



Dietitian from Left to Right:  
 Jennifer Raykovich, RDN; Jen Scharffer, RDN,  
 Director of Wellness; Chelsey Woods, RDN;  
 Leah Severson, RDN; Dannette Frasier, RDN



# HEART HEALTH BY US

February is American Heart Month!

Did you know that heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups?\* Many healthy behaviors can lower your heart disease risk while preventing other serious chronic conditions, including learning your health history, moving more, and eating a healthy diet.\*

Tri-State Wellness offers a variety of programs that empower their patients with self-care management skills to improve their quality of life! Call now to talk with one of our Registered Dietician Nutritionists about what program is right for you. Healthy eating is an integral part of healthy living and a healthy heart.

\*cdc.gov

Tri-State Wellness  
 P: 509.751.0229  
[TriStateHospital.org/Wellness](http://TriStateHospital.org/Wellness)



# HEALED BY US

## 2020 Tri-State at a Glance

Tri-State Memorial Hospital places the healthcare needs of our community first by partnering to bring care beyond our walls through innovative technology and collaboration. We are a regional healthcare leader and employer of choice, delivering the highest quality of care to facilitate health, healing, and wellbeing throughout our community and those we touch.

- Primary Care Visits: **53,000+**
- Minor Care Visits: **11,000+**
- Emergency Department Visits: **11,000+**
- Surgery and GI Procedures: **5,300+**
- Imaging Visits: **34,500+**
- Lab Tests: **230,000+**

Your Health Is Our First Priority!

Buying LOCAL has never been more important.

**Buy local  
 and make  
 a difference.**



# LOCAL BY US

**KEEP YOUR MONEY WHERE YOUR HEART LIVES,  
 SUPPORT AN ECONOMY OF FRIENDS AND  
 NEIGHBORS, AND BUILD A COMMUNITY THAT  
 THRIVES BY THINKING LOCAL FIRST.**

Small-scale, locally owned businesses create communities that are more prosperous, connected, and generally better-off across a wide range of metrics. When we buy from independent, locally owned businesses, rather than national chains, a significantly greater portion of our money is then cycled back through our local economy ultimately strengthening the base of our whole community.

MADE BY US is possible thanks to these special partners:

