



With **Richie Splitt**
President & CEO

Jan. 14, 2022

2022 HealthyWage Jackpot Challenge

Lose weight, have fun and win cash! The Jackpot Challenge is for NRHS healers and their team-mates. This Jackpot Challenge starts on January 28, 2022, so sign up by the end of that day and start forming your teams! The more people who join, the higher the jackpot. Gather co-workers, friends and/or family to create a team of 4-9 people. You get to create your own team name!

Sign up today! To sign up and for more information, [click here](#).

January is Thyroid Awareness Month

Thyroid disease affects as many as 30 million Americans, and more than half remain undiagnosed.

Several disorders can arise if the thyroid produces too much hormone (hyperthyroidism) or not enough (hypothyroidism).

Other thyroid diseases include:

- Hashimoto's disease
- Nodules
- Thyroid cancer
- Graves' disease
- Thyroid eye disease

COVID Surge

I want to thank and acknowledge healers for their work during this recent surge of COVID cases. I know this is not how we wanted to start a new year, but with courage and dedication we will navigate this challenge.

I encourage you to please watch your email for our weekly updates from the Emerging Infection Disease (EID) Committee. These emails have important information about COVID, our responses and resources for healers.

Please take care of yourself during this time when many of you are stretched thin by taking care of others. Norman Regional offers an Employee Assistance Program or EAP. It is confidential. Healers get six free sessions a year. The EAP also offers several resources, webinar and tools for dealing with substance abuse, elder care, childcare, and more. It also offers 24/7 support and chat support. The website is <https://myassistanceprogram.com/fei/> and the password nrhseap. You can access the EAP on the homepage of MyLink – it is circled below.

myLink Norman Regional Health System

Home Resources Info Center Contact Help

EID: Coronavirus

Get vaccinated to protect yourself, your loved ones, your fellow healers, and our patients.

COVID-19 Vaccine Information

Education Classes & Event Calendar

Click here to register

Mash Up with Jack Carter Scott at the Porter Fitness Works
1/13/2022 5:30PM - 6:30PM

Mandt Recert - Porter Ed Center
1/14/2022 8:00AM - 12:00PM
Education Center (Porter)

Workout with Jack Carter Scott at the Porter Fitness Works
1/18/2022 5:30PM - 6:30PM

Mash Up with Jack Carter Scott at the Porter Fitness Works
1/20/2022 5:30PM - 6:30PM

We are seeing the demand for COVID testing increase. Please help us educate community members to reserve the Emergency Room for medical emergencies and not seek COVID testing at an ER. COVID testing is offered at Norman Regional through Lab Services. For a list of its locations and to make an appointment [click here](#). The website

[Click here](#) to read more from the American Association of Clinical Endocrinology on disease symptoms, diagnosis, and treatment.

Click link below in google chrome to watch this video from the American Association of Clinical Endocrinology about the thyroid.
<https://youtu.be/kAlxaKT6N14>

Health @ The Well: Function Well

Join functional medicine physician Castel Santana, MD for "Function Well" - a free wellness workshop every third Thursday of the month at The Well! During Function Well, Dr. Santana will cover how you can live your healthiest life and answer questions!

Upcoming Function Well topics include:

January 20

Gut Health 101: Your chronic health issues could be coming from your gut! Learn all about the gut's important role in overall health.

February 17

Environmental Toxins: How common toxins may be affecting your health and how to detox your day.

March 17

Sleep and Recovery: Get more than just Z's. Sleep can help your body heal itself.

All Function Well events are from 6-7 p.m. at the Well, 210 James Garner Ave, Norman, OK 73069.

Hiring Events

Spread the word to your friends, family and neighbors about our hiring fairs!

www.testokc.com also has a great list of local testing sites across the metro.

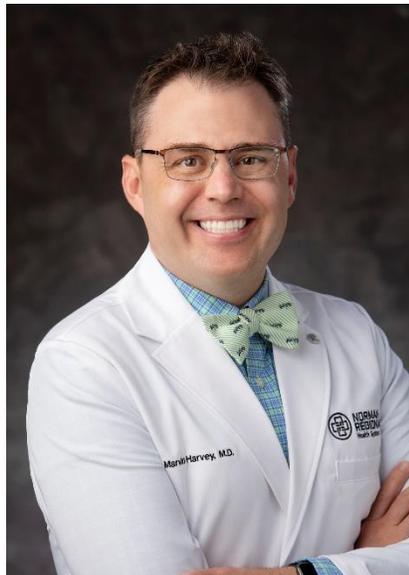
Vaccine Updates

On Thursday, Jan. 13, the U.S. Supreme Court ruled that the CMS vaccine mandate for healthcare workers can go into effect. However, it blocked the Occupational Safety and Health Administration's vaccine-or-test mandate. Norman Regional is committed to understanding these rulings and communicating specifics as soon as we know more. Thank you for your patience during this time of change.

Now is still a great time to receive your COVID vaccine or a booster. You can find a list of places offering the COVID vaccine at www.vaccinate.Oklahoma.gov

Welcome Marvin Harvey, MD

Marvin Harvey, MD, a board-certified family medicine physician, has joined the Primary Care Moore clinic alongside Rosemary Ayitey, MD and Marlee Robinson, APRN-CNP.



He chose to go into family medicine because he believes family doctors have the ability to make drastic and long lasting changes in the lives of their patients for the better. He said his patients can expect a doctor who will provide individualized, patient-focused treatment plans and that they will always be treated with dignity and respect throughout all stages of care.

"A family medicine doctor is who first diagnosed that I may need ear tubes when I was a child," Dr. Harvey said. "Without that early stage intervention,

I likely would not have gone far in life and I want to be able to give others that same experience that a family medicine doctor gave me."

Dr. Harvey received his doctorate of medicine from the University of Oklahoma College of Medicine and completed his family medicine residency from the Texas Tech University Permian Basin Family Medicine. He also served in the United States Air Force as a captain and general medicine officer at Tinker Family Health Clinic.

In his free time, Dr. Harvey enjoys playing soccer, kayaking and traveling.

To schedule an appointment with Dr. Harvey, call 405-912-3120.

In-Person Hiring Events | For Both Clinical and Non-Clinical Positions
4-6 p.m.

Thursday, February 3 at Norman Regional Hospital Education Center

Thursday, March 3 at Norman Regional Hospital Education Center

Tuesday, April 5 at Norman Regional Moore Conference Center

Virtual Hiring Event
Thursday, January 27 from 4 p.m. to 6 p.m.

Support Norman Regional Health Foundation

When you make purchases through Amazon Smile, 0.5% of the price of eligible purchases is donated directly to Norman Regional Health Foundation. You can now support NRHF in the Amazon shopping app on both Apple and Android devices!

To get started, simply visit <https://smile.amazon.com/ch/73-1203942>

Thank You

We received the following adorable Thank You card over the holidays. I hope it brightens your day and reminds you our community cares – they care about you and the important, lifesaving job you do.

THANK YOU!



DAVID

JONATHAN

MARIA

BEN

NAOMI

Dear HP staff,
Thanks for the big
difference you are making.
You have a hard job.
We love you.
Naomi

Name the New Mylink

Norman Regional will launch a new intranet and healer app in 2022! Help us name this new asset for healers to engage and connect with the latest health system news. Please vote for your name choice by Wed. Jan. 27. After voting, you can enter a drawing for a \$50 Amazon gift card!

Please scan this code with your phone's camera to take the survey or click this link: <https://www.surveymonkey.com/r/IntranetAppName>



Be Well,

Richie Spitt

*President & Chief Executive Officer
Norman Regional Health System*