THE PULSE

Your Health – Our Mission

- National Nutrition Month
- Good Food is our Best Medicine
- COVID-19 Vaccine Update
- The value of a good night’s sleep
- WhidbeyHealth Hero Spotlight

March 2021
Volume 31
Giving with Heart

Dear Neighbors and Friends,

As always, I hope this letter finds you healthy and well. Here on Whidbey, there are welcome signs of spring everywhere. As more of our friends and neighbors are vaccinated and pandemic restrictions are gradually lifted, it feels as though the island is truly coming back to life!

An old saying resonates with many: “A healthy person has a thousand wishes. A sick person, only one.” Our island offers everything we need to enjoy our personal health - fresh food, clean air, and the opportunity to walk, run and play outside. Doing everything we can to maintain good personal health is a vital investment in our personal futures.

COVID-19 has taught us to never take healthcare for granted. Our economy has suffered huge blows and the ongoing financial challenges we face are as real as our need for exceptional, local healthcare. Our donors are critical for WhidbeyHealth to meet the challenge of providing quality and comprehensive healthcare throughout our rural community.

The pandemic has also re-emphasized that we need to be proactive with our health. Your donations have supported outstanding care for patients and their families, providing equipment and training when it is needed most.

For example, WhidbeyHealth Foundation funds S.A.I.L. (Stay Active and Independent for Life) courses. S.A.I.L. (Stay Active and Independent for Life) classes are island-wide and help participants to avoid falls while at home or out in town. Avoidable falls account for 20% of our ambulance calls, so this is an example of prevention at its best!

Donations that support WhidbeyHealth are truly an investment in our individual health and the future of our whole community.

Thank you for supporting local healthcare — a vital resource for us all.

Warmly,

Helen Taylor
Executive Director

WhidbeyHealth Foundation

Healthcare for our Whidbey Community

Thanks to our staff and volunteers, WhidbeyHealth continues to be the leader in vaccinations on the island, passing milestones of more than 10,000 doses in recent weeks. Accelerating the pace of vaccination moves us forward in opening our economy, jobs and schools. We are fortunate to have this team working in our community.

Our new Community Pharmacy is nearly ready to open. WhidbeyHealth can acquire prescription drugs at reduced cost and pass those savings on to patients. For patients who carry some or all of the cost of their prescriptions, reduction in costs for drugs can take a lot of pressure off the family budget. Conveniently located in the former Wells Fargo building next to the Medical Center, the Pharmacy services will significantly reduce waiting time for prescriptions to be filled.

As an organization, the WhidbeyHealth system continues to innovate and extend services for everyone on our island - delivering exceptional care close to home.

Visit our webpage to learn more about the Board and how you can attend our regular meetings. Also, please consider adding your support the WhidbeyHealth Foundation to help defray the millions of dollars in COVID-19 related costs.

Ron Wallin, President
WhidbeyHealth Board of Commissioners

Meeting Financial Challenges Head-On

The declaration of a global pandemic was made just over a year ago. Since then, WhidbeyHealth providers and staff have found ways to sustain core medical services like primary care and cancer care while fighting for the lives of everyone on the island. In the face of that threat, continuous innovation like telemedicine has enabled us to deliver on our mission with only a few interruptions.

The financial impact on our health system cannot be overstated. As of January, unexpected costs to respond to COVID-19 exceeded $3 million. At the same time, lockdown measures and temporary service closures reduced revenue by $12 million.

Our community is not alone. America’s hospitals of every size face the same unprecedented, massive cost increases and revenue losses. Tragically, some hospitals have ceased to operate in small communities like Yakima, as well as in many large cities.

We are striving to strengthen WhidbeyHealth’s financial position so that we are more resilient in these and future extraordinary times. Unfortunately, we have faced the difficult decision to reduce our workforce in some areas, which I can assure you was not taken lightly.

Cost containment is paramount, but we cannot ‘cost-cut’ our way to fiscal health. Our finance team is working aggressively to secure every dollar of FEMA benefits available, though that will be a fraction of COVID-related losses.

Negotiations are ongoing with insurance companies to improve reimbursement rates, reduce their denials for patient benefits, and accelerate payment for services. Sadly, insurance for some of our active duty and retired military heroes represents the lowest rates of reimbursement. We are advocating for change through our elected federal officials.

Service innovations like our walk-in clinics improve patient access to care, while reducing insurance denials for Emergency Department visits deemed to be ‘unnecessary.’ This is a win-win for everyone.

Thanks in part to your support of the Foundation, we are investing in specialty services like joint replacement surgeries which are sorely needed by our patients and are also covered by most insurers.

2020 marked the 50th anniversary of the opening of our hospital. With the support of the community and the incredible effort of our team, our children and grandchildren will celebrate a centennial in 2070. We are here for the long run - focused on our mission of delivering exceptional healthcare by our exceptional providers.

From all of us at WhidbeyHealth thank you for your continuing support.

Very best,
Ron Telles, CEO
Taking a Preventative Care Approach

There is an old saying in the medical profession: “Prevention is worth a pound of cure.”

At WhidbeyHealth we are proud to offer preventative medicine with a personal touch at each of our Primary Care Clinics – Cabot Drive (Oak Harbor) and Freeland. From infants to grandparents and everyone in between, our primary care clinics provide wellness exams, laboratory tests and treat injuries - all close to home.

WhidbeyHealth offers our patients many ways to stay healthy locally, without ever leaving the island. Our primary care providers will review preventative guidelines and make recommendations for your age and your health. Preventive care goes beyond what most would consider a “visit to the doctor.”

Coordinating care and yearly physicals with your provider are a vital component of your personal wellness. As part of the multidisciplinary team at WhidbeyHealth, you have access to our comprehensive healthcare services available at the Medical Center, including diagnostics, rehab programs, women’s health and cancer care.

Need to schedule a mammogram? It is as easy as calling our Diagnostic Imaging team at 360.678.7607. No order from your provider is needed.

As an additional point of care for our community who need immediate access to health care, we have two walk-in clinics ready to treat your minor illnesses and injuries. Open 7 days per week. Our Walk-in Clinics in Clinton (SR-525) and Oak Harbor (Coldie Street) were opened to provide additional access to care. For guidance on when you should use our Walk-in Clinics or when to call 911 or go to the Emergency Room, click here.

We believe everyone on Whidbey Island deserves local access to high-quality healthcare from excellent providers - all close to home. We’re here when you need care.

 Judy Scheidt, DO

National Nutrition Month

National Nutrition Month is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

“Make Yourself a Priority: A healthy lifestyle isn’t about what you lose. It’s about what you gain.”

115 Million

The number of obese adults projected to be living in the U.S. by 2030.

$150 Billion

The amount of obesity-related medical conditions cost our nation every year.

A proper diet can help prevent & control:

• Heart Disease
• High Blood Pressure
• Type 2 Diabetes
• Some Types of Cancer

National Nutrition Month

Participating in physical activity produces a range of physical, mental, social, environmental and economic benefits.

• Improve sleep
• Maintain a healthy weight
• Manage stress
• Improve quality of life
• Reduce your chances of joint and back pain
• Reduce your risk of major illnesses such as heart disease, type 2 diabetes and cancers

Make more informed eating choices

• Eat Fresh
• Choose Snacks Wisely
• Load half your plate with fruits and vegetables
• Drink more water & reduce Sodium intake

Staying Active and Independent for Life (SAIL)

SAIL or “Staying Active and Independent for Life” is currently a virtual interactive course offered at no cost to our community by WhidbeyHealth EMS.

The Centers for Disease Control and Prevention (CDC) has classified “Senior Falls” as the most preventable cause of injury, disability, and potentially worse to all those in our community 65 years of age or older. Participants in our 6-week SAIL course learn prevention strategies, strength, balance, and aerobic exercises that focus on senior fall prevention.

SAIL classes are running now, and there is plenty of room for new participants. Interested in signing up? Call the EMS office at 360.914.3193!

Child Safety

Our “Child and Babysitting Safety” (CABS) aligns with the American Safety and Health’s “Child and Babysitting Safety” program is now virtual as well! A four-hour, free, fast-paced, interactive session, WhidbeyHealth EMS trains individuals to become “Activity Coordinators and Injury Prevention Specialists” because nothing is more important than your child’s safety.

This training has been very useful for Grandparents, Expecting Parents, New Parents, latch-key children, and budding entrepreneurs looking for that very important first job!

CABS classes will resume in mid-April. Call the EMS office at 360.914.3193 for dates and times.
Good Food is our Best Medicine

Our immune system protects us from the common cold and flu virus while decreasing our risk of preventable diseases. Together with our immune system, inflammation is a natural response when our body is healing and fighting off illness. However, chronic inflammation may lead to various health challenges.

Prevent inflammation and strengthen your immune system to fight off viruses, flu, or the common cold with:

- **Cook at home**: Include a variety of whole grains, vegetables, fruit, protein, and healthy fats with every meal. Eating nutritious foods strengthens our immune system by providing essential vitamins and minerals.
- **Minimize processed foods**: Sugar, sweetened beverages, refined grains, alcohol, hydrogenated oils, and processed meats are associated with increased inflammation.
- **Eat high-quality protein**: Unprocessed meats are essential to keep our immune system strong.
- **Eat probiotic foods**: Probiotics provide healthy bacteria for our gut to improve overall health and immune function.
- **Sleep**: Our bodies need 7-9 hours of quality sleep to decrease inflammation and keep our immune system in optimal shape.
- **Exercise**: Engaging in physical activity, even for 20 minutes each day can boost our immune system and decrease risks that cause chronic inflammation. Exercising outside will also increase our Vitamin D levels which can support immune function.

A Day in the life of a WhidbeyHealth Dietitian

Are you ready to learn about the role our WhidbeyHealth Registered Dietitian Nutritionists (RDNs) play in the inpatient and outpatient care? Slip on some comfortable shoes and let’s go!

WhidbeyHealth’s RDNs wear a number of different hats. Our RDNs start each day by coordinating with the healthcare teams and our Food & Nutrition department to best care for our patient’s nutrition needs. Hospitalists and Nurses notify the Dietitians of patients in need of nutrition education for diabetes, heart disease, and malnutrition before they return home.

Additionally, working with Nurses specializing in specific types of care, like diabetes, Erin Simms RD, CD, CNSC, RDSES, a Certified Diabetes Care and Education Specialist, teaches outpatient diabetes management sessions that focus on providing tools to navigate food, exercise, and medications. Erin also works closely with patients receiving cancer treatment at our Cancer Center, to help overcome struggles with poor appetite, taste changes, or weight loss.

For our patients improving their health in the Cardiac Rehab or Pulmonary Rehab programs, Maggie McCinnis, MS, RDN, CD, CNSC teaches supporting nutrition classes and provides strategies for making healthy meal choices.

WhidbeyHealth’s dietary staff believe that good food is our best medicine. Our satisfaction comes each day after helping patients improve their health and wellbeing. If you have any questions about our services, please call our Advance Registration to schedule your testing appointment: 360.240.4055 weekdays from 8:00am to 5:00pm to arrange for your appointment.

Looking for an appointment?

We announce availability on our website and our Facebook. Your WhidbeyHealth team will only schedule appointments for the precise count of vaccines we receive from the state.

Not sure if you’re in an eligible phase?

Visit the Washington State Phase Finder tool to find out.

WhidbeyHealth is eager to vaccinate our community! Whether you have been vaccinated or are waiting for your phase/tier to become eligible, please remember to do your part in keeping yourself and our community safe. Wear a mask, social distance, and wash your hands frequently and often.

COVID Update (Vaccine Clinic & Testing)

WhidbeyHealth’s COVID-19 Vaccine Clinic continues operations, providing first and second vaccinations subject to receiving inventory from Washington State Department of Health. Another milestone was reached on March 19th as we surpassed 10,000 doses!

Our milestone dose was administered by Island County Medical Reserve Corps and Vaccine Clinic volunteer, Mary Stewart and was received by Kimberly Myhre, Dean of Students at Oak Harbor Intermediate School.

We also took our Vaccine Clinic on the road to Trinity Lutheran Church on March 7th, when we returned to administer the second dose of vaccine to those who received their initial dose at Trinity Lutheran a month prior.

COVID-19 Testing

WhidbeyHealth continues to offer swab testing for our community at the Medical Center in Coupeville. Anyone can be tested, regardless of symptoms.

Advance registration is required to prevent waiting lines. Help us schedule the appropriate number of staff, and manage our personal protective equipment (PPE) inventory and supplies. Call 360.240.4055 weekdays from 8:00am to 5:00pm to arrange for your appointment.

Please note that health insurers may not cover testing for people without symptoms or a recent exposure to a known infected person. You may be responsible for the cost of your test. We suggest calling your insurance provider with any questions about coverage.

WhidbeyHealth continues to offer COVID-19 testing for those who received their initial dose at Trinity Lutheran a month prior. Our milestone dose was administered by Island County Medical Reserve Corps and Vaccine Clinic volunteer, Mary Stewart, and was received by Kimberly Myhre, Dean of Students at Oak Harbor Intermediate School.

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Here is what people are saying about our February 2021 WhidbeyHealth Heroes:

Jennifer Menges
Registrar, Patient Financial Services

"Jennifer is the front desk guru of PFS. She is always willing to step outside of her normal routine and help the insurance collectors get paper claims and chart notes (or other documents) mailed out the door to insurance companies. She makes sure we have all the items that we need to do our jobs in the office and is quick to see how she can help management along the way. She really is one of our hearts and souls of PFS and a constant that we know we can rely on. Currently she is making sure important worker's comp paperwork and documents are taken care of as soon as possible for our providers and our patients. When she is on the phone with patients, she is always trying her best to make our patients feel at ease that she is going to take care of whatever question or concern the patient has. She is quick to email information received from patients so that we can get the best resolution as fast as possible."

Kellie Osborn
Physical Therapist Assistant, Rehabilitation Care

"Kellie became so many things to me during my recovery: my teacher, my confidant, my encourager and my expert in my road to recovery. She taught me not to be afraid of movement just because it hurts, but to push myself to get the optimal results and to ultimately reach my own personal goals! She helped me by teaching me so many different exercises and techniques that helped me build muscle and restore my strength. The most important to me was the relationship that I built with Kellie which will always remain on of the most special ones in my life. Kellie saw me on my darkest days, where I thought recovery was not possible. She showed me compassion, care, encouragement and strength. I cannot thank this wonderful, gifted person enough for that journey she took with me. I am eternally grateful that I was lucky enough to have her be my therapist and become my friend!"

Tonya DeYoung
RN, WhidbeyHealth Family Birthplace

"I feel Ms. Tonya is our everlastng keeper of knowledge and education, with a wealth of critical knowledge she shares with us every day. I have never had a shift where I did not learn something new. Tonya is a great preceptor as she envelops new employees and nurtures them along their journey. She has also been a great spear-head in our NRP education, helping to update our treatment of newborn babies. She brings special skillset and experience to the unit, and is always cool under pressure, which makes her an outstanding charge nurse! Tonya has also been a major factor in utilizing our Certified Nurse Assistants to become more involved during codes and deliveries, getting our CNA's educated with mini NRP training. Family Birthplace is blessed to have this unique and special character as part of our ever growing story."

Jennifer Croy
RN, Home Health Care

"I've worked with Jennifer for over eight years in Home Health Care and I have witnessed her wearing many hats. Her breadth of knowledge and ease in which she adapts to new roles constantly amazes me. She is our go-to person for policy issues, specific and general education related to CMS rules and regulations. She writes new protocols, policies, procedures, standing orders, and new staff orientation guides and helps with compute related problems. As if all this was not enough she also fills other roles in the office as needed. We often bring our challenges to Jennifer. She listens and always provides constructive feedback. That is not an easy position to be in, to be empathetic yet lead for optimal efficiency, and remain professional. Jennifer is always only a text or phone call away to both nursing and therapists. We could not do our jobs without this sort of support which is crucial to success of providing excellent care to our patients. Jennifer is a unique and valuable asset to Home Health Care and immensely appreciated."

EMS HERO SPOTLIGHT

A Dirty Situation with a Great Outcome!

Every EMS shift is different, and February 28th was proof, when WhidbeyHealth Paramedic Zack Greenberg and EMT Bill McArthur were called to a person stuck in the Dugualla Bay mud flats with the tide rapidly rising.

Greenberg and McArthur were first on the scene - a trailhead more than a mile away from the mud flats, blocked by fallen trees and narrowed pathways. Carrying their gear, the pair arrived nearly 30 minutes later to see a young person deeply stuck in the mud and an anxious family eager for assistance.

Greenberg described the situation: "It was tricky navigating the conditions, but we knew what we needed to do to help this patient. What we didn't anticipate was how quickly the tide was rising." During the effort to rescue and remove the patient from the mud flats, the water level started out about 15 yards away from them and was a few inches deep by the time they were able to pull the patient from the mud and slowly make their way back to shore.

"The patient was buried up to nearly their waist, with one leg buried air-tight in the mud," recounted Greenberg. "Bill and I took turns digging as quickly as we could to release the patient’s leg. They had been in this position for far too long and it was important that we completed the rescue before the rising water levels made that more of a challenge and danger."

The patient was assisted to the shore thanks to NWFR Lt. Maletto and was reunited with their family. What began as a simple family outing could have ended in tragedy, but thankfully the only injuries sustained were to the uniforms!

Congratulations to EMT McArthur and Paramedic Greenberg, and many thanks to North Whidbey Fire & Rescue, NASWI SAR, and the WA Parks & Recreation Commission for their roles assisting with the rescue.

What is a WhidbeyHealth HERO?

A WhidbeyHealth Hero is someone who helps to shape and define the patient and employee experience at WhidbeyHealth.

Have you seen a hero in action?

Have you had a great experience with a team member at the Medical Center, Primary Care, Care, Walk-In Clinic or our EMS teams, treating you with exceptional care and compassion? Is there someone you know who works tirelessly to keep the hospital running, caring for patients, or managing operations? We’d love to hear about them!

Click here to add your nomination for the next WhidbeyHealth Hero.
Enhanced Recovery After Surgery
Living with hip or knee pain often makes daily activities difficult or even impossible. Simple movements like standing up, sitting down, or climbing stairs become very painful. Worsening pain over time can mean less enjoyment of hobbies and ordinary activities like cooking, shopping, travel, or in one instance - doing the two-step with your spouse.

At WhidbeyHealth, we believe every patient has unique needs. We've adopted a groundbreaking process called Enhanced Recovery After Surgery (ERAS), where every patient's care plan is uniquely designed to meet their needs, and includes:

- Attendance at our Total Joint Education Class
- Individual consultations with your team of specialists
- Getting physically ready for surgery and your hospital stay
- Preparing your family and home for a safe recovery period
- Access to your care team around the clock after discharge

"ERAS helped me 'get back to my best self' and a few months after my knee replacement, I put on my cowboy boots and danced the two-step with my husband which was one of my personal goals!"

- Patsy Kolesar-Hynson

To learn more about our Total Joint Replacement click here.
You can learn more about Patsy's joint replacement experience in the January PULSE.

Cancer Care
Our award winning and nationally accredited Cancer Care center provides compassionate, coordinated care to individuals who face a cancer diagnosis. WhidbeyHealth Cancer Center provides surgery and medical oncology with infusion services and will coordinate radiation treatments off-island when needed. Surgery, chemotherapy/immunotherapy and radiation therapy are the three main types of treatment for cancer offered at our Cancer Care center.

Learn More

Rehabilitation Care
WhidbeyHealth’s Rehabilitation Care is offered at our Medical Center in Coupeville and as part of our Outpatient Services suite at our Walk-In Clinic Oak Harbor. Treating cardiac, general, pulmonary, physical, occupational, and speech therapies, our goal is to make sure you feel safe and cared for. Our team will work with you to develop a customized program to get you back to your best self!

Learn More

Total Joint Replacement
Total joint replacement is a surgical procedure in which parts of an arthritic or damaged joint are removed and replaced with a metal, plastic or ceramic device called a prosthesis which returns the easy movement of a normal, healthy joint.

WhidbeyHealth’s Total Joint Program is designed to have you spend less time in hospital recovery, lower your risk of infection, planning your care and recovery at home, and a faster return to an active lifestyle - without the pain. If you’re considering joint replacement, why wait?

Learn more about our comprehensive joint program here.

A Good Night’s Sleep Makes all the Difference
If you’re finding it difficult to get a good night’s sleep, or tend to snore loudly, you’re in a large crowd. As many as 70 million American adults have a sleep disorder, says the American Sleep Association.

Sleep apnea can be life-threatening in severe cases as a person’s breathing stops and starts during sleep. Even in less severe cases, patients with sleep apnea never reach the phases of deeper sleep that the body needs to rest and regenerate.

If sleep apnea is caused by relaxation of the muscles in the throat, the tongue can obstruct a person’s airway. This is called ‘obstructive sleep apnea’ although there are other types as well.

Diagnosing sleep apnea can take the form of an overnight stay in our ‘sleep lab’ in Oak Harbor. Overnight stays are in a comfortable, private and quiet temperature-controlled room. For some patients, testing can be performed at home.

Both tests involve sensors similar to EKG pads which are connected to recording equipment which monitors airflow, snoring, brain electrical activity, oxygen levels in the blood among other measures.

WhidbeyHealth Sleep Care is accredited by the American Academy of Sleep Medicine and staffed by experienced providers and technicians.

Want to wake up every morning ready to be at the top of your game? Take the first steps to more restful sleep. Click here to learn more about WhidbeyHealth’s Sleep Care.
Announcing:
The PULSE is now digital!
Keeping our community healthy and informed is our top priority! The new digital PULSE will be hitting your inbox monthly with insights and information to keep you healthy and loving Island life.

Sign up online for COVID-19 updates and more health news.

You can also follow us @ www.facebook.com/WhidbeyHealth

Catch up on previous issues on the PULSE page.

QUALITY CARE CLOSE TO HOME
We heard the request: and we responded. WhidbeyHealth now has two walk-in clinics: one in Clinton and one in Oak Harbor.

When life’s minor illnesses and injuries require medical attention, our walk-in-clinics are close by, providing exceptional care, including diagnostic imaging and laboratory services.

Our expert clinical teams and staff are available daily, including weekends, for residents and visitors alike. From cuts needing sutures, to simple fractures, nausea, and colds or flu like symptoms, we’re standing by to help.

Just stop in - no appointment needed.

CLINIC HOURS:
7 days a week
Monday - Friday
7:00 am to 7:00 pm
Saturday
9:00 pm to 4:00 pm
Sundays
Noon to 4:00 pm

LOCATIONS:
Clinton: 360.341.5252
11245 State Route 525, Clinton, WA 98236
Oak Harbor: 360.679.5590
1300 NE Goldie Street, Oak Harbor, WA 98277

MyWhidbeyHealth Patient Portal
Patients of the WhidbeyHealth System benefit from two online patient portals – one for services provided at the Medical Center and one for services received at our outpatient clinics.

Both portals allow secure online access to your medical records, communicate with your providers and their team to request prescription renewals (primary care patients only). In addition, you can share summaries of your care to other providers or with family members you choose.

Sign up for the WhidbeyHealth Medical Center Portal if you had a hospital stay or services at:
• Medical Center
• Emergency Department
• Wound Care
• Diabetes Care and Management

Sign up for the WhidbeyHealth Clinic Portal if you were seen in one of our clinics:
• Walk-In Clinic Clinton
• Outpatient Services Goldie Street
• Primary Care Cabot Drive
• Women’s Care Oak Harbor
• Primary Care Coupeville
• Women’s Care Coupeville
• Orthopedic Care
• Surgical Care
• Primary Care Freeland

Create your account and access the MyWhidbeyHealth patient portals on our website!

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• Primary Care Coupeville
• Women’s Care Coupeville
• Orthopedic Care
• Surgical Care
• Primary Care Freeland

Create your account and access the MyWhidbeyHealth patient portals on our website!
Helping you stay healthy and active is our top priority. Here are a few ways we can help.

**DON'T WAIT**
Many routine things in life have been put on hold, but your health shouldn’t wait. Putting off treatment may worsen your condition. If you feel unwell, contact your provider or WhidbeyHealth clinic near you.

**WHAT'S ON YOUR PLATE?**
No wonder many of us have put on the “Pandemic Pounds.” Check out this article about informed food choices.

**WHIDBEYHEALTH REHAB**
Rehabilitation is a key component of recovery after an injury or procedure. We specialize in general, cardiac, pulmonary, physical, occupational, and speech therapies.

**CANCER SCREENING**
Our nationally accredited Cancer team provides compassionate, coordinated care to individuals who face a cancer diagnosis. Our multi-disciplinary team has a single goal: Helping patients and their family members meet treatment goals.

**SAIL CLASS**
Stay Active and Independent for Life (SAIL) classes are design to prevent falls by developing strength and balance. Classes are virtual and fun!

**SLEEP CENTER**
Our team is focused on helping you get a good night’s sleep - essential for good health and well-being.

**COVID-19 VACCINE**
WhidbeyHealth is pleased to be serving our community as an ‘open’ vaccine provider for Island County. Our community is eager to receive the COVID-19 vaccination and vaccination is a key step in ending the coronavirus pandemic.

**DIABETES MANAGEMENT**
Get on track and stay there with help from our accredited Diabetes Education Specialists.

Follow us on Facebook | whidbeyhealth.org