



'Delivering High Quality Care One Patient at a Time'

Board Election—Your Voice Counts!

The election is currently underway to fill two primary care class physician seats on the Inspira Health Partners Board of Managers. The following are the candidates for election:

- David Galetto, MD - Cumberland Internal Medicine
- George Scott, DO - RowanSOM Family Practice
- Rekha Seghal, MD - ExcelCare Alliance

A Survey Monkey has been circulated to the email address on file with IHP for each physician member within the primary care class. **Votes will be accepted through end of day November 15.**

There are also two seats to be filled within the specialty care class. Because there are two nominees running uncontested, an election will not be necessary. The following physicians have been selected by their peers to serve as Board Managers for the term 1/1/20-12/31/21, congratulations!

- Greg Breen, MD - Inspira Medical Group Pulmonary Associates
- Dilip Viswanath, MD - Cardiovascular Associates of Delaware Valley

Save the Date! AccuHealth Open House

In the September newsletter, the **Inspira Health+** Technology-enabled Care Management Program was announced, which is a partnership between Inspira and AccuHealth, a worldwide leading technology-enabled chronic care management company that manages patients' chronic care with the latest tools for telemedicine. The first population for which this program is available is the employees and spouses insured under one of Inspira's medical plans.

AccuHealth headquarters is located next to Inspira's Innovation Center within the South Jersey Technology Park across from Inspira Medical Center Mullica Hill. AccuHealth will be hosting an open house event on January 23, 2020 and welcomes physicians to stop in to learn more about the program and check out the wearable devices used in remote patient monitoring. Additional details will follow in the December issue.

Sleep Your Way to Better Health

Sleep, diet, and exercise are key to preventing and managing chronic disease. Of these factors, sleep is often overlooked. According to the CDC, insufficient sleep has been linked to the development and diagnosis of several chronic diseases and conditions - including type 2 diabetes, cardiovascular disease, obesity, and depression. Quality sleep also optimizes the efforts of achieving diet and exercise goals.

To help our providers better educate their patients on the effect poor sleep can have on their health, Inspira has added educational resources to its website. Additionally, these resources and assessment tools are available in printed format for use in your practice. To learn more about how to incorporate the benefits of sleep in your patients care plan, contact John Keeley, Clinical Sleep Education Specialist, at keeleyj@ihn.org. http://www.inspirahealthnetwork.org/obstructive-sleep-apnea?utm_source=IHP&utm_medium=email&utm_campaign=sleep-apnea