

THE "HEALTH HUB" IS HERE

Download Intermountain's new consumer-facing mobile app to get an easy tool to manage your health and simplify your entire healthcare experience

Employees are encouraged to download Intermountain's free, new mobile app, called "Intermountain Health Hub," which is an all-in-one tool that makes managing your health easier and gives you many different features designed to simplify your entire healthcare experience. The app can

be downloaded for free from the iTunes App Store and Google Play.

Here are features and benefits the new app gives you:

- **InstaCare and KidsCare:** Find InstaCare urgent care walk-in clinics near you. Compare wait times by location and hold your place in line before you arrive. Also find KidsCare after-hours clinics and contact info for making appointments.
- **Doctors:** Find doctors by name, specialty, hospital, clinic, location, etc., and save your doctors to your "favorites" for quick reference later.
- **Locations:** Find Intermountain hospitals, clinics, and pharmacies near you or in other locations and save your favorites for quick reference later.
- **Pharmacy:** Refill prescriptions at Intermountain pharmacies and check the status of your prescription requests.
- **My Health:** Access the password-protected My Health patient portal, where you can securely message your doctor, check lab results and other parts of your medical record, and review your SelectHealth benefits and claims.
- **Symptoms:** Search for adult or child/baby symptoms by key word, body area, or alphabetically by topic. Find out when you should see a doctor or call 911. Learn about self-care options. Link to doctors saved in your favorites or locate InstaCare clinics near you.
- **GermWatch:** Find out how active various germs are in your area and around the state, and see how their activity level is trending. Learn about symptoms, how germs are spread, treatments, vaccinations, and when you should contact your doctor.
- **Pay bills:** Pay Intermountain Healthcare bills by credit card or eCheck.
- **Send wishes:** Send cards with personalized messages directly to patients in Intermountain hospitals.
- **First aid:** Get first aid tips for common injuries such as sprains, choking, cuts, hypothermia, etc.

Instant access to healthcare resources.

Our free app is an all-in-one tool designed to organize your healthcare needs. Stay on top of your health and benefit from dozens of features designed for your convenience.

Download our new app at Intermountain.com/apps or scan the QR code.

Intermountain Healthcare
Healing for life

GET THE NEW APP:
Visit our App Center and download the new Intermountain Health Hub

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ABOUT THE APP: Several departments collaborated on the development of Intermountain Health Hub over the last year, including eBusiness, Enterprise Web Development, Communications and Marketing, the Medical Group, Clinical and Patient Education, Pharmacy Services, Revenue Cycle, and Finance IT. If you have questions about the app, or ideas for other mobile services to add to Health Hub, email Gene Smith at gene.smith@imail.org.

How to get the new app. Download the Intermountain Health Hub to your mobile device for free from the iTunes App Store or Google Play. For information on other Intermountain Healthcare mobile apps, visit our App Center at <http://www.Intermountain.com/mobile>.

Any mother who's unable to care for her newborn is encouraged to drop off her baby at Utah's hospitals; here's how to respond if a mom approaches you

Remember: Any Utah hospital that's open 24/7 is designated as a "safe haven" where newborns can be dropped off. The mother remains anonymous and won't be reported to the police, investigated, or criminally prosecuted. The idea: Moms who are unable to care for their babies can drop off the baby in any Utah hospital — no questions, no police.

If you talk with someone who wants to drop off a baby, here's what you should do:

Take the baby to the emergency department. The ED's people are well-trained in the Safe Haven protocol and are prepared to care for the baby.

Moms, and whoever they've asked to help them, are encouraged to go to hospital and give their baby to an employee who's wearing hospital identification. All acute-care hospitals in Utah — including Intermountain Medical Center, LDS, Alta View, and Riverton in the UCR — participate in the program.

The Utah Division of Child and Family Services assumes legal custody of the child as soon as the division is contacted by the hospital, which should be no more than 24 hours after the baby is dropped off, then places the baby for immediate adoption.



Other resources for moms and others who are unable to care for a child:

- An anonymous crisis line is available 24/7 at 1-866-458-0058.
- Local family support centers often provide emergency, temporary child care or nurseries where families can drop off children 24/7, sometimes for up to 72 hours, so families can take a break, go to medical appointments, or for other reasons. A list of centers available in Salt Lake County is posted at <http://utahfamilysupport.org/find-a-center/salt-lake-county/> — or you can call the Utah Association of Family Support Centers at 801-393-3113 or email utahfamilysupport@gmail.com.

More information about Safe Haven services is available at:

<http://www.utahsafehaven.org/About.html>.