App Store™”

To download for Android

- Search for “Placentia-Linda Hospital on the Android Marketplace™”

To download for BlackBerry

- Search for “Placentia-Linda Hospital on BlackBerry App World™”

Promotional items available at no charge:

- Mobile App Instructional Wallet Cards – Please indicate the quantity needed: _____
- Flyers – Please indicate the quantity needed: _____

FREE Educational Materials on Various Topics!

In addition to the community education classes, workshops, preventive screenings and support groups Placentia-Linda Hospital offers, we are pleased to provide you with FREE educational material at your request. All you need to do is request in an email which educational brochures you would like, along with your address, and we will mail them to you at no charge.

- Colon Cancer / Colonoscopy - Quantity: _____
- Bone Health Booklet – Quantity: _____
- Healthy Heart Recipes, donated by the AHA – Quantity: _____
- Medication Record Pocker Card – Quantity: _____
- Blood Pressure Record Pocket Card – Quantity: _____
- Women's Health Tips – Quantity: _____

MENU of Wellness Programs & Outreach For Employers

Educational Workshops – Sample Listing

CHECK TO INDICATE INTEREST IN BOOKING	TOPIC	HEALTH CATEGORY
<input type="checkbox"/>	A Closer View – Understanding MRIs, CT Scans, Ultrasounds & X-Rays	General Health
<input type="checkbox"/>	Asthma	General Health
<input type="checkbox"/>	Back Pain / Spine	Orthopedic
<input type="checkbox"/>	Barrett’s Esophagus	Gastroenterology (G.I.)
<input type="checkbox"/>	Carpal Tunnel Syndrome	Orthopedic
<input type="checkbox"/>	Cold & Flu Season Tips	General Health
<input type="checkbox"/>	Colon Polyps / Colon Cancer	Gastroenterology (G.I.)
<input type="checkbox"/>	Crohn’s Disease	Gastroenterology (G.I.)
<input type="checkbox"/>	Diabetes	General Health
<input type="checkbox"/>	Diverticulosis / Diverticulitis	Gastroenterology (G.I.)
<input type="checkbox"/>	Durable Power of Attorney	General
<input type="checkbox"/>	Emergency Care / What To Expect in the ER	General Health
<input type="checkbox"/>	Endometriosis / Pelvic Pain	Women’s Health
<input type="checkbox"/>	Ergonomics	General
<input type="checkbox"/>	Foot & Ankle Care	Orthopedic
<input type="checkbox"/>	Gall Bladder Surgery	General Health
<input type="checkbox"/>	GERD / Acid Reflux Disease	Gastroenterology (G.I.)
<input type="checkbox"/>	Headaches / Migraines	General Health
<input type="checkbox"/>	High Blood Pressure / High Cholesterol / Heart Health	General Health
<input type="checkbox"/>	Hormone Replacement Therapy / Menopause	Women’s Health
<input type="checkbox"/>	It’s a Joint Effort – Overview of Total Joint Replacement Surgery (Knee, Hip, Shoulder)	Orthopedic
<input type="checkbox"/>	Mixin’ It Up– Drug Interactions and Reactions	General Health
<input type="checkbox"/>	Nutrition	General Health
<input type="checkbox"/>	Shoulder Pain	Orthopedic
<input type="checkbox"/>	Sports Injuries	Orthopedic
<input type="checkbox"/>	Stress Management / Office Ergonomics	General
<input type="checkbox"/>	Urinary Incontinence /Bladder Control	Women’s Health
<input type="checkbox"/>	Weight Loss Surgery	Bariatrics
<input type="checkbox"/>		Other (Please List)

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Preventive Screenings (Check for Availability)

CHECK TO INDICATE INTEREST	SCREENING	HEALTH CATEGORY
<input type="checkbox"/>	Blood Pressure	Heart Health / General Health
<input type="checkbox"/>	Body Fat Analysis	General Health
<input type="checkbox"/>	Bone Density (Ultrasound Method)	Bone Health / Osteoporosis
<input type="checkbox"/>	Cholesterol Screening	Heart Health / General Health
<input type="checkbox"/>	Colon Cancer Hemoccult Blood Test	Gastroenterology (Take-Home Kits Provided; Mail to PL Lab for Results)
<input type="checkbox"/>	Glucose Screening	Diabetes
<input type="checkbox"/>	Grip Strength Testing	Diabetes
<input type="checkbox"/>	Pulmonary Lung Function	Asthma Risk -- Measures Air Moving In and Out of Lungs
<input type="checkbox"/>	Skin Sun Damage (Dermascan)	General Health
<input type="checkbox"/>	Stress Test – Fun (Bio Dot Stress Cards Distributed)	General Health
<input type="checkbox"/>	PVD	Heart Health
<input type="checkbox"/>		Other (Please Indicate)

Ongoing Classes & Support Groups – At PL

CHECK FOR MORE INFORMATION	SCREENING	HEALTH CATEGORY
<input type="checkbox"/>	Alzheimer's Support Group	General Health -- Offered Monthly
<input type="checkbox"/>	Joint Replacement Pre-Op Education Class – For those having Joint Replacement Surgery at PL	Orthopedic – Offered 2X Per Month
<input type="checkbox"/>	Senior “Y Stay Fit & Well” Exercise Class w/ the North Orange County YMCA (for those 55+) – Balance, Mobility	Senior Health – Offered 3X Weekly
<input type="checkbox"/>	Senior Yoga w/ the North Orange County YMCA (for those 55+) – Balance, Mobility	Senior Health – Offered 2X Weekly
<input type="checkbox"/>	Tobacco Cessation Support Group (5-Week Series)	General Health – Offered Quarterly
<input type="checkbox"/>	Diabetes Education	General Health – Offered Quarterly
<input type="checkbox"/>	NOW AVAILABLE AT EMPLOYER LOCATION - Tobacco Cessation Support Group (2, 45-minute sessions on site)	General Health – Offered Quarterly at PL

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Health Articles & Handouts/Fact Sheets

CHECK HERE TO RECEIVE ARTICLE	TOPIC	HEALTH CATEGORY
<input type="checkbox"/>	Allergies	General Health
<input type="checkbox"/>	Alzheimer's Disease	Senior's Health
<input type="checkbox"/>	Appendicitis	General Health
<input type="checkbox"/>	Are You At Risk For Diabetes	Diabetes
<input type="checkbox"/>	Arthritis of the Hand	Orthopedics
<input type="checkbox"/>	Arthroscopy	Orthopedics
<input type="checkbox"/>	Aspirin and Heart Attack	Heart Disease
<input type="checkbox"/>	Asthma Emergencies	General Health
<input type="checkbox"/>	Baby Blues and Post-Partum Depression	Women's Health
<input type="checkbox"/>	Back Pain	Orthopedics
<input type="checkbox"/>	Back to School 101	Children's Health
<input type="checkbox"/>	Bariatric Surgery: Is It Right For You?	General Health
<input type="checkbox"/>	Barrett's Esophagus	Gastroenterology (G.I.)
<input type="checkbox"/>	Bicycle Safety	General Health
<input type="checkbox"/>	Bites and Stings	General Health
<input type="checkbox"/>	Bone Densitometry	Orthopedics
<input type="checkbox"/>	Bone Densitometry	Technology
<input type="checkbox"/>	Breaking Poor Sleep Habits	General Health
<input type="checkbox"/>	Breast Cancer & Mammograms	Handout/Fact Sheet
<input type="checkbox"/>	Breast MRI	Technology
<input type="checkbox"/>	Breast Self Exams	Women's Health
<input type="checkbox"/>	Breastfeeding Tips For New Moms	Women's Health
<input type="checkbox"/>	Building a Healthy Heart	Heart Disease
<input type="checkbox"/>	Building Healthy Bones For Life	Orthopedics
<input type="checkbox"/>	Car Seat Safety	Children's Health
<input type="checkbox"/>	Caring For a Loved One After a Stroke	Stroke
<input type="checkbox"/>	Caring For Elderly Parents	Senior's Health
<input type="checkbox"/>	Caring For the Diabetic Body	Diabetes
<input type="checkbox"/>	Carpal Tunnel Syndrome	Orthopedics
<input type="checkbox"/>	Cervical Cancer Screenings	Cancer
<input type="checkbox"/>	Chickenpox	Children's Health
<input type="checkbox"/>	Childhood Obesity	Children's Health
<input type="checkbox"/>	Children and Cholesterol	Children's Health
<input type="checkbox"/>	Cholesterol	Handout/Fact Sheet
<input type="checkbox"/>	Choosing the Right Doctor	General Health
<input type="checkbox"/>	Chronic Wounds Need Special Care	Diabetes
<input type="checkbox"/>	Congestive Heart Failure	Heart Disease
<input type="checkbox"/>	Coping With Arthritis	Orthopedics

<input type="checkbox"/>	Coping with Breast Cancer	Cancer
<input type="checkbox"/>	Coping With the Holiday Blues	General Health
<input type="checkbox"/>	Creating a Family Health History	General Health
<input type="checkbox"/>	Dangers of Secondhand Smoke	Cancer
<input type="checkbox"/>	Dealing With Arthritis Pain	Orthopedics
<input type="checkbox"/>	Dementia and Seniors	Senior's Health
<input type="checkbox"/>	Depression Fact Sheet	General Health
<input type="checkbox"/>	Depression in Seniors	Senior's Health
<input type="checkbox"/>	Detecting and Treating Peripheral Artery Disease	Heart Disease
<input type="checkbox"/>	Diabetes and Weight Loss Surgery	Diabetes
<input type="checkbox"/>	Diabetes Tips For Eating Out	Diabetes
<input type="checkbox"/>	Diagnosing and Treating Colorectal Cancer	Cancer
<input type="checkbox"/>	Diagnosing Breast Cancer	Cancer
<input type="checkbox"/>	Digital Mammography: Is It Right For You?	Technology
<input type="checkbox"/>	Early Treatment Important For Heart Attacks	Heart Disease
<input type="checkbox"/>	Eating Healthy During the Holidays	General Health
<input type="checkbox"/>	Exercise and Pregnancy	Women's Health
<input type="checkbox"/>	Fireworks Safety	General Health
<input type="checkbox"/>	Foot Care For Diabetics	Diabetes
<input type="checkbox"/>	Foot Health	General Health
<input type="checkbox"/>	Germ Proofing Your Home	General Health
<input type="checkbox"/>	Gestational Diabetes	Diabetes
<input type="checkbox"/>	Getting a Colonoscopy	Cancer
<input type="checkbox"/>	Getting Ready For Surgery	General Health
<input type="checkbox"/>	Getting the Facts About Osteoporosis	Orthopedics
<input type="checkbox"/>	Glaucoma	Senior's Health
<input type="checkbox"/>	H1N1 Flu: What You Need to Know	General Health
<input type="checkbox"/>	Halloween Safety	Children's Health
<input type="checkbox"/>	Healthy Snacks For Children	Children's Health
<input type="checkbox"/>	Hearing Loss	General Health
<input type="checkbox"/>	Heart Attack Warning Signs For Women	Heart Disease
<input type="checkbox"/>	Heart Health A to Z	Heart Disease
<input type="checkbox"/>	Heart Health Tips For Families	Heart Disease
<input type="checkbox"/>	Heart Healthy Cooking	Heart Disease
<input type="checkbox"/>	Herniated Disks	Orthopedics
<input type="checkbox"/>	High Blood Pressure	Handout/Fact Sheet
<input type="checkbox"/>	High Blood Pressure and Stroke	Stroke
<input type="checkbox"/>	Hip Fractures	Orthopedics
<input type="checkbox"/>	How to Lower Your Blood Pressure	Heart Disease
<input type="checkbox"/>	How to Manage Stress	General Health
<input type="checkbox"/>	HPV, Cervical Cancer and You	Cancer
<input type="checkbox"/>	Importance of Colorectal Screening	Cancer
<input type="checkbox"/>	Irritable Bowel Syndrome and Crohn's Disease	Gastroenterology (G.I.)
<input type="checkbox"/>	Keeping Your Back Strong	Orthopedics
<input type="checkbox"/>	Kidney Care	Diabetes
<input type="checkbox"/>	Knee Replacement Surgery	Orthopedics
<input type="checkbox"/>	Know Your Risks For High Blood Pressure	Heart Disease
<input type="checkbox"/>	Language Problems After Stroke	Stroke
<input type="checkbox"/>	Low Back Pain	Orthopedics
<input type="checkbox"/>	Managing Chronic Pain	General Health
<input type="checkbox"/>	Managing High Cholesterol	Heart Disease

<input type="checkbox"/>	Men and Depression	Men's Health
<input type="checkbox"/>	Migraines	General Health
<input type="checkbox"/>	Minimally Invasive Surgery	General Health
<input type="checkbox"/>	Motorcycle Safety	General Health
<input type="checkbox"/>	Oh My Aching Head	General Health
<input type="checkbox"/>	Osteoporosis	Orthopedics
<input type="checkbox"/>	Ovarian Cancer	Cancer
<input type="checkbox"/>	Pre-Diabetes	Diabetes
<input type="checkbox"/>	Preventing Childhood Burns	Children's Health
<input type="checkbox"/>	Preventing Heart Disease	Heart Disease
<input type="checkbox"/>	Preventing High Cholesterol	Heart Disease
<input type="checkbox"/>	Prostate Cancer Screening	Cancer
<input type="checkbox"/>	Prostate Problems	Men's Health
<input type="checkbox"/>	Protecting Your Skin in the Summer	General Health
<input type="checkbox"/>	Quitting Tobacco	Cancer
<input type="checkbox"/>	Recovering After Heart Surgery	Heart Disease
<input type="checkbox"/>	Reducing Your Risk of Stroke	Stroke
<input type="checkbox"/>	Replacing Worn Joints	Orthopedics
<input type="checkbox"/>	Restless Legs Syndrome	General Health
<input type="checkbox"/>	Rheumatoid Arthritis	Orthopedics
<input type="checkbox"/>	School Bus Safety	Children's Health
<input type="checkbox"/>	Sciatica	Orthopedics
<input type="checkbox"/>	Signs and Symptoms of Diabetes	Diabetes
<input type="checkbox"/>	Sleep Apnea	General Health
<input type="checkbox"/>	Snoring is No Laughing Matter	General Health
<input type="checkbox"/>	Sports Nutrition For Kids	Children's Health
<input type="checkbox"/>	Sprains and Strains	Orthopedics
<input type="checkbox"/>	Staying Healthy While You Travel	General Health
<input type="checkbox"/>	Summer Food Safety	General Health
<input type="checkbox"/>	Summer Heat Illnesses	General Health
<input type="checkbox"/>	Surgical Options For Back Pain	Orthopedics
<input type="checkbox"/>	Swimming Safety For Children	Children's Health
<input type="checkbox"/>	Taking a Swing at Rotator Cuff Injuries	Orthopedics
<input type="checkbox"/>	Talking With Your Doctor	Handout/Fact Sheet
<input type="checkbox"/>	Tips For Lowering Cholesterol	Handout/Fact Sheet
<input type="checkbox"/>	Tonsils and Adenoids	Children's Health
<input type="checkbox"/>	Travel Tips For Diabetics	Diabetes
<input type="checkbox"/>	Traveling With Children	Children's Health
<input type="checkbox"/>	Treating and Controlling Diabetes	Diabetes
<input type="checkbox"/>	Treating Cataracts	Senior's Health
<input type="checkbox"/>	Understanding EKGs	Heart Disease
<input type="checkbox"/>	Understanding MRI of the Breast	Technology
<input type="checkbox"/>	Understanding Type 1 Diabetes	Diabetes
<input type="checkbox"/>	Warding Off Mosquitoes (Includes Information on West Nile Virus)	General Health
<input type="checkbox"/>	Ways to Control Your High Blood Pressure	Heart Disease
<input type="checkbox"/>	What Happens After a Stroke	Stroke
<input type="checkbox"/>	What Should I Ask My Doctor About Menopause?	Women's Health
<input type="checkbox"/>	What to Expect in the ER	General Health
<input type="checkbox"/>	What You Should Know About Colorectal Polyps	Cancer
<input type="checkbox"/>	When Breast Cancer Returns	Cancer

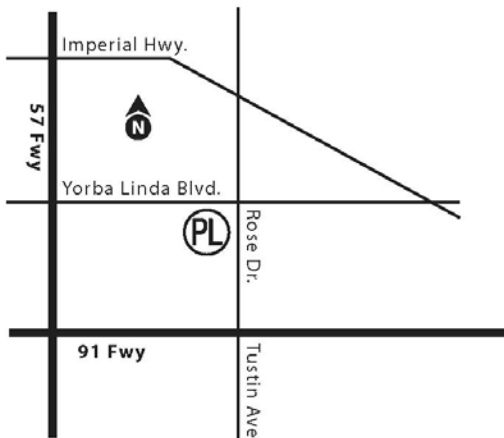
<input type="checkbox"/>	Winning Game Plan for Men's Health	Men's Health
<input type="checkbox"/>	Workplace Stress	General Health
<input type="checkbox"/>	Your First Mammogram	Cancer
<input type="checkbox"/>	Your First Mammogram	Women's Health

*For more information, to book an event or
 To request materials, please call:*
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714-961-9304
pamela.walrod@tenethealth.com

Placentia-Linda Hospital

"Quality healthcare with a personal touch"

1301 N. Rose Drive, Placentia, CA 92870



Come for the Quality...Stay for the Service!SM



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Visit us at www.placentialinda.com

Visit us at www.plhxr.com

Visit us at www.anaheimhillsmri.com