

FREEMAN IN A FLASH!

December 2020



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[Printable Health and Safety Flyers](#)

BE INFORMED



OccuMed Needs Your Afterhours Contact

Accidents rarely happen at a convenient time; that's why it's so important for Freeman OccuMed to have a valid afterhours company contact to reach for authorization.

Can you help us serve you better by ensuring we have the most up-to-date information in our system?

[Update Your Afterhours Contact](#)



Freeman Welcomes New Maternal Fetal Medicine Specialist

As a high school student, **Dr. Shayna Conner** watched her mother go through a high-risk pregnancy. Now, as a maternal fetal medicine specialist, Dr. Conner has made caring for high-risk pregnancies her life's work.

Dr. Conner can perform procedures at Freeman that used to require travel to bigger cities. Having a maternal fetal medicine physician on-site has also been shown to improve outcomes for both babies and moms.

To make an appointment with Dr. Shayna Conner, call Freeman Perinatology Center at **417.347.8590**.

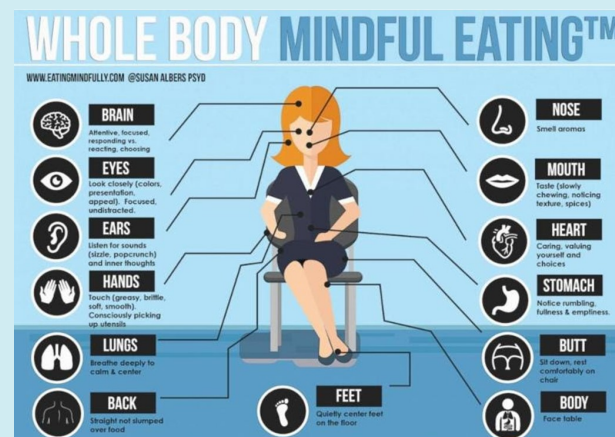
BE WELL

Eating Mindfully through the Holidays

Take the taboo out of your holiday favorites and allow yourself to enjoy them *mindfully*.

- Eat slowly.
- Savor your food.
- Enjoy the quality of the food - not the quantity.
- Eat before you get too hungry.
- Determine if the food is worth the calories it contains.

[Learn More](#)



Worksite Wellness Mini-Grant

The Missouri Department of Health and Senior Services (MODHSS) is offering up to \$6,000 to Missouri employers interested in making sustainable changes to initiate or improve worksite wellness policies/programs to support employee health at their workplace.

To apply, complete the application and budget, and submit to worksitewellness@health.mo.gov by December 1, 2020.

2021 Flu Shots

Freeman's Screen Team is able to provide flu shots and bill your company's insurance for the service. To guarantee flu shot availability and schedule your company's flu shot clinics for fall of 2021, contact [Shelby Allen](#) at **417.347.5646** by January 15, 2021.

[Reserve Your 2021 Flu Shots](#)

Call 573.522.2820 with any questions.

[View Application](#)

BE INVOLVED

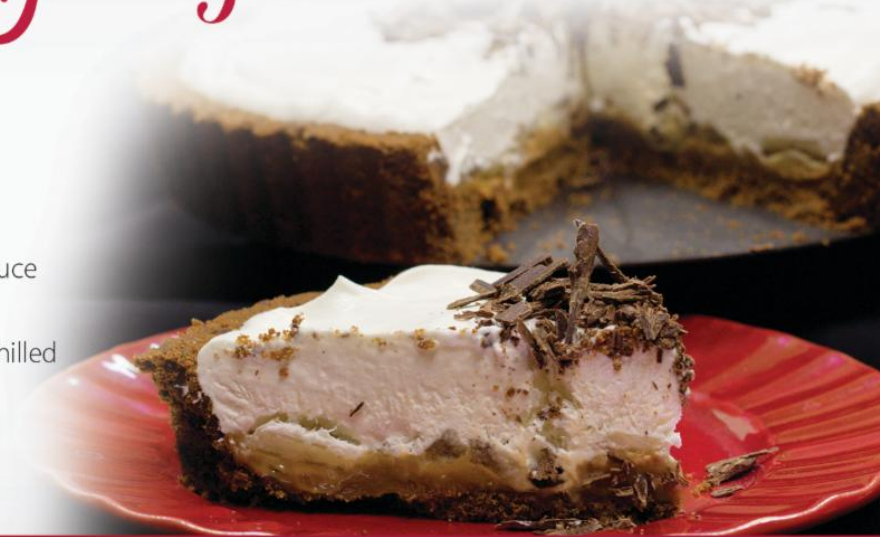
In case you missed it...

Thanks & Giving

The Recipe for a Happy Holiday Season

Banoffee Pie Recipe from Freeman's Chef Cody

3 cups Biscoff® cookies
½ cup unsalted butter, melted
1 cup dulce de leche or caramel sauce
2 bananas sliced
1 ½ cups heavy whipping cream, chilled
¼ cup powdered sugar
1 tsp vanilla extract
2 oz chocolate



Visit bit.ly/ChefCodysBanoffeePie for directions and join us at the "Your Friends at Freeman" Facebook page for a second pie recipe from Freeman Sous Chef Derek.



Join Us on Facebook!

Join our community on Facebook to stay up-to-date on the latest happenings and get exclusive content (like a recipe for Maple Browned-Butter Chess Pie from Freeman Sous Chef Derek)!

[Join Now](#)

Manager Wellness Training

11:00 am - 12:00 pm December 10

Check out this **free** online course sponsored by the Missouri Department of Health and Senior Services! It describes why worksite wellness is important, tips for a great program and tools to engage employees in a wellness program.

[View the Full Freeman Event Calendar for Upcoming Events](#)

COVID-19 RESOURCES

COVID-19 Call Center and Test Site Hours

Call Center (417.347.6444)

Monday - Thursday:
8:00 am - 5:00 pm

Friday:
8:00 am - 12:00 pm

Testing Site

Monday - Thursday:
9:00 am - 12:00 pm, 1:00 - 3:00 pm

Friday:
8:00 am - 12:00 pm

COVID-19 Testing

Find the right test for your employees:

Freeman OccuMed offers affordable ways to effectively test your workforce:

- Active Infection (PCR)
- Immune Response (Antibody)

Testing is by appointment only. Employer authorization required.

Contact Employee Health Nurse [Christina Hensley, RN](#), at 417.347.6940 for more information.

[Learn More](#)

Additional Employer Resources

Information about coronavirus continues to change frequently. To help cut through the noise, here's a quick round up of resources you can start using today.

[Return to Work Recommendations](#)[Setting Up Your Screening Program](#)[Handwashing Poster](#)

ADDITIONAL RESOURCES

Printable Patient Information Flyers

- [Freeman Physician Finder](#)
- [Freeman First Care Flyer](#)
- [Primary Care Physician](#)

Freeman Health System Resources

- [Calendar of Events](#)
- [Employment Opportunities at Freeman](#)
- [Health and Wellness Resource Links](#)

- [OB-GYN/Pediatrics/Family Medicine Physician](#)

- [Freeman OccuMed Resource Directory](#)

[Printable Health and Safety Flyers](#)

FREEMAN HEALTH SYSTEM | freemanhealth.com

