

JHAH NEWS

مرکز جونز هوبکینز
أرامكو الطبي
Johns Hopkins
Aramco Healthcare

August 2015

Do you need help
with a health care
service issue?

Email
Patient Relations
MCSN@JHAH.com



**Healthy Eating Tips
during the Hot Season**

MOH MERS-CoV Delegation to South Korea

**Next JHAH Community Outreach
Lecture on Monday August 17, 2015**



Promoting health and wellness
August 2015

Welcome to JHAH News, where the latest health and wellness news and current and upcoming events are available at the click of a button.

JHAH News Home Delivery

Register the personal email addresses of all your family members, and they too will receive the latest JHAH health and wellness news. Email health.information@JHAH.com

If you have any questions, suggestions, contributions or topics you would like to read about, please email them to the editor: Layla.Gafashat@JHAH.com

All health and health-related information contained in this Johns Hopkins Aramco Healthcare Company material is intended to be general in nature and should not be used as a substitute for a visit with a health care professional. The advice is intended to offer only a general basis for individuals to discuss their health and medical conditions with their health care provider. Your health care provider should be consulted regarding matters concerning the medical condition, treatment and needs of you and your family.



Inside this issue

Your Health
Our Commitment



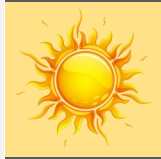
Johns Hopkins Aramco Healthcare Celebrates Gergean

1



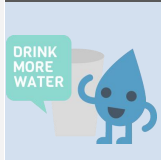
Healthy Recipes: Spaghetti and Meatballs

2



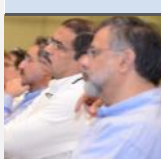
Healthy Eating Tips during the Hot Season

2



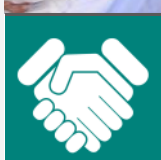
Infographic: Are you Drinking Enough Water?

3



JHAH Hosts Community Outreach Lecture: Hearing Loss in Older Adults

4



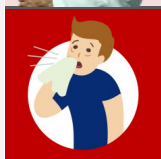
Partners in Excellence

5



Announcement: Upcoming Community Outreach Lecture- Changing Therapies for Neurological Disorders

6



MoH Mers-CoV Delegation to South Korea

7



Ministry of Health Delegation Visit to JHAH

8



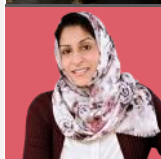
JHAH Bulletin Board

9



JHAH Celebrates a One Year Milestone

10



JHAH Caring Profile: Mey Al Khonaizi

10

Johns Hopkins Aramco Healthcare Celebrates Gergean



If you walk by the Pediatric ward, mid Ramadan of every year, at a certain time you'll probably hear echoes in the corridors, sounds of children laughing and singing along with clapping. The closer you get to the play room, the louder the cries of joy become, as the voices of children and adults of all ages and nationalities join together as they sing, or try to sing, tunes that became an inseparable part of our heritage hundreds of years ago. When you finally reach the play room and if you have seen it before, you might not recognize it at first sight. It would look so different with its walls covered with colorful fabrics and decorations, with lanterns and flags hanging in every corner. You'll probably feel that you've stepped into a fairytale story featuring not a hospital room, but a festival designed solely for the enjoyment of children.

In the center of the room, you won't help but notice a festive-looking table that many would consider every child's dream. On this table sit various types of cupcakes, healthy, colorful, and delicious, bringing smiles to the faces of both adults and children. Beside the tempting cupcakes are several kinds of finger food dishes decorated and designed to please the eyes as well as taste buds. If you take another look at the play room, you won't help but notice the presents scattered all over the room in all shapes, colors, and sizes. You will stand there by the door and will probably feel overwhelmed with the amount of joy emanating from a single room. You'll most likely smile affectionately at the sight of innocent children barely keeping from jumping around with their gazes unable to settle on one particular corner in this room full of wrapped treasures.

On July 1st, which marked the 15th of Ramadan this year, Johns Hopkins Aramco Healthcare had their popular Gergean celebration, which is held annually in the Pediatrics Ward. Gergean is a tradition in which children and adults celebrate mid Ramadan each year, and children of all ages would dress in traditional clothing and would then walk in their neighborhoods, going from door to door, singing traditional songs. At each door, a family member greets them with candy and toys, adding to the excitement of the children.

For hundreds of years, this celebration has been children's favorite event, and they look forward to it every year. Unfortunately, not all children are able to celebrate it. Some are hospitalized or bedridden. Therefore, and in order to bring joy to young patients and to keep their spirits up, Johns Hopkins Aramco Healthcare held this celebration for children every year. It has become a tradition in the hospital, and how could it not, when it brings so many smiles and draws laughter from children, their parents, and the health care staff that work so hard to ensure these children will not just be treated physically, but will be taken care of emotionally as well. This year, JHAH's playroom hosted twenty one young and hopeful souls who filled it with joy and anticipation.

The JHAH's Gergean was organized, like every year, by the Department of Public Relations. The organizing team was led by the Medical Relation Representative, Bahijah Rashid. Among the attendees was a JHAH management delegation consisting of Dr. Daniele Rigamonti, the Chief of Staff, Zeina Khouri, Chief Nursing Officer, Micheal Turner, Chief Financial Officer, Dr. Hamoud Jabri, Chief of Pediatrics, and Faisal Al-Humaidi, Chief of General Medical Relations. These attendees representing JHAH management went through the Pediatric Ward, visiting children whose health did not permit them to leave their rooms, and offered them gifts so that they, too, can take part in the joyous celebration. The purpose for the delegation's visit was not only to take part in this wonderful tradition, but also to enforce Johns Hopkins Aramco Healthcare's commitment to providing the best care possible for patients of all ages.

Spaghetti and Meatballs

Spaghetti and Meatballs is rich in antioxidants, fiber and protein. It is a delicious and nutritious dish full of taste and flavor.

Ingredients:

- ½ kilogram (500 grams) of lean beef, minced
- ½ kilogram (500 grams) uncooked spaghetti, preferred whole grains
- 3 tablespoons whole-wheat bread crumbs
- 1 whole egg
- 2 onions, chopped
- 2 cloves garlic, minced
- 2 cups tomatoes, finely chopped
- 3 tablespoons fresh oregano, chopped
- 3 tablespoons fresh parsley, chopped
- 1 dried bay leaf
- 2 tablespoon canola oil
- Black pepper to taste
- 5 cups water

Preparation:

- In a saucepan, sauté the onion and garlic in canola oil until getting soft.
- Add the finely chopped tomato, 1 cup water, oregano, bay leaf and black pepper. Bring to the boiling point and cook for 5 minutes then reduce the heat to low and simmer for 10 minutes.
- To prepare the meat balls, mix the minced lean beef with bread crumbs, little oregano, the egg, black pepper and little parsley.
- Make 30 meatballs of the mixture and drop them in the tomato sauce and cook them for 30 minutes.
- In a sauce pan, boil the spaghetti in 4 cups of water for 10 minutes or until the pasta become soft, then drain from water and place in a serving bowl.
- Add the mixture of meatballs with tomato sauce over the cooked spaghetti.
- Garnish with chopped parsley.

Yield: 6 servings (1 cup cooked spaghetti with 5 meatballs).

Service: Serve with salad and nonfat or low fat yogurt or laban to make it more balanced and nutritious.

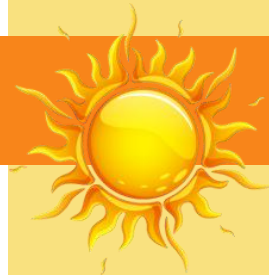
Fat and Calories Contents:

Calories per serving: **250**

Fat per serving: **6 grams**

Healthy Eating Tips during the Hot Season

- In hot weather, your body perspires more, loses more water and may get dehydrated. The signs of dehydration are reduced urine volume, changed urine color into dark, flushed skin, fatigue, increased body temperature, increased breathing and pulse rate, dizziness and weakness.
- Check the color of your urine, as dark colored urine indicates that you are short on water; color should be light and clear.
- Drink more fluids to replace the fluids lost. Water is one of your body's important nutrients and it is the beverage of life. It helps normalize your body temperature, reduces the heat, satisfies your thirst, supports your body functions, transports nutrients and oxygen to your cells, helps you avoid constipation, cools you down, moisturizes your body tissues, supports your blood circulation and kidney functions and helps eliminate wastes. The usual fluid needs for an adult is 8-12 cups per day. You need to drink enough fluids in humid and cold seasons as well in order to keep your body hydrated.
- The best recommended fluid is water; either flavored, plain, or mineral. Other recommended fluids are: lemonade, fruit or vegetable juices, or low fat milk or nonfat milk. Unsweetened juices are preferred.
- Take some fluids with meals and snacks. You can start your meals with low fat or nonfat soups, such as grains or vegetables.
- Take a water break during the day instead of a coffee break.
- Reduce caffeine intake such as coffee, tea and cola. These are not the best sources of water, as they act as diuretics. Decaffeinated beverages and herbal teas are good choices.
- Consume well-balanced meals and snacks. Eat more colorful fruits and vegetables (cooked or raw) and include low fat or nonfat milk or Laban or yogurt in your meals.
- Moderate your intake of salt or salty foods, such as pickles, sauces, dressings, olives, chips, and processed foods.
- Make your meals small, but more frequent. Avoid spicy, heavy and greasy meals. Light sandwiches made with whole grains and lean meat, skinless chicken, tuna, low fat cheese or Labnah are good options.
- Drink enough water before, during and after exercise.
- Avoid alcohol.
- Watch out for food safety, as the risk of food spoilage is higher in the hot season than in other times of the year.



Health Message: Spaghetti with Meatballs is appropriate for people with heart problems, children, pregnant and lactating women and seniors. Diabetic people can consume it considering that (½ cup of spaghetti = 1 serving carbohydrate). It is not recommended to be served for babies below one year of age or people with chewing or swallowing difficulties or people with an egg or Gluten allergy.



Are you Drinking Enough Water?



Water is the main component of the human body. In fact, the body is made of 55 to 78% of water, depending on the body mass. Adequate and regular consumption of water has many health benefits. It does not have any calories, fat, carbohydrates or sugars. The amount of water consumed each day plays an important role in maintaining a healthy body. Experts recommend drinking 8 to 10 glasses of water each day to maintain good health.

DRINK
MORE
WATER



Improves your productivity. Most of the brain is composed of water and thus drinking water helps you to think better and be more alert



Muscles are made of 73% water and it helps maintain strength



Water boosts metabolism, which helps convert food into energy, relieves fatigue and improves the mood



Necessary for the occurrence of important chemical reactions in the body



Keeps your eyes hydrated



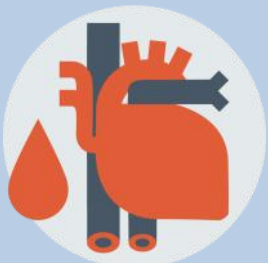
Bones are made of 22% water



Protects joints from trauma



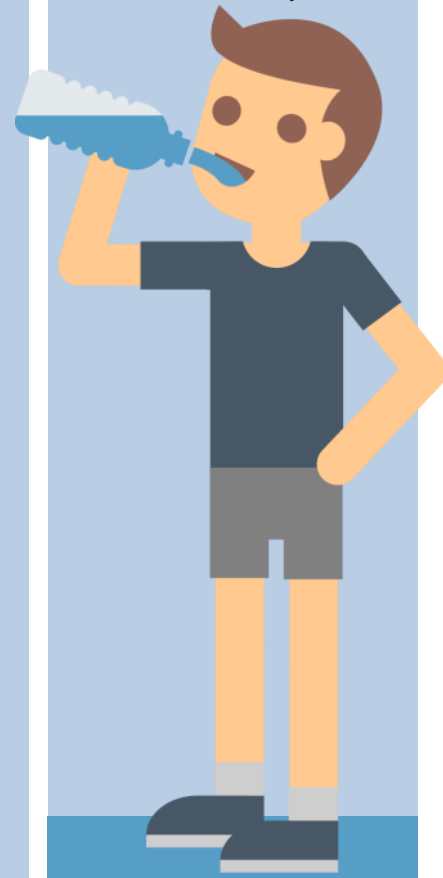
Gives you a healthier skin, which makes you look younger



It constitutes 83% of blood volume in the body



Humidifies oxygen for easier breathing



Points to remember

Lactating mothers: They need to drink an additional 3-4 cups of water to compensate for the fluids lost in breastfeeding.

Diabetic people:

- If you experience an increase in your thirst sensation and/or urination, speak to your doctor and check your blood sugar.
- If you are diabetic, keep your blood sugar controlled within the recommended range and drink more water to avoid dehydration caused by frequent urination, which is secondary to the increase of blood sugar.

JHAH Hosts Community Outreach Lecture

Hearing Loss in Older Adults: A Public Health Perspective

On June 1, 2015, JHAH hosted an inaugural community outreach lecture as part of a community wellbeing initiative. This initiative is designed as an ongoing series to enhance the wellbeing of the community and raise health awareness through distinguished Johns Hopkins Medicine faculty presentations. The visiting physician who gave the presentation was Dr. Frank R. Lin who is an Associate Professor of Otolaryngology in Geriatric Medicine.

The one-hour lecture revolved around age-related hearing loss (ARHL), healthy aging, and common causes or modifiable risk factors. Dr. Lin also discussed the association of hearing loss and keeping socially engaged and active. A detailed chart was also displayed showing a projected worldwide prevalence of dementia between the years 2010 to 2050. It was stressed that having hearing loss does NOT mean someone is going to develop dementia.

The lecture included a discussion about convergence of medical devices (hearing aids) and consumer electronics ("hearables") which included cochlear implants, surgically-implanted device for individuals with severe hearing loss, and personal sound amplifiers.



Dr. Frank R. Lin discussed the association of hearing loss with healthy aging and treatment options in older adults

Audience who attended the lecture included Aramco employees, retirees and dependents



What is hearing loss?

Hearing loss is a medical disorder that affects nearly 36 million adults in the United States. Impaired hearing may be caused by many things.

- Older people are the largest group affected by hearing loss. The contributors range from excessive noise, drugs, viral or bacterial infections, head injury or head tumors, stroke, and heredity. One in three older adults over age 60 has hearing loss. Nearly half of people ages 75 to 85 have hearing loss.
- Diseases and disorders that contribute to hearing loss include tinnitus, presbycusis (age-related hearing loss), and hereditary causes, among others.

Treatment for hearing loss

In some people, hearing loss can be surgically corrected. For others, medical devices and rehabilitation therapies often can help reduce hearing loss.

To determine the exact cause of your hearing loss, and how it can be managed, contact your health care provider for a complete medical exam. If you suspect you have hearing loss, answer these questions suggested by the National Institutes of Health:

- Do you have a problem hearing over the telephone?
- Do you have trouble following the conversation when two or more people are talking at the same time?
- Do people complain that you turn the TV volume up too high?
- Do you have to strain to understand conversation?
- Do you have trouble hearing in a noisy background?
- Do you find yourself asking people to repeat themselves?
- Do many people you talk to seem to mumble or not speak clearly?
- Do you misunderstand what others are saying and respond inappropriately?
- Do you have trouble understanding the speech of women and children?
- Do people get annoyed because you misunderstand what they say?
- Do you hear a ringing, roaring, or hissing sound a lot?

If you answered yes to three or more of these questions, you may want to see an otolaryngologist (an ear, nose, and throat specialist), or an audiologist for a hearing evaluation.

Source: Johns Hopkins Medicine

PARTNERS IN EXCELLENCE

In keeping with the promise of continuous education, Johns Hopkins Aramco Healthcare began a quality elevation program focused on sharing knowledge and experience in order to build a dynamic, autonomous, health care organization. The Partners in Excellence concept blends the pre-existing decades long tradition of quality medical care provided by SAMSO with the renowned educational and clinical strengths of Johns Hopkins Medicine. To date, Partners in Excellence activities have involved more than 80 members of Johns Hopkins Medicine faculty and staff on-site at JHAH.

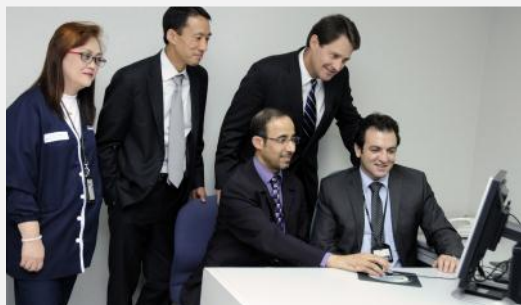


Johns Hopkins distinguished faculty members collaborating with their JHAH colleagues

To enhance the quality of JHAH's clinical care in an environment of growth and learning, JHAH is hosting Johns Hopkins distinguished faculty members from multiple specialties on a regular basis. While visiting these eminent clinicians deliver Grand Rounds, participate in clinic consultations with their JHAH counterparts, mentor JHAH staff and host community outreach education events.

This June, our visiting physician was Dr. Frank R. Lin who is an Associate Professor of Otolaryngology at the Johns Hopkins University. Dr. Lin gave a lecture as a part of the Community Outreach Lecture series. His lecture revolved around hearing loss in older adults, cochlear implants, surgically-implanted device for individuals with severe hearing loss, and personal sound amplifiers.

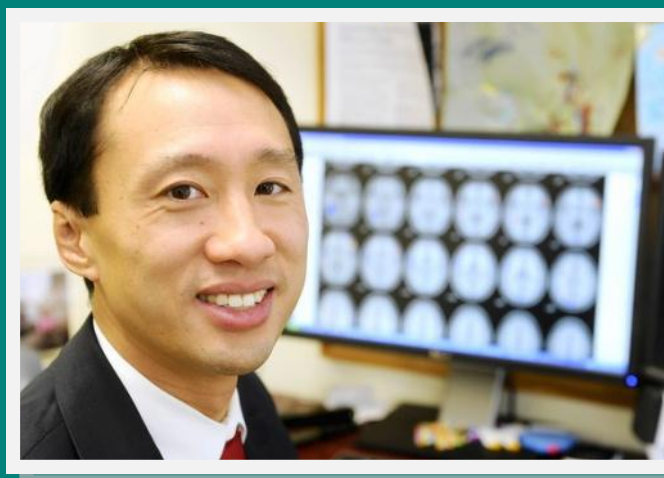
In the coming weeks similar Partners in Excellence visits will be conducted with Johns Hopkins faculty and staff specializing in Hospitalist Medicine and patient safety.



Visiting physicians took part in patient care, sharing knowledge, and observing surgical procedures



Dr. Frank R. Lin works at the Johns Hopkins University and the Bloomberg School of Public Health. Dr. Lin collaborates extensively with researchers across multiple fields including gerontology, cognitive neuroscience, audiology, and epidemiology, and he has collaborative working relationships with individuals in industry, government, and non-profit advocacy organizations. His research has been extensively covered in the media including the New York Times and the BBC, and he has appeared on CBS This Morning and the Charlie Rose show.





Your invitation to:

The JHAH Community Outreach Lecture

Changing Therapies for Neurological Disorders

Presented By:

Justin McArthur, MBBS, MPH FAAN

Professor and Director of Neurology,
Johns Hopkins University School of Medicine

Learn more about Johns Hopkins' advancements on various neurological conditions such as: Stroke Recovery, Dementia, Parkinson's Disease, and Multiple Sclerosis.

R&D Technical Exchange Center (TEC) Saudi Aramco, Dhahran

Monday, August 17, 2015

5 - 6 p.m.

Seats are limited, **Saudi Aramco employees** [register here](#)

Dependents and non-Saudi Aramco employees email Inquiries@JHAH.com

About the Speaker

Dr. McArthur is recognized around the world for his work in studying the natural history, development and treatment of multiple sclerosis and other neurological infections and immune-mediated neurological disorders.

Dr. McArthur received his Medical Degree from Guys Hospital Medical School in London, UK. He did his internship in internal medicine, completed residencies in internal medicine and neurology, and obtained a Master's Degree in Public Health at The Johns Hopkins Hospital in Baltimore, MD.

Dr. McArthur is currently Director of the Johns Hopkins Department of Neurology.

Awards

One of America's Leading Experts on:

- Cognition Disorders
- Peripheral Nervous System Diseases
- Sensation Disorders
- Spinal Cord Diseases

Castle Connolly America's Top Doctors® (2005 - 2008, 2010 - 2015)

Patients' Choice Award (2012, 2014)

Top 10 Doctor - City (2014)

Baltimore, MD
Neurologist

Best Doctors in America, 2011

Johns Hopkins Aramco Healthcare (JHAH) Community Outreach Lecture Series

A JHAH initiative designed as an ongoing series to enhance the wellbeing of the community and raise health awareness through distinguished Johns Hopkins Medicine faculty presentations.

Stop the Spread of Germs



Cover your cough or sneeze into a tissue and dispose of it properly

OR



Cover your cough or sneeze into your upper arm if tissue is not available

**SAVE LIVES:
Clean your Hands**

Wash your hands with soap and water



Use Antiseptic Gel



MOH MERS-CoV Delegation to South Korea

MERS-CoV in South Korea

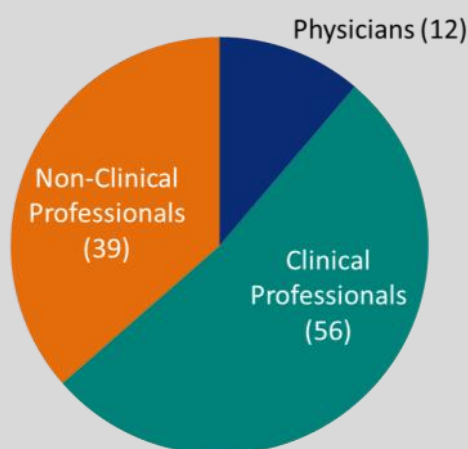
A delegation of health experts put together by the Saudi Arabian Ministry of Health reached Seoul, South Korea, on June 11. Their aim is to leverage their experience in combating MERS-CoV within the Kingdom in order to assist Korea. South Korea is experiencing what has been described by the World Health Organization (WHO) as a 'large and complex' outbreak of the disease. The experts from both the countries held a joint workshop to discuss the outbreak in Korea. Among the delegation is JHAH's Jaffar A. Al-Tawfiq, MD, FACP, FCCP, Internal Medicine and Infectious Diseases Specialist.

For information on MERS-CoV, including reported cases, visit the Command & Control Center at www.moh.gov.sa

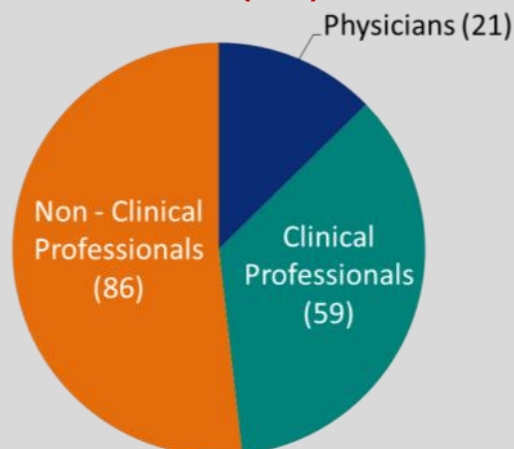


HR Progressive Momentum

**No. of Direct JHAH-Hire
on the Ground (107)**



**Expected No. of employees
joining JHAH in < 90 days
(165)**



91% Acceptance Rate for Job Offers

Ministry of Health Delegation Visit to JHAH

On May 21, 2015, a delegation from the Ministry of Health visited JHAH facilities. The visit that started in the Midra Tower ended in JHAH executive conference room where Dr. Tamara Sunbul gave a presentation about Epic. The presentation was attended by several JHAH management including the interim CEO: Dr. John Ulatowski, the Chief Operating Officer: Linda Gilligan, Deputy Chief of Staff: Dr. Mohammed Chaudhry, JHAH General Counsel & Secretary: Richard Cunningham,

The presentation given to the delegation started by Dr. Sunbul giving an overview of Johns Hopkins Aramco Healthcare's current and future IT landscape, followed by a detailed explanation on how JHAH plans to improve access to care and save costs by implementing several IT changes to enhance efficiency. To explain the latter, Dr. Sunbul gave a brief history of EHR at JHAH, SAP Healthcare Modules and Functionalities, and discussed the medical vendor subsystems.

To further explain how EPIC would enhance healthcare, the presentation detailed the limitations with the current system and how JHAH is embracing transformational industry solutions to accommodate changes that will have a bearing on its IT organization.

Dr. Sunbul discussed how Epic solution is currently rated as the best solution in the market, that KLAS ranks it as the number 1 EHR solution in 2015, and how most large organizations are implementing Epic as the primary EHR Solution.

Dr. Sunbul concluded the presentation by stating the main goal of integrating Epic EHR which is to ultimately deliver the right care, not just more care.



Dr. Tamara Sunbul explaining Epic to the young delegate from the Ministry of Health



JHAH interim CEO, Dr. John Ulatowski answering questions about Epic's potential and expectations

مركز جونز هوبكنز أرامكو الطبي
Johns Hopkins Aramco Healthcare

**Broaden your horizons
with a career at**

**Johns Hopkins Aramco
Healthcare**

 **Visit our LinkedIn page**

Johns Hopkins Aramco
Healthcare (JHAH)

**We have over
20,000
LinkedIn
followers**

**ARE YOU
ONE
OF THEM?**



JHAH Welcomes New Employees

JHAH would like to extend a warm welcome to the **18 employees** who will join their JHAH departments on **Sunday Aug. 9, 2015.**



Name	Role
Ashwaq Abdo Mohamed	Nurse Clinician (Staff Nurse)
Amal Ali Farhan	Nurse Clinician (Staff Nurse)
Sayaf Abdullah Al Refdah	Asst. Pharmacist
Waleed Abdullah Al Rabiah	Asst. Pharmacist
Abdullah Nasser Al Ghamdi	Asst. Pharmacist
Hibah Saud Al Shamrani	Clinical Lab Tech
Muna Ali Al Maghaslah	Physician, Primary Care
Omaima Ibrahim Fareh	Physician, Primary Care
Bandar Suwaylih Al Shammari	Public Relations Specialist
Ali Nasser Al Bishi	Admin Assist -HR
Ibrahim Yahya Al Shikhi	Facilities Inspector
Alanoud Imad Ghazzawi	Asst. Volunteer Coordinator
Khalid Mohammed Al Ghamdi	Project Coordinator
Noora Yousef Al Zamil	IT-End User Support
Rawan Mohammed Al Ghamdi	IT-End User Support
Fatimah Abdulrazaq Al Bahar	IT - EHR
Rouba Miknas	Asst. Pharmacist
Brandon Elsero	Finance

Emergency numbers: SAVE THESE NUMBERS TO YOUR MOBILE PHONE.

Dhahran and all areas: From a land line inside Saudi Aramco dial 110 for security, ambulance or fire. From outside Saudi Aramco, dial 997 for ambulance and 998 for fire.

Abqaiq: From your mobile phone inside Abqaiq, dial +966-13-572-0110.

Al-Hasa: For ambulance, dial 997 and 998 for fire.

Ras Tanura: From your mobile phone inside Ras Tanura, dial +966-13-673-0110.

'Udhailiyah: From your mobile phone inside 'Udhailiyah, dial +966-13-576-7110.

Help with your health care: Contact Patient Relations email MCSN@JHAH.com

or call 800-305-4444 In Kingdom or +966-13-877-3888 out of Kingdom.

Urgent health care access helpline for MDF patients

055 600-0468 (after 4 p.m.).

SMS Notification



You can speak to the receptionist to update your details, or if you're an employee, you can go online to access the improved JHAH SMS Notification system:

[myHome](#) > myInformation > medical > Maintain Medical Reminder Details

From here, you can change the family email notification address or change it for individual family members.

If you have an immediate medical concern, make an appointment with your Primary Care physician. In the event of a medical emergency, go to the Emergency Room at the nearest hospital.

Appointments: To make medical or dental appointments and to access multiple medical services, call the:

- Centralized Call Center 800-305-4444
- or out of Kingdom at +966-13-877-3888.

Feeling Stressed? Have psychological, emotional or social problems? Call Community Counseling Clinic for an appointment +966-13-877-8400.

Quit Smoking: JHAH help to employees, dependents, contractors and retirees to quit smoking, email

SmokingCessation@aramco.com

Become a volunteer: To volunteer, email

VOLUNTEER.HEALTHCARE@JHAH.COM. You must be in good health, at least 18 years old and have a good understanding of English.

Pregnant? Attend the Pregnancy Wellness Program in Arabic or English. Email registration:

MedicalPregnancyWellness@exchange.aramco.com.sa

You must be 12 weeks or more into a pregnancy. Register for the Mother and Baby Unit Pregnancy Tour in Arabic or English. The tour starts at 1 p.m. on the 1st and 3rd Tuesday of the month. To register email Eman.Mutairi@JHAH.com You must be 30 weeks or more into your pregnancy. For more information about both programs, visit <http://JHAH> > Health Education > Calendar of Health Care Events > Programs.



SMS Reminder: Never miss a medical/dental appointment.

Register for the SMS reminder service. Update your mobile number on the Corporate Portal at <http://myhome> > myInformation > Medical > "Maintain SMS Reminder Details."

Dependents call 800-305-4444 to activate or deactivate the SMS reminder service and update a mobile number. SMS reminders are sent 48 hours prior to an appointment to all patients who are registered for the service and booked their appointment at least 48 hours prior to the appointment.

Employee Online Access to Medical Services

myhome Corporate Portal: <http://myhome> > myInformation > Medical.

Campaigns and Programs online: <http://JHAH> > Health Education > Calendar of Health Care Events.

Community Counseling Clinic: <http://JHAH> > A-Z Services > Mental Health website.

Patient Relations: <http://JHAH> > A-Z Services > Patient Relations.

Patient Relations is available to help with issues that you are unable to resolve with specific clinical areas.

News from Medical Online: <http://JHAH> > [Announcements: What's New in Medical](#).

Al-Midra Wellness Center offers consultations, lifestyle wellness coaching and health screenings (Mon. to Wed. 1 - 3:30 p.m.) and other services including **Blood Donations** (Mon and Wed 8 a.m. - noon) and **Pharmacy** (Sun to Thurs 12 - 4 p.m.). For more information visit <http://JHAH> > A-Z Services > Al-Midra Wellness Center.

MDF Patients: View the MDF list of contacts and website links on <http://JHAH> > Hospitals and Clinics Contacts > MDF.



Your Health Our Commitment

For more information visit <http://JHAH>

JHAH Celebrates a One Year Milestone

On June 3rd, 2015 Johns Hopkins Aramco Healthcare (JHAH) celebrated the first year anniversary of directly hiring employees into the company. The first 14 JHAH employees are Government Affairs Representative Talal Otaibi, transcriptionists Zainab Al Salahi, Zainab Al Halal, Maryam Huwaidi, Wala Al Reda, Amjad Khaldi, Bashayer Ansari, Fatima Showaikhat, Ameena Khars Danah Nasif, and Afaf Schlön, Facility assistant engineer Saeed Kurdi, healthcare contract advisor Turki Al Zuabi, and driver Mubarak Shuker.



Mey Al Khonaizi MSc ISM, CPHIMS

Education

- Bachelor Degree of Applied Medical Sciences, Radiological Science, King Saud University (1997)
- Master of Science in Information System management, University of Liverpool (2011)
- Certified Professional in Health Information & Management Systems
- Epic Certified in both Radiant, and Mammography

Work:

Business System Analyst, Radiant Application Coordinator on the Epic@JHAH Electronic Health Record (EHR) at JHAH.

Quote:

“As a healthcare professional working as an Epic Application Coordinator, building on the Epic Foundation System is my main focus. Our multi-disciplinary Epic@JHAH team is implementing an integrated Electronic Health Record that will JHAH healthcare professionals to readily access patient information in real time. This will enable them to make more accurate decisions, using clinical decision support; providing the most efficient care for our patient population. I feel extremely proud and honored to be working as the Team Lead on the Radiant Team in this prestigious initiative.”



Stay Healthy with Johns Hopkins Aramco Healthcare Moments



JHAH is collaborating with Saudi Aramco Radio on **Studio 1** and **Studio 2 FM** to broadcast health tips that can guide you and your family on your way to wellness.

Studio 1-FM Frequencies

- 91.4 Dhahran
- 88.8 Udhailiyah
- 103.8 Safaniyah/Haradh, Khurais, Shaybah



Studio 2-FM Frequencies

- 101.4 Dhahran
- 91.9 Udhailiyah
- 107.9 Safaniyah/Haradh, Khurais, Shaybah



You can stream from any Saudi Aramco computer on the intranet <http://home.aramco.com.sa/Pages/homepage.aspx>