

Provides an outpatient-based monitoring program for individuals who have been prescribed oral anticoagulation medications such as Coumadin (warfarin).

### UM Harford Memorial Hospital

501 South Union Avenue  
Havre de Grace, Maryland 21078  
Office: 443-843-5570  
Fax: 443-843-5563

Monday – Friday 7:30 am – 3 pm

### UM Upper Chesapeake Medical Center

Pavilion II, Fifth Floor, Suite 511  
510 Upper Chesapeake Drive  
Bel Air, Maryland 21078  
Office: 443-643-3232  
Fax: 443-643-2274

Monday – Friday 7:30 am – 3 pm

## Scheduling Appointments

- PCP or provider fills out the **Anticoagulation Services Physician Referral Form** and faxes to 443-643-2274.
- Patients are contacted by an Anticoagulation Service team member to schedule their first appointment. Patients are then contacted by ScheduleFirst to complete the pre-registration process prior to the appointment.
- If an appointment is not available by the date requested, the physician will be informed to continue monitoring the patient until the appointment can be scheduled.
- Patient will be asked to bring a form of ID and insurance information to the first appointment.
- Patient's INR level is checked via a fingerstick. If there is a change in the INR level the patient will be seen by a pharmacist and the plan of care may be altered. If there is no change the patient will be given a follow-up appointment.

## Registration

- Completed in the Anticoagulation office at each facility.

## Post Appointment

- Patient summary reports are mailed monthly to the ordering physician, or as requested.
- Results are available in Meditech within 24 hours of tests completion.

Presurgical preparation and postsurgical care are offered at University of Maryland Harford Memorial Hospital and Harford Primary Care at Box Hill. All surgeries are performed at Harford Memorial Hospital. The program takes a multi-disciplinary approach to successful weight loss providing the highest quality of care.

### **UM Harford Memorial Hospital**

421 South Union Avenue, Suite 201  
Havre de Grace, Maryland 21078  
Office: 443-843-6360  
Fax: 443-843-6365

### **Guidelines**

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- More than 100 pounds over your ideal weight; or
- Have a Body Mass Index (BMI) over 40, or
- Have an BMI over 35 and are experiencing severe negative health effects, such as high blood pressure or diabetes, related to being severely overweight
- Unable to achieve a healthy body weight for a sustained period of time, even though medically supervised dieting
- No referral is necessary. Potential patient is asked to fill out online registration before calling the office for an appointment. Instructions on next page. Call the office with any questions.

### **Insurance Criteria (may include some of these requirements)**

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- History of documented dietary weight loss attempts for 3 to 6 consecutive months within a recent 2 year period
- Documented history of morbid obesity for at least 5 years (Letter of medical necessity from primary care provider)

### Initial Consultation

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- Meet with the clinical team: surgeon, program director, dietitian, behavioral therapist and exercise specialist
- Receive a preoperative plan that will include exercise, diet and behavioral strategies to help you establish the fundamentals necessary for a successful surgery and long term outcomes
- Be given physician orders for specific preoperative consultations that may include:
  - Cardiology
  - Pulmonary (to include pulmonary function studies, arterial blood gases and possible sleep study)
  - GastroIntestinal (GI) evaluation (to include an upper endoscopy test)
  - Psychiatric and/or nutritional evaluation
  - Laboratory blood studies (to establish baseline values for chemistries, vitamins, thyroid function, etc.)

### Informational Seminars

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Free informational seminars are offered where you can learn more about your options for lasting weight loss surgery. For dates, time and more information please visit [umuch.org/calendar](http://umuch.org/calendar).

### Support Groups

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The program hosts support groups for individuals who have had weight loss surgery and those considering weight loss surgery. For dates, times and more information, please visit [umuch.org/calendar](http://umuch.org/calendar).

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### Remedy EHR Online Registration Instructions

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Follow the below instructions in order to register for our online medical record, Remedy EHR. Once you've registered with Remedy EHR, call our office to make an appointment.

1. Access Remedy EHR at <http://upperchesapeake.remedyehr.com>
2. Click on "Create new account"
3. Complete all the fields on that page and click "Continue"
4. Accept the site usage agreement
5. Click next to proceed with registration
6. Complete all the applicable fields and click submit

**If you have any questions with registration, please call Remedy MD at 877-736-3399**

### **Bariatric Surgery Center**

421 South Union Avenue, Suite 201

Havre de Grace, MD 21078

443-843-6360

Fax: 443-843-6365

[umuch.org/bariatrics](http://umuch.org/bariatrics)

Committed to providing hope and healing by offering a continuum of care services ranging from acute inpatient care, intensive outpatient programming, outpatient treatment and emergency and medical department evaluation services.

### **UM Harford Memorial Hospital**

501 South Union Avenue  
Havre de Grace, Maryland 21078  
Office: 443-843-8800

### **Emergency Room Evaluation and Medical Consultations**

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Licensed and qualified behavioral health clinicians are available at UM Harford Memorial Hospital and UM Upper Chesapeake Medical Center to evaluate and determine appropriate levels of care for patients presenting with psychiatric care needs.

### **Acute Inpatient Treatment**

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- Provided at UM Harford Memorial Hospital for individuals 18 years of age and older
- Patients receive a comprehensive evaluation and intensive, multidisciplinary treatment to facilitate their recovery.
- Treatment may include groups and individual therapies, medication evaluation and monitoring, nursing services, psychological services, social work services, education, and support services.

### **Intensive Outpatient Program**

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- Provided at UM Harford Memorial Hospital
- Structured, group therapy program for adults who are experiencing mental health issues interfering with social, occupational or interpersonal functioning
- Comprehensive screening and evaluation process determines if patients are eligible
- Group therapy environment
- Access by calling the office number listed above

Cancer LifeNet is a program that provides supportive services to individuals and their families who are dealing with a cancer diagnosis. The services provided are free and available to residents in Harford and Cecil Counties. It helps individuals cope with the physical, financial, psychological and emotional aspects of cancer. Cancer LifeNet includes licensed professionals and volunteers specially trained to work with people with cancer.

### **Kaufman Cancer Center**

500 Upper Chesapeake Drive

Bel Air, Maryland 21014

Office: 443-643-3350 or 1-866-393-4355

Fax: 443-643-3298

**Hours of Operation: Monday – Friday, 8 am – 4:30 pm**

### **Scheduling Appointments**

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Cancer LifeNet serves patients at any point during the cancer disease: diagnosis, treatment, palliative care/end of life and survivorship. Call the office directly at 1-866-393-4355 to schedule an appointment. A physician order/referral is not required.

### **Scope of Services**

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- Consultation with oncology nurse navigators
- Individual and family counseling and resource support with an oncology-certified clinical social worker
- Consultation with oncology-certified dietitian for nutritional concerns
- Consultation with patient financial advocates for assistance with locating financial assistance related to cancer treatment
- Companionship and support provided by specially trained oncology volunteer navigators

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**Interactive/Wellness Programs** - [umuch.org/calendar](http://umuch.org/calendar)

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- Stay Fit & Active – exercise program
- Yoga
- Meditation and Mindfulness-based Stress Reduction classes
- Reiki and Healing Touch
- Massage Therapy
- Fresh + Local = Health – cooking demonstration and nutrition class
- Cancer Thriving and Surviving – 6 week class for cancer survivors
- Tobacco Cessation classes
- Gardening and other creative arts activities
- Acupuncture Clinic – free acupuncture care is provided through a collaborative relationship with Maryland University of Integrated Health for cancer patients and their caregivers. A physician order is required for patients receiving active treatment.

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**Support Groups**

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A variety of cancer related support groups are offered monthly such as prostate, breast, head/neck cancer, spiritually discussion group, and healing through support for any cancer diagnosis, and Look Good, Feel Better for image-related side-effects.

The Comprehensive CARE Center is a referral based outpatient transitional health center. It focuses on providing continuity of care by facilitating and coordinating communication between the health care team, the patient, and his or her family.

### **UM Upper Chesapeake Medical Campus**

520 Upper Chesapeake Drive, Suite 312

Bel Air, Maryland 21014

Office: 443-643-CARE (2273)

Fax: 443-643-1545

**Hours of Operation: Monday – Friday, 8 am – 5 pm**

### **Guidelines Include**

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- Medicare, 30 day readmit with greater than 3 chronic disease and previously admitted within the last 180 days
- High utilizer (3 Emergency Department visits and/or 3 admissions/observations in the last 180 days with chronic diseases)
- Has no PCP and no insurance with chronic disease and need for medical follow-up within 7 days of post-discharge
- Once a patient establishes care with a PCP, the CARE Center will collaborate with his or her provider

### **Scheduling Appointments**

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- Consultations must be entered via Meditech or a referral form may be faxed
- PCP or Provider call 443-643-CARE (2273) for an appointment Monday through Friday 8 am – 5 pm; including urgent requests
- All insurances are accepted, no preauthorization required
- Patient receives an appointment confirmation the business day prior to the scheduled appointment



- A team approach to managing diabetes of endocrinologists, certified diabetes educators (registered nurses and registered dietitians) and the patient.
- Recommendation for those newly diagnosed with Type I diabetes or those with complications from diabetes, disease management or who have other endocrine disease to see an endocrinologist.
- Recommendation for all individuals diagnosed with diabetes to see an educator.

### UM Upper Chesapeake Medical Center

Pavilion II, Fifth Floor, Suite 510  
510 Upper Chesapeake Drive  
Bel Air, Maryland 21078  
Office: 443-643-3200  
Fax: 443-643-3204

**Hours of Operation: Monday – Friday, 8 am – 4:30 pm**

### Scheduling Appointments

- PCP or Provider fills out the **Physician Request for Services - we must have this before appointment can be scheduled** (*Please indicate if an urgent or immediate appointment is needed.*)
- Patients are contacted by ScheduleFirst to schedule the first appointment after request for services is received.
- Supporting documentation (labs, radiology reports, office notes) are required prior to new patient appointment.
- Patient will be asked to bring a form of ID and insurance information to the first appointment.

### Education Programs

- Newly diagnosed
- Problem-solving referral
- Insulin/injectable administration referral
- Insulin pump therapy
- Yearly review and reassessment of diabetes knowledge, skill and behaviors
- Diabetes education of Medicare beneficiaries (DSMT)
- Gestational diabetes
- Continuous glucose monitoring

### Post Appointment

- Plan of care is established and communicated to the PCP/referring provider

**Diabetes Support Group meets quarterly in the Diabetes Center Conference Room**

# The GoodRX Prescription

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The latest updates on prescription drugs and ways to save from the GoodRx medical team.

Local resources for glucometers

- ShopRite - \$10/bottle of 50 strips and free meter (HealthPro)
- Walmart - \$9/bottle of 50 strips and \$9 for Relion meter

## How to Get a Free Blood Glucose Meter

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Have you recently be diagnosed with diabetes, or perhaps you are a long-time diabetic in need of a meter upgrade? Look no further – listed below are popular supply manufacturers and what THEY can offer YOU for FREE (or at a low cost)!

Most manufacturers are willing to give away blood glucose testing with the expectation that you will continue to buy their brand of test strips, and many have discounts or assistance programs available to help you save on the test strips as well.

### LifeScan One Touch

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- Free meter: One Touch-Verio IQ or One Touch Verio.
- Which test strips can you use with the free meter? One Touch Verio Test Strips
- There isn't currently assistance available for uninsured patients, but LifeScan recommends checking your eligibility for Medicare, Medicaid, and the Health Insurance Marketplace.
- Not good with computers, or just rather speak to a person? No problem - you can call 1-800-227-8862 for more information on any OneTouch program.

### Roche Accu-Chek

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- Free meter: ACCU-CHEK Nano SmartView (plus free color skin). Get your certificate for the free meter [here](#).
- Which test strips can you use with the free meter? Accu-Check SmartView Test Strips
- Patient support program: Accu-Chek Connect offers support, tools, and a discount on test strips. If you're eligible, Accu-Chek Connect includes a discount card that will let you sae on each test strip prescription.
- Are you currently using an Accu-Chek Advantage Meter? If so, you can receive a FREE upgrade to the Accu-Chek Aviva Plus meter (used with Accu-Chek Aviva Plus Test Strips). Visit the [Accu-Chek Advantage page](#) to upgrade.
- Not good with computers, or just rather speak to a person? No problem - you can call 1-800-858-8072 for more information on any Accu-Chek program.

## Abbott FreeStyle

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- Free meter: Get any FreeStyle meter and test strips free when you register for the FreeStyle Promise Program. Register and request your meter [here](#).
- Free meter for insured patients. If you meet the requirements, your insurance may cover any FreeStyle meter for free. You can submit your request [here](#).
- Which test strips can you use with the free meters? FreeStyle Test Strips, FreeStyle Lite Test Strips, FreeStyle Insulinx Test Strips.
- Patient support program: The FreeStyle Promise Program offerses monthly co-pays as low as \$15 on test strips in addition to the free meter.
- Covered by Medicare? FreeStyle also offers a free meter, support and a help line for questions at 1-855-578-2660. You can also find more information and enroll online [here](#).
- Not good with computers, or just rather speak to a person? No problem - you can call 1-855-578-2660 for information on any FreeStyle program.

**Appointments: ScheduleFirst 443-843-7000 or 800-301-4799**

*(ScheduleFirst is open M-F, 8 am - 4:30 pm)*

Performing treadmill stress tests, nuclear stress tests, cardiac CT scans, EKG exams, holter monitoring, cardiac ultrasound, vascular ultrasound, interventional angiography procedures, cardiac catheterization and device implants, and cardiac and pulmonary rehabilitation.

**UM Harford Memorial Hospital**

501 South Union Avenue, 3rd Floor  
Havre de Grace, Maryland 21078  
Vascular Ultrasound Office: 443-843-5243  
Vascular Ultrasound Fax: 443-843-5581  
Cardiology Services Office: 443-843-5241  
Cardiology Services Fax: 443-843-7980

**Registration required at  
Outpatient Registration/Admitting  
1st Floor**

**EKG, Stress Tests & Holter Monitoring**

Monday-Friday 7 am - 3:30 pm  
Saturday 7 am - 11 am - EKG only  
EKG walk-ins accepted during business hours

**Echocardiograms and  
Vascular Ultrasound**

Monday-Friday 8 am - 4 pm

**UM Upper Chesapeake Medical Center**

Klein Ambulatory Care Center  
520 Upper Chesapeake Drive, Garden Level  
Bel Air, Maryland 21078  
Office: 443-643-3729  
Fax: 443-643-3731

**Registration required at Outpatient  
Registration Garden Level**

**EKG, Stress Tests & Holter Monitoring**

Monday-Friday 7 am - 3:30 pm  
Saturday 8 am - 12 noon- EKG only  
EKG walk-ins accepted during business hours

**Echocardiograms and  
Vascular Ultrasound**

Monday-Friday 8 am - 6 pm

**Cardiac Catheterization &  
Interventional Angiography**

By appointment only - call 443-643-3666

Patient must have either a physician or perscription for testing.

**Instructions for Stress Testings, Vascular Ultrasounds and Echocardiograms**

- Wear loose clothing and garmets
- Do not wear lotions, powder or deodorant the day of your test
- For all stress tests, nothing to eat or drink for at least 4 hours prior to your test
- Aortic and Renal Duplex require no eating or drinking after midnight the night before the test.

- You may take medications with small sips of water.
- No caffeinated or decaf beverages or nicotine at least 12 hours prior to test.
  - Additional instructions will be given when you schedule your appointment through ScheduleFirst.

Provides education and individualized exercise plan in a medically supervised, state-of-the-art fitness gym to improve heart health and quality of life, whether for a cardiac event, risk factors of heart disease or suffer from chronic lung disease.

**Cardiac Rehabilitation - UM Upper Chesapeake Medical Center**

Klein Ambulatory Care Center  
520 Upper Chesapeake Drive, Garden Level  
Bel Air, Maryland 21078  
Office: 443-643-3729  
Fax: 443-643-3731

**Pulmonary Rehabilitation - UM Upper Chesapeake Medical Center**

Klein Ambulatory Care Center  
520 Upper Chesapeake Drive, Garden Level  
Bel Air, Maryland 21078  
Office: 443-643-3756  
Fax: 443-643-3731

**Scheduling Appointments**

- Referral from physician required
- Referral from physician required
- Call 443-643-3729

- Call 443-643-3756
- Covered under many insurance plans
- Covered under many insurance plans

**Eligibility**

**Eligible individual may be recovering from a:**

- Heart attack
- Bypass surgery
- Angioplasty
- Other cardiac procedures
- Valve repair/replacement
- Or diagnosed with heart failure

**Candidates with the following diagnoses, but not limited to, may be eligible:**

- COPD (emphysema, chronic bronchitis)
- Asthma
- Bronchiectasis
- Interstitial disease
- Cystic fibrosis
- Pulmonary fibrosis
- Pre-post lung transplantation

The High-Risk Breast Cancer Clinic focuses on prevention and early detection of breast cancer through risk-factor modification and screening recommendations tailored to each individual patient. Our team works together to ensure every woman has breast care resources available.

### **UM Upper Chesapeake Medical Campus**

Kaufman Cancer Center, 2nd Floor  
500 Upper Chesapeake Drive  
Bel Air, Maryland 21014  
Office: 443-643-3020  
Fax: 443-643-3022

### **Individuals who have increased risk factors for breast cancer such as**

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- A family history or premenopausal breast cancer, bilateral breast cancer, or both breast and ovarian cancers
- A male relative with breast cancer
- A personal history of ovarian cancer
- Two or more relatives with ovarian cancer
- A relative with known BRCA mutation
- A personal history of a BRCA mutation
- Ashkenazi (Eastern European) Jewish ancestry and a family member with breast or ovarian cancer
- A personal history of atypia on breast biopsy

### **Scheduling Appointments**

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- Physician, patient or family member may request an appointment
- Contact the Breast Center at 443-643-3020 to schedule an appointment, Monday – Thursday 8 am – 4:30 pm and Friday 8 am – 3 pm
- A physician order is required
- Patient mailed forms to be completed for their first appointment

### **Post Appointment**

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- Office visit note and recommendations are sent to the referring physician within 3 business days.

**Appointments: ScheduleFirst 443-843-7000 or 800-301-4799**

*(ScheduleFirst is open M-F, 8 am - 4:30 pm)*

Services: X-ray, Mammography, MRI, CT, Ultrasound, Nuclear Medicine and Interventional Radiology Services

### **UM Harford Memorial Hospital (HMH)**

501 South Union Avenue, 1st Floor  
Havre de Grace, Maryland 21078  
Office: 443-843-5446  
Fax: 443-843-5087

**Registration required at  
Outpatient Registration/Admitting  
1st Floor** *(after hours Registration at the  
Emergency Department)*

#### **General Imaging**

Monday-Friday 8 am - 7 pm

#### **MRI**

Monday-Friday 7:30 am - 3 pm

#### **CT**

Monday-Friday 8 am - 7 pm

#### **Ultrasound**

Tuesday-Friday 8 am - 7 pm

#### **Nuclear Medicine**

Monday-Friday 7:30 am - 5 pm

### **UM Upper Chesapeake Medical Center (UMC)**

Klein Ambulatory Care Center  
520 Upper Chesapeake Drive, Garden Level  
Bel Air, Maryland 21078  
Office: 443-643-3520  
Fax: 443-643-2260

**Registration required at Outpatient  
Registration Garden Level**

#### **General Imaging**

Monday-Friday 7 am - 6 pm

Saturday 8 am - 12 pm

#### **MRI**

Monday-Friday 7:30 am - 6 pm

Saturday 8 am - 12 pm

#### **CT**

Monday-Friday 7:30 am - 6 pm

Saturday 8 am - 12 pm

#### **Ultrasound**

Tuesday-Friday 7:30 am - 6 pm

Saturday 8 am - 12 pm

#### **Nuclear Medicine**

Monday-Friday 8 am - 6 pm

#### **Women's Imaging**

(Mammography, Ultrasound, DEXA Scan)  
Registration and imaging performed in  
the Kaufman Cancer Center, 2nd floor  
inside Breast Center

Monday, Wednesday 7:30 am - 8 pm

Tuesday, Thursday, Friday 7:30 am - 4 pm

2 Saturdays a month 8 am - 12 pm

Call Breast Center for appointments:

443-843-PINK

Diagnostic laboratories are equipped and staffed to perform a full range of clinical laboratory tests as well as some specialized tests.

### **UM Harford Memorial Hospital**

501 South Union Avenue, 1st Floor  
Havre de Grace, Maryland 21078  
Office: 443-843-5497  
Fax: 443-843-7941

**Registration required at  
Outpatient Registration/Admitting  
1st Floor** *(after hours Registration at the  
Emergency Department)*

Order form from physician is required  
Walk-ins welcome  
Special accommodations available for  
children and infants

Appointments required for glucose tolerance  
and therapeutic phlebotomy  
Scheduled through ScheduleFirst  
443-843-7000 or 800-301-4799

Sunday – Saturday 24 hours, 7 days a week

### **UM Upper Chesapeake Medical Center**

Klein Ambulatory Care Center  
520 Upper Chesapeake Drive, Garden Level  
Bel Air, Maryland 21078  
Office: 443-643-3840  
Fax: 443-643-3842

**Registration required at Outpatient  
Registration Garden Level**

Order form from physician is required  
Walk-ins welcome  
Special accommodations available for  
children and infants

Appointments required for glucose tolerance and  
therapeutic phlebotomy  
Scheduled through ScheduleFirst  
443-843-7000 or 800-301-4799

Monday – Friday 7 am – 6 pm  
Saturday 8 am – 12 pm

**Lab draws are available in Pavilion II,  
5th Floor, Suite 511**

Monday and Wednesday 7 am – 6 pm  
Tuesday, Thursday, Friday 7 am – 3:30 pm

Fasting is not required for most laboratory tests. The provider will provide specific requirements. If fasting required, no eating or drinking anything except for water for at least 8 hours prior to testing.

### **Laboratory Results**

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Most results are reported to the ordering health care provider within 24 hours. Certain tests can take several days or longer.



The lung screening program evaluates individuals who are considered at high risk for developing lung cancer from smoking by offering reduced dose CT scans at Advanced Radiology, Plumtree Road site. Advanced Radiology has computer-aided detection capability that assists in detecting the smallest of nodules. Studies have shown that the scan can decrease the number of deaths from lung cancer by as much as 20 percent. The goal of screening is to detect cancer when it is most treatable, and even curable. The PCP may order the low-dose CT; however, the screening program will provide the necessary information and order for the provider. We recommend the PCP refer their patients to the program to facilitate ease of ordering.

### UM Upper Chesapeake Medical Center

Kaufman Cancer Center  
500 Upper Chesapeake Drive  
Bel Air, Maryland 21014  
Office: 855-800-LUNG (5864)  
Fax: 443-643-3231

### Advanced Radiology

104 Plumtree Road  
Bel Air, Maryland 21015  
Office: 443-579-1800  
Fax: 410-918-3425

### Guidelines Include

- Medicare covers individual aged 55-77; other insurance may cover individuals aged 55-80
- Have smoked for a total of 30 pack-years (average number of packs per day multiplied by the total years smoked)
- A current smoker or quit smoking within the last fifteen years

### Scheduling Appointments

- Call 855-800-LUNG (5864) to confirm eligibility; if eligible, registration and insurance information are collected during the call.
- Dedicated appointments available between 2 – 4 pm on Monday and Tuesday (additional appointments are available; however, the individual will not benefit from the nurse interaction)
- Advanced Radiology will call the individual to schedule the low-dose CT scan and schedule the lung screening nurse educator who reviews the program, education and smoking cessation resources.
- Patient will be requested to bring a form of ID and insurance information
- Monday, visit with the nurse coordinator is at the Kaufman Cancer Center prior to the screening CT; Tuesday, visit with the nurse coordinator is at Advanced Radiology prior to the screening CT.
- Preauthorization should not be needed for screening services. If the individual's insurance requires an authorization, Advanced Radiology will obtain.
- There are no urgent appointments as this is a screening program. Urgent appointments are assisted through diagnostic imaging.

### Post Appointment

- The PCP will be faxed the results 5 – 7 business days from the appointment
- The Lung Program sends a follow-up report and faxes the recommendation to the PCP
- The Lung Program mails a copy of the recommendation to the patient

Performed on all ages.

### **UM Harford Memorial Hospital**

501 South Union Avenue, 2nd Floor  
Havre de Grace, Maryland 21078  
Office: 443-843-5236  
Fax: 443-843-8703

**Registration required at  
Outpatient Registration/Admitting  
1st Floor** *(after hours Registration at the  
Emergency Department)*

Monday – Friday 8:30 am – 4:30 pm

### **UM Upper Chesapeake Medical Center**

Klein Ambulatory Care Center  
500 Upper Chesapeake Drive, Garden Level  
Bel Air, Maryland 21078  
Office: 443-643-3744  
Fax: 443-643-3746

**Registration required at Outpatient  
Registration Garden Level**

Monday – Friday 8:30 am – 4:30 pm

**Additional testing performed**  
24-hour ambulatory EEG testing  
Visual & brainstem auditory evoked responses

## Scheduling Appointments

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- All tests required an appointment.
- Scheduling is completed by ScheduleFirst at 443-843-7000.
- Physicians may contact the office on patient's behalf, the office will contact the patient to arrange the appointment. Information required: patient name, phone number, requesting physician, diagnosis.
- Patient instruction will be given at the time of appointment contact and appointment confirmation letter and explanation of procedure will be mailed.
- Patient must present physician order at time of testing.

## Post Appointment

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- Testing results are interpreted the day of testing and are available within 1 hour of being read.

### Appointments: ScheduleFirst 443-843-7000 or 800-301-4799

*(ScheduleFirst is open M-F, 8 am - 4:30 pm)*

A full range of pulmonary function testing is provided, including lung volumes, minute volume ventilation, maximal inspiratory and expiratory pressures, diffusion capacity, indirect calorimetry, pulse oximetry, O<sub>2</sub> titration and evaluation for O<sub>2</sub> conserving device and arterial blood gases.

#### **UM Harford Memorial Hospital**

501 South Union Avenue  
Havre de Grace, Maryland 21078  
Office: 443-843-5274  
Fax: 443-843-8907

#### **Registration required at Outpatient Registration/Admitting 1st Floor**

Thursday or 1 day per week 8:30 am – 4 pm

#### **UM Upper Chesapeake Medical Center**

Klein Ambulatory Care Center  
500 Upper Chesapeake Drive, Garden Level  
Bel Air, Maryland 21078  
Office: 443-643-3750  
Fax: 443-643-1901

#### **Registration required at Outpatient Registration Garden Level**

Monday and Tuesday or 2 days per week  
Monday 8:30 am – 3 pm  
Tuesday 8:30 am – 7 pm

#### **Additional testing performed Cardiopulmonary exercise testing**

### Scheduling Appointments

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- All tests required an appointment, no walk-in testing available.
- Patient must present physician order at time of testing
- If patient utilizes home oxygen, they may remain on oxygen until just prior to testing

### Post Appointment

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- Testing results are interpreted by board certified pulmonologists.
- Preliminary results are faxed to the ordering physician's office the day of testing
- Final results mailed to ordering physician within 3 business days.

### Appointments: Sleep Disorders Center 443-843-5145

Offers a full range of diagnostic sleep testing services including: polysomnography, Ambulatory polysomnography, CPAP titration, multiple sleep latency testing (MSLT), and evaluations by physicians specializing in sleep disorders.

### UM Harford Memorial Hospital (HMH)

421 South Union Avenue, 2nd Floor  
Havre de Grace, Maryland 21078  
Office: 443-843-5145  
Fax: 443-843-8703

Office Hours: 8 am - 4:30 pm

Night time sleep studies begin at 8:45 pm

MSLT begins at 7 am

### Scheduling Appointments

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- Services can be scheduled through the Sleep Disorders Center office.
- Night time sleep studies can be scheduled through the office
- Patients must be seen by a pulmonologist, neurologist, or ENT prior to having a sleep test.
- Patients referred by other physicians will be schedule for an evaluation with one of the sleep specialists.
- A physician order is required.
- Instructions are mailed to the patient prior to testing

### Registration

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- Those patients who have a daytime appointment register through the Sleep Disorders Center on the 2nd floor of the hospital.
- Those patients who have an evening appointment register through the Sleep Disorders Center on the 2nd floor of the hospital.

### Post Appointment

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- Reports are available within 3-7 days through Meditech.
- Reports are mailed to the ordering physician within 7-10 days. If more urgent results are required please note on the physician order.



WATCH is a free program that provides short-term, in-home visits for people with Medicare who have chronic illnesses. A team of Registered Nurses, Community Health Workers, Social Workers and Pharmacist provide weekly in-home visits or calls to help people reach their health and wellness goals.

### **UM Upper Chesapeake Medical Campus**

Klein Ambulatory Care Center  
520 Upper Chesapeake Drive, 3rd floor  
Bel Air, Maryland 21014  
Harford County Office: 443-643-2206  
Cecil County Office: 443-593-2712  
Fax: 443-643-1545

**Hours of Operation: Monday – Friday 8 am – 5 pm**

### **Patient Criteria**

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- Medicare insured (or dual eligible)
- Harford or Cecil County resident
- Has conditions like: COPD, CHF, diabetes, or hypertension
- Frequent hospital or emergent care use
- AND have one or more of the following:
  - Social isolation/lack of support
  - Poor control or management of conditions
  - Problems with medications
  - Overwhelmed with self-care
  - Little to no understanding of their own health conditions
  - Probable barriers or limitations in home

### **Scheduling Appointment**

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- Call the office with the referral or fax
- Include recent office notes and details of patient concerns
- Office contacts the patient to schedule an appointment

Committed to improving patients' quality of life by diagnosing and treating problem wounds utilizing advanced wound care technologies. Working collaboratively with the patient's primary care physician to evaluate the wound, address underlying medical conditions and review the patient's history to identify the cause.

## **UM Upper Chesapeake Medical Campus**

Pavilion II  
510 Upper Chesapeake Drive  
4th Floor, Suite 409  
Bel Air, Maryland 21014  
Office: 443-643-3500  
Fax: 443-643-3515

**Hours of Operation: Monday – Friday 8 am – 4:30 pm**

## **Scheduling Appointments**

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- Call the office to schedule an appointment
- A physician order is required

## **Types of Conditions Treated**

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- Diabetic foot ulcers
- Chronic venous ulcers
- Arterial ulcers
- Pressure ulcers
- Chronic osteomyelitis with open wounds
- Radiation-related tissue damage with open wounds
- Non-healing surgical wounds
- Wounds of unknown cause

## **Services Available**

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- Vascular assessment
- Infection assessment and intervention
- Grafts and advanced dressings
- Debridements, biopsies, and incision and drainage
- Dietitian support
- Compression therapy
- Ostomy Clinic

## **What to Expect During the appointment and post-appointment**

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- Comprehensive evaluation of the wound
- If additional tests and/or studies are required, many can be completed same day
- Plan of care is agreed upon
- Comprehensive report is sent to the referring physician

HealthLink Community Outreach at UM Upper Chesapeake Health offers health and wellness programs in and around our community that anyone can attend.

### **Living Well: a Chronic Disease Self-Management Program**

A free six-week program designed for people with chronic conditions and their caregivers. Learn how to better manage your fatigue and pain, eat healthfully, communicate better with your doctors and regain control of your life.

### **Living Well with Diabetes**

A free six-week program for people with type 1, type 2 and pre-diabetes. Learn about the complications associated with diabetes, facts about blood sugar, how to read nutrition labels, manage stress and best communicate with doctors.

### **Put the Brakes on Diabetes: a Diabetes Prevention Program**

If you have been told you might get diabetes, this program may be for you. A free four-month program that teaches healthy habits that may help you prevent diabetes and add years to your life. Call 800-515-0044 to learn how to qualify for this program.

Call HealthLink 800-515-0044 for more information (including dates, times and locations) and to register.

The UM Rehabilitation Network at Upper Chesapeake Health is a comprehensive program for a large variety of disorders and injuries at three locations.

### **UM Upper Chesapeake Medical Center**

500 Upper Chesapeake Drive  
Bel Air, MD 21014

### **The Walter Ward Family Y**

101 Walter Ward Boulevard  
Abingdon, MD 21009

### **UM Harford Memorial Hospital**

501 S. Union Avenue  
Havre de Grace, MD 21078

## **Rehabilitation Services**

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- Amputees
- Aquatic therapy
- Balance rehab (NeuroCom)
- Cancer rehab
- Cognitive training
- Geriatrics
- Hand therapy
- Joint Center program
- LSVT Big and Loud™ program
- Lymphedema therapy
- Neurological conditions and stroke recovery
- Occupational therapy
- Pain management
- Parkinson's disease
- Pediatric rehab
- Physical therapy
- Pelvic floor therapy
- Speech therapy
- Sports medicine injuries
- Swallowing evaluations
- Vestibular rehab
- Voice evaluations and therapy

## **Scheduling Appointments**

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Please call 443-643-3257 for scheduling information and to find out which location is best for the rehab service your patient needs.



To support a healthier lifestyle, nutrition counseling and education for people age 12 and older is offered at UM Upper Chesapeake Medical Center.

### **UM Upper Chesapeake Medical Center**

500 Upper Chesapeake Drive  
Bel Air, MD 21014  
443-843-7000

### **Consultation and Education Services**

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- Services provided by a registered dietitian
- Offered on an outpatient basis
- Individual counseling sessions
- Nutritional needs assessment and food plans to fit your lifestyle
- Physician referral is required

Individual counseling sessions are available by appointment only; please call 443-843-7000.

### **Diabetes and Nutrition**

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Nutrition counseling and education specific to diabetes management are also available at our Center for Diabetes and Endocrinology. To schedule an appointment for diabetes nutrition counseling call 443-643-3200.