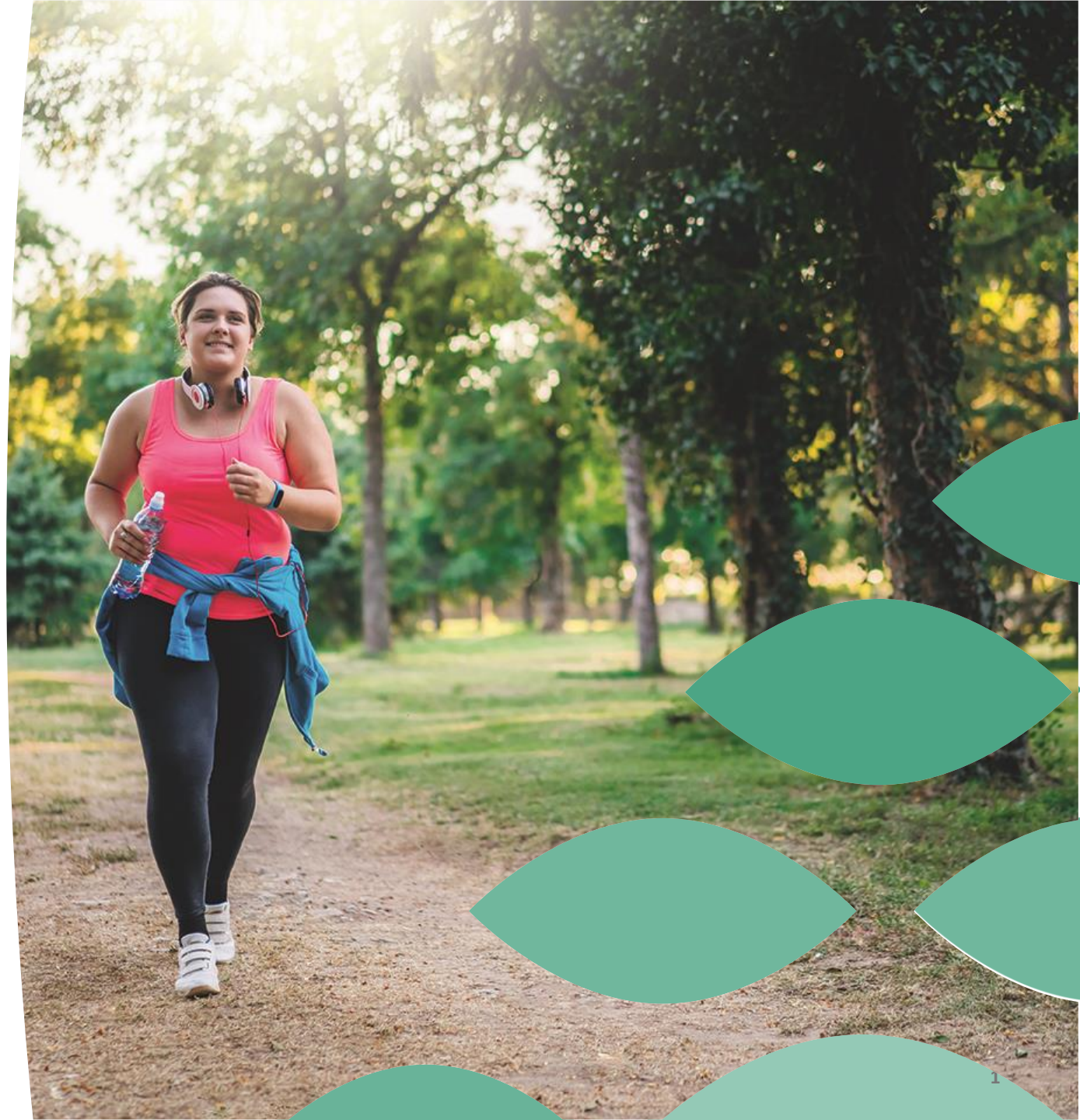


Resources to support weight loss and management

Topics:

- Latest on COVID-19
- A patient's story
- Health benefits of weight loss and maintenance
- What is Comprehensive Weight Management
- Why support after weight loss surgery is important





Ed Gilkey, MD, MS, MBA, CPE, Senior Physician Executive, Northern Light Beacon Health



Jim Jarvis, MD, FAAFP, Senior Physician Executive, Incident Command, Northern Light Health, Director, Clinical Education, Northern Light EMMC



Shirar Patterson
Patient



Sara Stanton, MS, RD, LD, Program Manager, Northern Light Surgical Weight Loss and Medical Weight Management



Asia Kronholm, PhD, Psychologist, Northern Light Behavioral Medicine



Matthew Sharbaugh, DO, Bariatric surgeon, Northern Light Surgical Weight Loss

Legal Disclosure:

The Coronavirus pandemic is an ongoing, continuously evolving situation.

Northern Light Health encourages everyone to follow federal and state governmental guidance and mandates.

Northern Light Health does not know the particulars of your situation, so the information presented today is general in nature and is based upon Northern Light Health's own experience, which may or may not apply in your specific situation, and which may be revised as we learn more about the Coronavirus.

Accordingly, following any guidance Northern Light Health presents today in no way guarantees that you, your employees and/or your customers and clients will not contract or spread the Coronavirus.

Ask us questions – give us feedback – this hour is for you

- Please use the Q and A function to ask your questions at anytime.

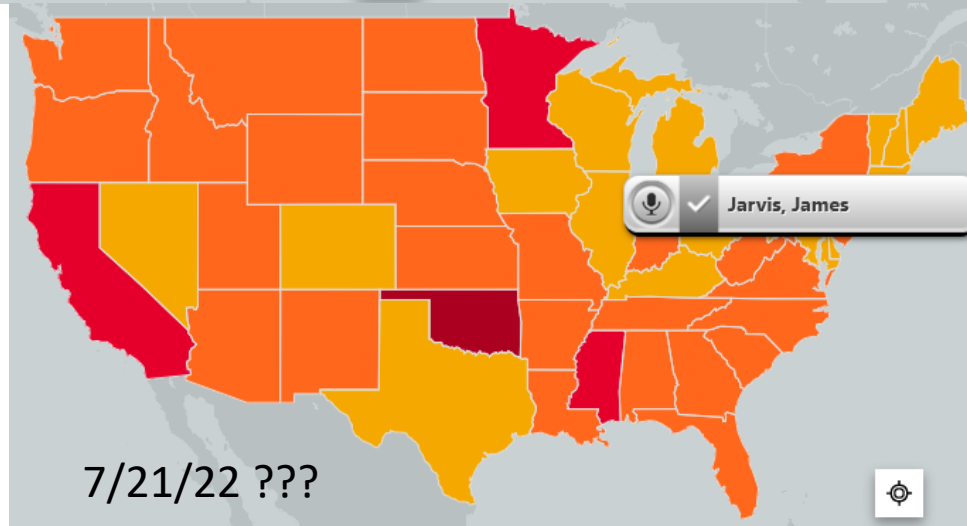
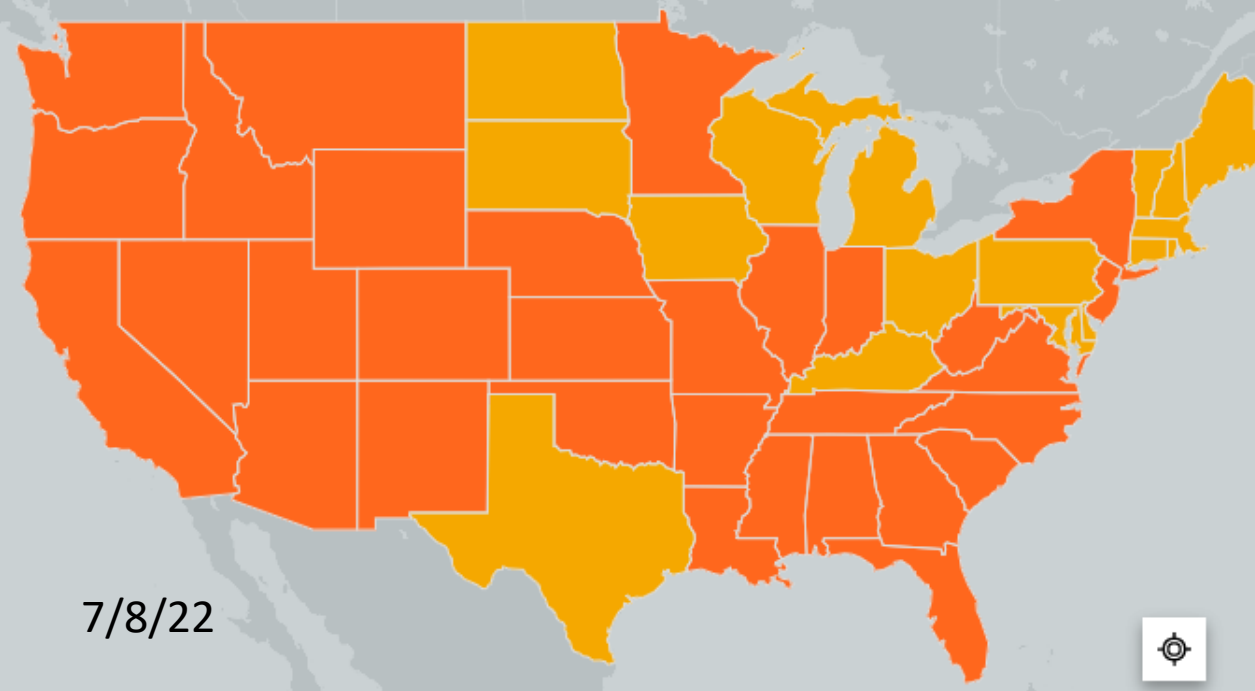
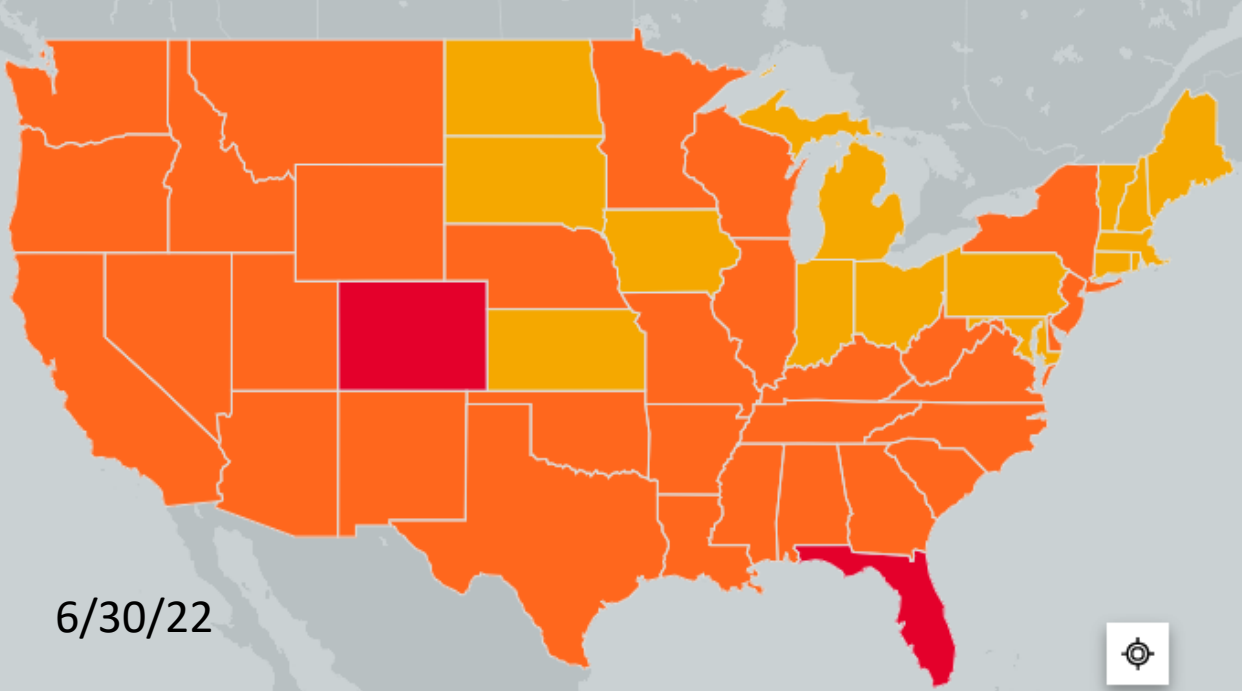
Page 1 of 1

1. I am able to apply the tools and guidance provided today to support my workplace and/or employees.*
 - Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly Disagree
2. The information provided today was easy to understand and relevant.*
 - Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly Disagree
3. How likely are you to recommend the Business to Business Zoom Conference series to a fellow colleague and / or Maine employer?*
- Very Likely
- Likely
- Neutral
- Unlikely
- Very Unlikely
4. How likely are you to attend one of our Business to Business Zoom Conferences in the future?*
- Very Likely
- Likely
- Neutral
- Unlikely
- Very Unlikely
5. What topic(s) would you like us to focus on in the future?

Done

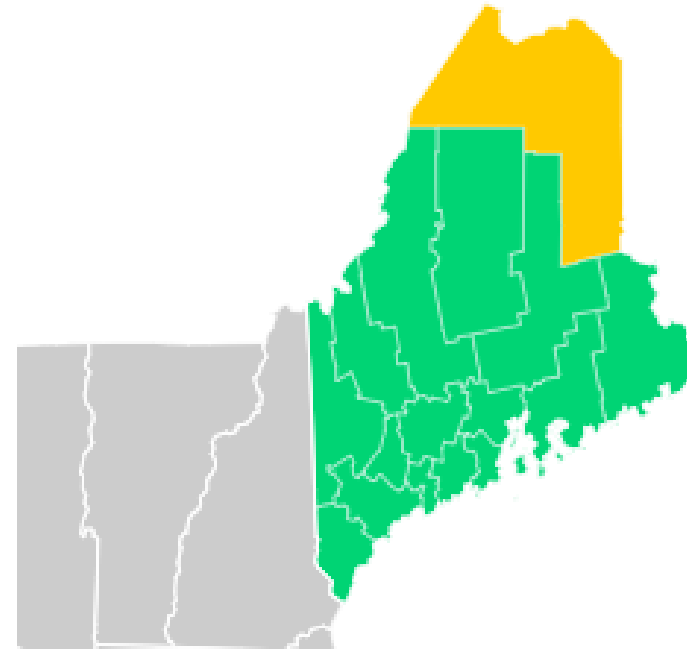
Latest on COVID-19

COVID Cases



The last 30 Days in Maine

Showing: Case rate per 10,000 people
Date Range: June 11, 2022 to July 11, 2022
Case Status: All
Click a county to filter

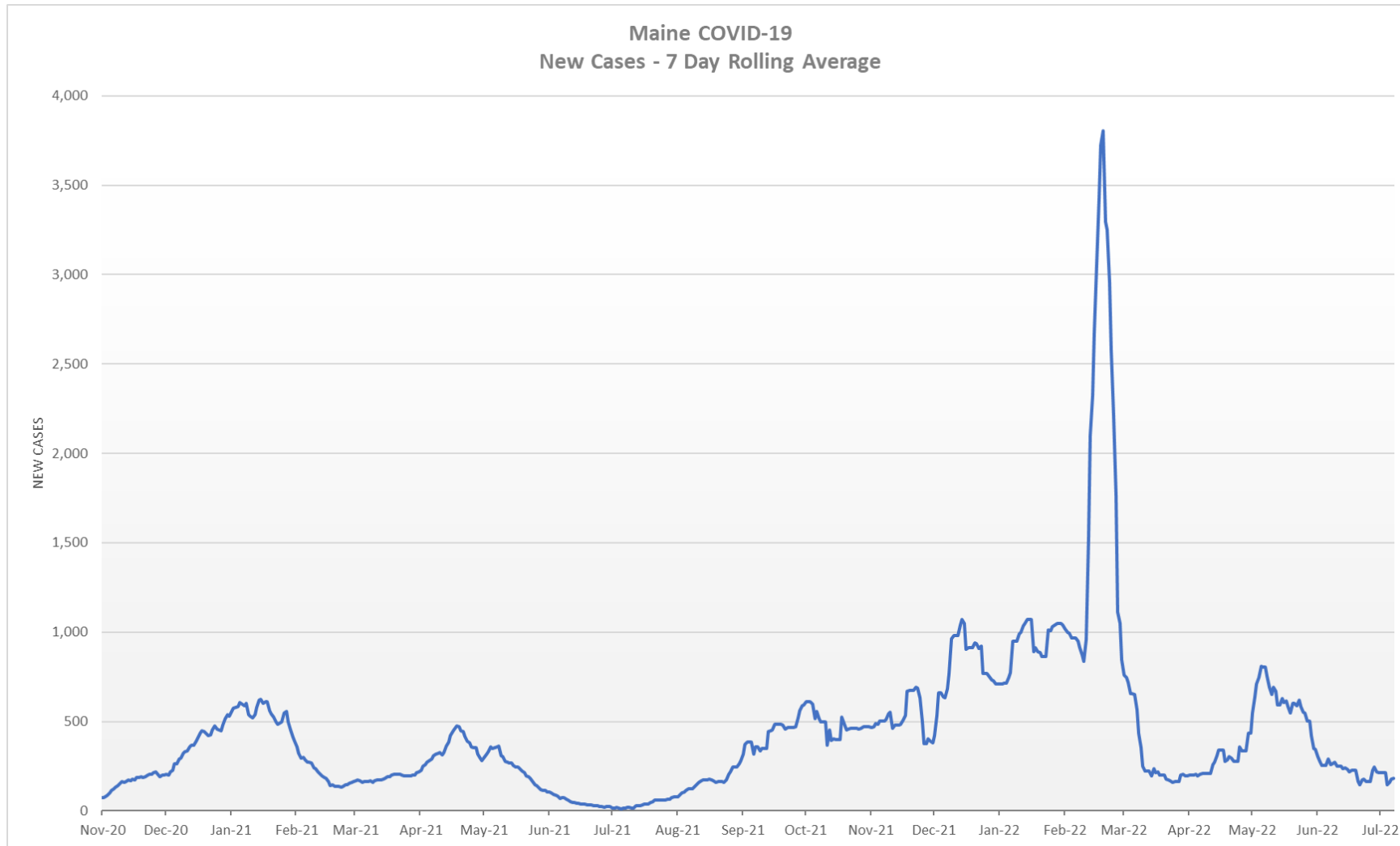


% Vaccinated

Community risk level

Low level  High level

Maine COVID-19 New Cases – 7 Day Rolling Average



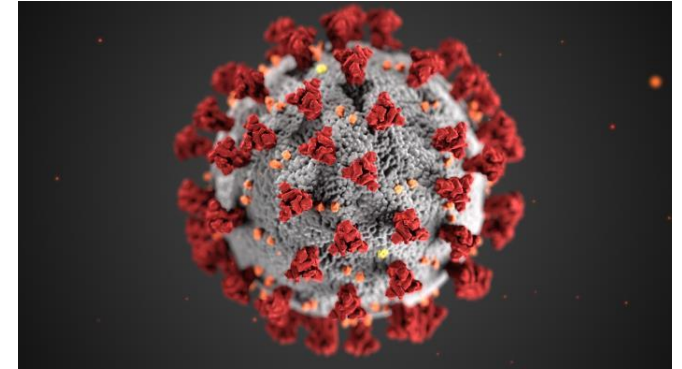
Vaccine Update

- First Boosters Now recommended for Age 5 and above, should be a mRNA Vaccine
- Second Booster recommended for Age 50 and above, 12 and above with immunocompromising conditions. Only an mRNA
- Primary series now authorized for 6 months and older.

Concerning Trends

Omicron Subvariants

- BA4 and BA5 now dominant strains in US and Europe
 - BA5 one of the most infectious viruses ever
- Can evade immunity from vaccine or prior infection
- However, vaccination and/or prior infection protect against severe disease
 - especially if fully vaccinated including recommended vaccines
- BA2.75 bears watching as may be causing rises in Asia



Easy access to schedule your vaccine, booster, or Flu shot

[COVID-19 \(Coronavirus\) Portal - Public Vaccination \(northernlighthealth.org\)](https://www.northernlighthealth.org/COVID-19)

 Northern Light Health.

Public Vaccination

COVID-19 Vaccination and Booster Eligibility Updates

Booster dose appointments for Pfizer, Moderna, and Johnson & Johnson COVID-19 vaccines are now available for people 18 and over who meet criteria.

People 5 years or older are currently eligible to schedule a COVID-19 vaccination.

Important:

- Community members under age 18 who would like to be vaccinated, must have a parent or guardian complete and initial the online scheduling form on their behalf.
- In addition to scheduling a vaccine using the online process, patients under 18 are required to bring a completed consent to treat forms signed by their parent or guardian to their appointment.
- Patients under the age of 16 must be accompanied by a parent or guardian to their vaccination.
- If you have any questions please call: **207-204-8551***

**Long distance or carrier fees may apply.*

Scheduling your vaccination:

- If you cannot find an appointment that works for you at a Northern Light Health location, please visit the [state COVID-19 vaccination sites list](#).
- Please print your appointment confirmation and bring it with you. Vaccination candidates will receive an email confirming their vaccination location

The cost of obesity

Obesity and business – just the facts

- Obesity defined as Body Mass Index (BMI) >30
- Affects over 1 in 3 American adults
- Accounts for ~20% US medical costs
- Persons who have obesity spend 42% more on medical costs
- Employees who have obesity are 25% more work injuries and 2x # of filed claims
- Employees who have obesity vs healthy weight employees
 - healthcare claims cost 7x more
 - absent for 10x the number of days
- Study: Correlation of average direct medical costs
 - severity of obesity - normal weight at \$4,500 PPPY to \$19,000 PPPY for Class III Obesity

How is your life better after working with a holistic weight management program?

Why a holistic approach to weight management matters to me...

2019 – Weight Management

- Getting to know me
- One on one support
- Connections with others
- Learning about mindfulness
- Making behavioral changes
- Weighing options on my timeline
- Asking questions
- Support at each decision point

2021 – Bariatric Surgery

- More energy
- Stronger
- Happier
- Want to do things!
- No more headaches
- Access to support if I need it
- Group sessions



What is a holistic Weight Loss and Weight Management Program ?

Our holistic Program encompasses physical health as well as mental and emotional health

Comprehensive Weight Management Program includes:

- **Surgical Weight Loss**
 - Surgeons, dietitians, psychologists, specialists as needed
- **Medical Weight Management**
 - Bariatrician, dietitians, psychologists
 - Support after surgery

Center of Excellence Designation



Accredited through the American College of Surgeons as a Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program

- 2005 ASMBS Accredited
- 2009 MBSAQIP Accredited

Northern Light Eastern Maine Medical Center is preferred status as a center of excellence with:

- Harvard Pilgrim Health Care COE
- Aetna Bariatric Institute of Quality
- Optum Health Bariatric COE (United Health Care)
- Blue Distinction Center for Bariatric Surgery and Blue Distinction Center for Bariatric Surgery by Anthem Blue Cross Blue Shield

Why is mental health a key ingredient to successful weight management?

Mental Health and Weight Management

- ❑ Best practice guidelines American Society for Metabolic and Bariatric Surgery

- ❑ Pre-surgery psychological consultation

- ❑ Identifies risk and challenges to manage before and/or after surgery
- ❑ Ensures understanding of surgery and related risk, benefits, requirements, outcomes
- ❑ Provides information to other providers
- ❑ Establishes working relationship with patient

- ❑ Domains include:

- ❑ Mental health, social, educational, work, medical, weight management/dieting history, understanding of surgery

Mental Health and Weight Management

☐ Services include:

- ☐ Help enacting necessary changes in preparation for surgery
- ☐ 3 and 9 month follow-ups (and by request) to support mood/functioning
- ☐ Facilitation of aftercare group
- ☐ Help with weight management or related adjustment difficulties in the long-term
- ☐ Help with referral to other providers for general mental health needs

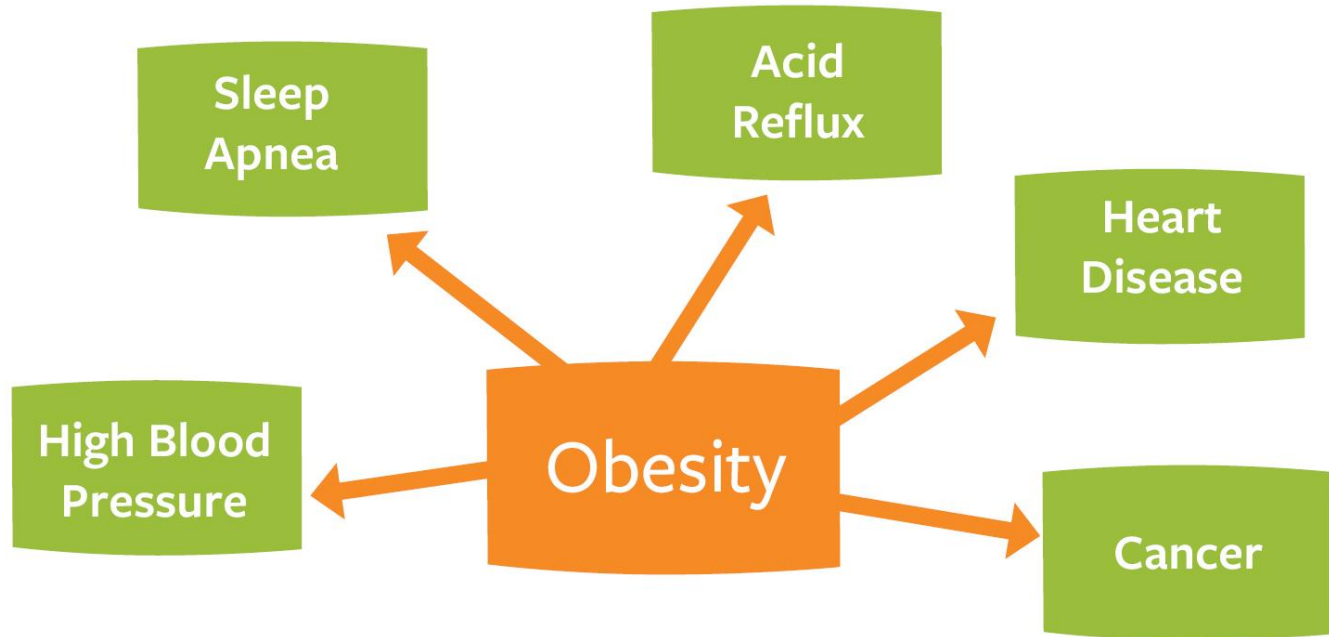
☐ Services are evidence-based and short-term

- ☐ CBT, mindfulness, DBT

Bariatric Surgery, lose weight and improve quality of life

Improvement or remission of weight-related diseases

- Diabetes
- Obstructive sleep apnea
- High blood pressure
- Hyperlipidemia
- Arthritis
- Acid reflux
- Fatty liver disease
- Certain cancers



What to expect after surgery

- You will be in the hospital for one night after surgery. If a second night stay is needed this will be discussed with your surgeon prior to surgery.
- You will be up and walking within hours of surgery
- You should be comfortable after surgery and many patients leave the hospital with only Tylenol for pain management
- For patients who work desk jobs, most will return to work after two-week follow up
- Lifelong follow up along with diet and exercise will be best chance at success before and after surgery



Surgical innovation and accreditation



- Northern Light Eastern Maine Medical Center is the first robotic bariatric teaching center in the world.
- We teach weight loss surgery on a robotic platform to surgeons from across the US and from around the world.
- Robotic surgery offers a computer interface between the surgeon and the patient providing state of the art optics, skilled robotic “hands”, smaller incisions, less bleeding and less pain.
- Northern Light Eastern Maine Medical Center recently achieved accreditation as a Center of Excellence in Robotic Surgery, by Surgical Review Corporation.

Life After Weight Loss Surgery



After surgery, many of our patients can do things they never imagined possible.

Some examples are:

- Water skiing
- Hiking Mt. Katahdin
- CrossFit
- Flying on a plane without extender
- Running Millinocket half marathon
- Visiting Disney

Roundtable Discussion: Ask us your questions using the Q and A function



Ed Gilkey, MD, MS, MBA, CPE, Senior Physician Executive, Northern Light Beacon Health



Jim Jarvis, MD, FAAFP, Senior Physician Executive, Incident Command, Northern Light Health, Director, Clinical Education, Northern Light EMMC



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Patient



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Matthew Sharbaugh, DO, Bariatric surgeon, Northern Light Surgical Weight Loss

To take the next step...



For individuals who need to lose just a few pounds or for those at high risk of obesity-related diseases, we can help.

- Find out if you meet the criteria for our surgical weight loss or medical weight management program.
- Connect with experts who guide you through each step of your weight loss journey.
- View online information sessions that help you understand what to expect, and when you're ready, what to do next.

NorthernLightHealth.org/EMMCWeightLoss
or call Sara Stanton at 207.973.4940.

Tools you can use:

<https://northernlighthealth.org/Resources/Safe-Return-to-Business>



[Resources](#) / [Good Health Is Good Business - Business to Business Zoom Conference Series](#)

Good Health Is Good Business – Business to Business Zoom Conference Series

As an employee, we are right here with you, navigating the same uncharted COVID-19 waters you are. We have learned a thing or two along the way and we want to share with you. As a healthcare system, Northern Light Health has in-house experts who can offer guidance to help you safely welcome your employees, customers, volunteers, and students. We are working through these concerns every day in our ten hospitals and at our more than 100 other locations across Maine. We look forward to helping you!

One-hour Zoom Conferences Twice a Month on Thursdays at 11am

[Register for the July 14 Meeting here](#)

Attendees are asked to join the conference by Zoom and listen to audio using your computer only. Please do not dial in while also connected via your computer. The dial in number is for those not joining by computer. This will help accommodate a larger number of participants. See you Thursday!


[View Past and Upcoming Meetings, Download Resources, and Watch Informational Videos](#)

| | |
|--|---|
|  <p>July 14, 2022 Resources to support weight loss and management</p> |  <p>June 9, 2022 Growing, retaining, and engaging our workforce - Maine businesses share their insights</p> |
|  <p>May 5, 2022 Good Health is Good Business: How to get mental health support in your workplace</p> |  <p>April 7, 2022 Delivering care, at what cost? Why prioritizing your health is important</p> |
|  <p>March 17, 2022</p> |  <p>March 3, 2022 Making Maine stronger by working together: Maine's two largest health systems share their COVID story</p> |
|  <p>January 27, 2022 Pandemic Fatigue - Investing in your employees to build a culture of caring</p> |  <p>February 10, 2022 Frontline employees share their experiences: lessons that promote team strength, resiliency, and compassion</p> |

Register and save the date for Thursday, August 11 Trends and Hidden Costs of Mental Health

Topics:

- Latest on COVID-19
- Hidden cost of mental health
- Navigating resources and strategies to support employee mental health
- What to consider when looking for services that will work for your employees



Northern Light Health.


One-hour Zoom Conferences
Moderated forum with Q and A
presented by Northern Light Health

zoom Business to Business Conference Series

GOOD HEALTH IS GOOD BUSINESS

Trends and Hidden Costs of Mental Health

Thursday, August 11 at 11 am
The Zoom meeting ID will be sent to you upon registering



Topics will include:

- Latest on COVID
- Hidden cost of mental health
- Meeting the needs of your employees during times of increased demand
- Navigating resources and strategies to support employee mental health
- What to consider when looking for services that will work for your employees

Learn how to support your employees and your customers to operate a safe and healthy business.

Our Panelists:

| | | |
|---|--|---|
| Scott McKee Acadia Benefits | Sheila Thibodeau, LCSW, CCS, CEAP Director, Operations Northern Light Work Force EAP | Moderated by Ed Gilkey, MD, MS, MBA, CPE Senior Physician Executive Northern Light Beacon Health |
| Jaime Audet, MBA, GBA VP Human Resources Operations and Rewards Northern Light Health | Jim Jarvis, MD, FAAFP Senior Physician Executive, Incident Command Northern Light Health Director, Clinical Education Northern Light Eastern Maine Medical Center | |

**PLEASE REGISTER
BY CLICKING HERE
BEFORE JOINING THE MEETING**

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Please contact Lanie Abbott for more information lwabbott@northernlight.org

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