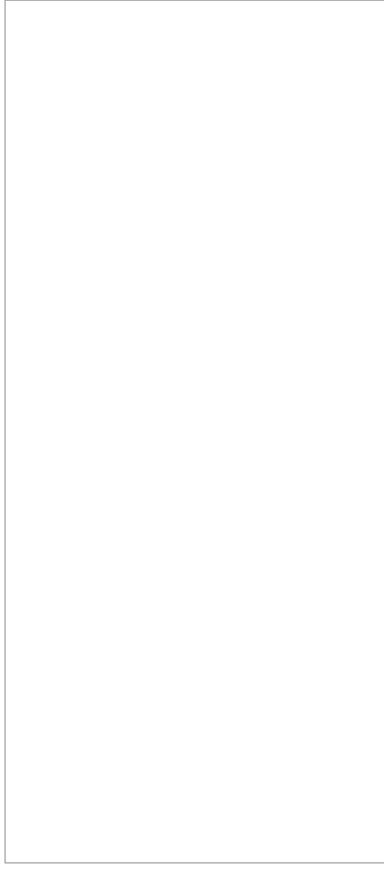


OVERLAKE MEDICAL CENTER & CLINICS

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Overlake Medical Center & Clinics is a nonprofit regional healthcare system based in Bellevue, serving the Eastside community since 1960. The health system includes a 349-bed hospital and a growing network of primary, urgent and specialty care clinics located throughout the region. Overlake is recognized locally and nationally for quality and safety, including recognition as a Best Regional Hospital by U.S. News & World Report in its Best Hospitals 2024-25 rankings. Healthgrades' Patient Safety Excellence Awards and recurring Leapfrog "A" ratings. Overlake offers comprehensive advanced services, including a dedicated Cancer Center, Level III Trauma Center, Childbirth Center and Level III NICU, cardiac, neurosciences, orthopedic and mental health services. As part of our commitment to deliver high-quality care and an exceptional patient experience for our Eastside community, we collaborate with EvergreenHealth in cardiac services, neurosciences and quality, and with Fred Hutchinson Cancer Center for cancer services. In 2024, Overlake finalized an affiliation with MultiCare Health System—joining MultiCare's network of now 13 hospitals and hundreds of clinics in the Pacific Northwest. Through this agreement, Overlake and its network of clinics will bring new services and operate a new North Puget Sound region of MultiCare's statewide network. Employing more than 3,600 people, Overlake remains dedicated to its mission of **compassionate care for every life we touch**. Overlake provided nearly \$50 million in charity care over the last three years and is committed to providing exceptional patient care and services. For more information, visit overlakehospital.org

The information in this publication is not intended for the purpose of diagnosing or prescribing. If you have concerns about your health, please contact your healthcare provider.

If you would prefer not to receive communications from our organization, please email healthyoutlook@overlakehospital.org or call 425.467.3548.

Healthy Outlook @2024. Published by Overlake Marketing and Communications.

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Art Direction and Design: Brad Roberts

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PRIMARY CARE AND URGENT CARE CLINICS

Scan the QR code with your mobile device or visit overlakehospital.org/ locations to find a primary care or urgent care location near you.



EMERGENCY ROOM

Entrance to the Overlake Emergency Room is located off NE 10th St. If you are experiencing a very serious or life-threatening emergency, dial 9-1-1 immediately.

Bellevue – Overlake Medical Center

2024 SPECIAL EDITION

Annual Report to the Community

IN THIS ISSUE: Discover How Overlake's New Partnership with MultiCare is Transforming Healthcare in Your Community

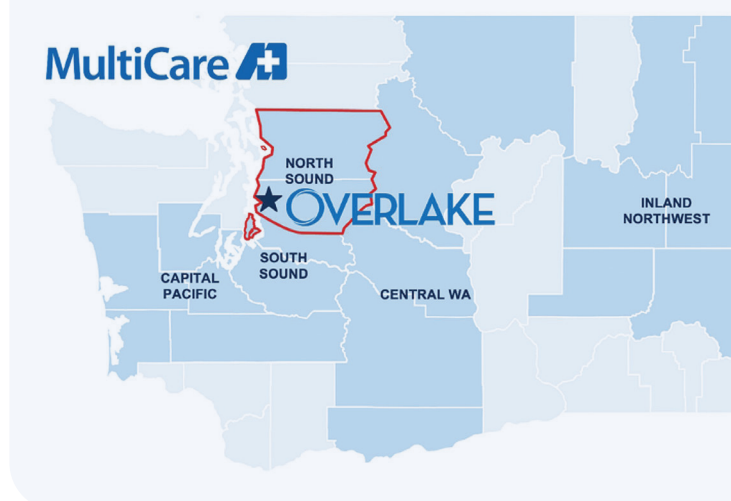
TEAMING UP FOR THE BETTER

Overlake Announces Partnership with MultiCare in Fiscal Year 2024 to Expand Healthcare Access

Overlake Medical Center & Clinics and MultiCare Health System are partnering to provide even greater access to top-quality healthcare. This exciting new partnership, first announced in May 2024, unites two trusted, locally governed healthcare systems with one shared goal: providing exceptional care to our communities.

Through this agreement, Overlake and its network of clinics will bring new services and operate a new North Puget Sound region of MultiCare's statewide network. What does this mean for you? You'll still be able to visit all the Overlake clinics you know and trust—11 primary care locations, five urgent care clinics, and 19 specialty care sites—across East King County. This affiliation enables Overlake and MultiCare to collaborate, identify and integrate best practices, and expand access to care and clinical programs.

We're excited about the benefits that this partnership will bring and remain committed to keeping our patients and community at the heart of everything we do. Together, we will provide even greater access to the excellent clinical care for which Overlake is known.



Learn more at overlakeforward.org

OVERLAKE BY THE NUMBERS

FISCAL YEAR 2024

	200,000	UNIQUE PATIENTS TREATED		\$10M	DONATIONS RECEIVED
	3,546	BABIES BORN		\$19.6M	CHARITY CARE PROVIDED
	54,979	EMERGENCY DEPARTMENT VISITS		3,247	CHARITY CARE RECIPIENTS
	15,771	SURGERIES		1,022	TOTAL DONORS

Classes

Classes and support groups are offered in several formats, including in-person, virtual and hybrid; visit our website for the most up-to-date information. All classes and support groups are FREE, unless otherwise noted. Preregistration is required; visit overlakehospital.org/classes to register. For questions, email classes@overlakehospital.org or call 425.688.5259.

Advance Care Planning

Visit overlakehospital.org/services/palliative-care/advance-care-planning for more information.

Mental Health

Mental Health First Aid

Skilled-based training for ages 18+ to reach out and provide initial support to adults or youth who may be developing a mental health or substance-use problem and help connect them to appropriate care. **Free.**

Question, Persuade and Refer (QPR) Suicide Prevention Training

In this interactive class with videos and activities, ages 18+ learn how to identify if someone is considering suicide, how to start the conversation and what to say, and how to connect them with help. **Free.**

Teen Resilience and Thriving

This workshop gives teens a safe space to share their challenges and gain confidence as they learn how to identify stress and develop coping skills, positive self-talk and time management. **Free.**

Mental Health Education & Support Groups

Visit: nami-eastside.org/education

Childbirth

Some childbirth education classes may be covered under your health insurance plan.

Childbirth Center Virtual Tour

Get a first-hand look at the Overlake Childbirth Center with this on-demand tour. **Free.**

Healthy Pregnancy, Healthy Baby

Prepare for the journey of parenthood with guidance by a certified perinatal educator. Includes physiology and prenatal care, as well as your baby's development. **Free.**

Understanding Your Newborn

Learn skills to care for your newborn during their first three months. On-demand (English or Spanish). In person or live, virtual (English only). \$45 per couple.

Breastfeeding Basics

Essential information to help prepare you for breastfeeding. In person or live, virtual instruction. \$45 per couple.

Understanding Birth

Designed to help you prepare for labor and birth. On-demand (English or Spanish). In person or live, virtual (English only). \$95 online learning; \$130 in person or virtual.

Labor Coping Skills

Learn comfort measures to use while laboring at home and in the hospital. In person or live, virtual instruction. \$45 per couple.

Yoga for Pregnancy

Feel more at ease as you explore gentle movements, breathe with intention, and calmly center your mind. *Coming soon.*

Yoga for Pregnancy - On-Demand Videos

When you can't make it to your scheduled yoga class, you can still practice on your own with these two, six-week video series. \$95/series (six videos each series).

New Parent

After Baby Comes

A group for new parents to talk about feeding, sleeping and navigating the complexities of parenthood. In person or live, virtual. Classes divided by baby's age:

0-3 months, Tuesdays, 10-11 a.m. **Free.**

3-6 months, Tuesdays, noon-1 p.m. **Free.**

6-12 months, Tuesdays, 2-3 p.m. **Free.**

La Leche League Eastside Japanese

Visit: LLLeastsidelp.wordpress.com

4th Trimester: Pelvic Floor and Core Power Up

Six-week educational and exercise series for new moms led by a certified physical therapist. Includes pelvic floor recovery, stress incontinence and diastasis recti. In-person class plus weekly home routine. Jan. 21-Feb. 25, 4-5 p.m. or Feb. 4-March 11, 9:45-10:45 a.m., \$120/six week session.

Pumping Strategies

For moms who are returning to work or continuing to provide breast milk for baby. **Free.**

Yoga & Strength: For After Birth & Beyond

Gentle, strength-building poses and guided breath cues to help you reconnect with your body and calm your mind. *Coming soon.*

Teens & Tweens

Teen Resilience and Thriving

See description under Mental Health.

Classes offered in partnership with Seattle Children's:

Better Babysitters

Better Babysitter classes teach kids, ages 11-14, skills to be responsible babysitters by learning basic child development, safety, business tips and more. Join in person or virtually via Zoom.

The Chat: Great Conversations About Growing Up

Great Conversations programs are all about change—changes in bodies, emotions and relationships during puberty. In-person and online classes offered for 10- to 12-year-olds and an adult.

CPR, First Aid & Safety

Infant Safety & CPR

For expectant and new parents, grandparents and family members. Completion cards not awarded. In person, \$125/couple; live, virtual instruction, \$100/couple.

Car Seat Inspections

In partnership with Seattle Children's. **Free.**

Stop the Bleed

Learn how to provide basic bleeding control as immediate frontline aid in the event of an accident or disaster until first responders arrive. Nov. 21, 5-7 p.m. **Free.**

Senior Health

Seated Yoga for Balance

For seniors to increase circulation, release tense muscles and strengthen core muscles while promoting better posture and balance. Live, virtual instruction. Once a week, Monday-Friday, 12:15-1:15 p.m. **Free.**

Medicare 101

Get help understanding Medicare, including eligibility, Medicare Part A, B, C and D, Medicare Advantage and more. Hosted by American Senior Resources. Nov. 13 or Dec. 11. **Free.**

Wellness & Well-being

Obstructive Sleep Apnea: Symptoms, Causes and Treatments

Do you wake up repeatedly throughout the night? Or feel tired even after a full night's rest? You may have sleep apnea. Learn what causes sleep apnea, how to reduce your risk, and what you can do to alleviate symptoms from non-medical to medical treatments. Nov. 12. **Free.**

Improve Your Health Through the Gut Microbiome

Learn how to build the foundation for a healthy gut, how the gut microbiome affects your metabolism, and ways to foster a balanced microbiome to improve health. Nov. 13. **Free.**

Diabetes: Know Your Numbers, Reduce Your Risk

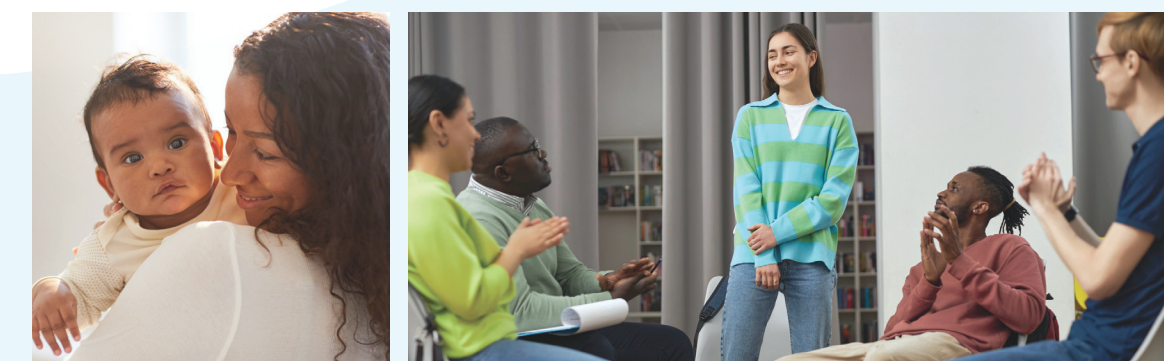
Diabetes can develop gradually without symptoms and go undiagnosed for many years. Untreated, diabetes can lead to many serious medical problems, including heart disease and stroke. Learn how to take an active role in treating and managing diabetes. Dec. 3. **Free.**

Menopause in 2024

Learn the best ways to take care of yourself, including information on hormone replacement therapy (HRT), non-prescription supplements, ways to stay healthy and more. Dec. 10. **Free.**



To view all of our upcoming classes, events and support groups, visit: overlakehospital.org/classes or scan the QR code with your mobile device.





Classes & Support Groups (Continued)

Support Groups

Visit overlakehospital.org/classes for upcoming dates, times and to register.

Aphasia Communication & Support

Overlake Medical Center has created this monthly group for people with aphasia to practice their individualized communication strategies, share their views on living with a communication disorder and provide an opportunity for independent communication in a supportive group environment. Every fourth Thursday, 1:30–2:30 p.m. **Free.**

Caring for the Caregiver

Share experiences and gain emotional support in a safe, confidential, supportive environment with other caregivers, families and partners of those living with serious or life-limiting illnesses, such as Alzheimer's. Live, virtual support. Every third Monday, 3–4:30 p.m. **Free.**

Path of Grief

Six-week support group for those who are grieving the death of a loved one. Share your experiences, receive support, and learn how to process grief and develop strategies for going forward. **Free.**

Weight Loss Surgery

Weight loss surgery is a life-changing experience and having support from those sharing a similar experience can be a helpful part of your lasting success. This support group will support, guide and encourage you in your weight loss journey. **Free.**

Parent Support of Puget Sound

Support for those dealing with miscarriage, stillbirth and infant loss. Online support and monthly support groups.

Cancer Lifeline

Cancer Lifeline offers a range of free, virtual classes and support groups for cancer patients, survivors and caregivers.

Visit cancerlifeline.org or scan the QR code with your mobile device to learn more about upcoming offerings or to register for a class or support group.



Welcome

New Overlake Clinics Providers



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425.635.6430



Kristofer Cherepuschak, MD
Primary Care – Kirkland
425.635.6470



Christine Chiu, MD
Endocrinology
425.289.3130



Andrew Hunter, MD
Senior Health
425.688.5234



Sade Khorami, ARNP
Metabolic and Bariatrics
425.467.3957



Joseph Martinez, MD
Internal Medicine
425.990.5222



Jessee Meek, DO
Primary Care – Sammamish
425.635.3070



Suzanne Meller, LICSW
Specialty: Psychiatry
Primary Care – Bellevue
425.289.3100



Lindsay Nofziger, ARNP
Primary Care – Kirkland
425.635.6470



Xinping Park, DO
Primary Care – Redmond
425.635.6430



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Endowments at Overlake help ensure world-class healthcare services for our community in the years ahead.

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