

How do I sign up?

Activating My St. Joseph's is easy!

- **If you have an office visit scheduled**, be sure to talk to the front desk staff, your nurse or your physician and sign up for access to My St. Joseph's during your visit.
- **If you were given an activation code at a recent visit**, go to mystjosephs.sjhsyr.org and click "Sign Up Now." Then complete the form using the activation code provided by your physician on your after-visit summary.
- **If you don't have an activation code**, you can request one from the My St. Joseph's webpage at mystjosephs.sjhsyr.org. Then click "Sign Up Now" and complete the form using the activation code provided to you.

If you have questions about My St. Joseph's, talk to your nurse or physician, or visit mystjosephs.sjhsyr.org.

Your medical
information,
your way.



Create your account today.
One visit to
mystjosephs.sjhsyr.org

Healthcare Advice for Snowbirds

Planning a Winter Getaway? My St. Joseph's Online Patient Portal Has You Covered at Home or Away.

Whether you are a retiree looking to extend your summer, a business-owner benefiting from location flexibility, or someone seeking the sweet reprieve of warmer temperatures and longer daylight hours along southern latitudes, you are among a large population of cold-weather escapees.

According to Forbes, more than one million people take up seasonal residence in Florida alone, and others head to California, Arizona, Texas, the Carolinas or elsewhere along the Sun Belt of the southern United States. A study by University of Florida in Gainesville found that New Yorkers make up the majority of all the people who spend part of each year in Florida—a trend that's not going away any time soon.

If you are leaving for vacation or to avoid the snow and cold temperatures of northern winter for an extended period this winter, it is important that you prepare yourself for the unexpected, especially when it comes to your healthcare. Having an organized and up-to-date medical record that you can access from anywhere will help you avoid any unnecessary hassles in case you need to see a doctor while traveling or living in your winter home.

Signing up for My St. Joseph's can help to ensure you get the care you need, even if you're not seeing your regular doctor. And, once you return from your winter vacation, you'll have all the same benefits and more at your fingertips, including:

Medical records – Safely view your medical information, beginning with appointments from May 1, 2014.** You may also populate information on your family medical history for storage and reference, creating a comprehensive record that travels with you.

Health summary – No more trying to remember the last time you were given a tetanus shot, or the name of that one medication from last winter. Connect to information including medications, allergies, immunizations and health issues.

***Available features may vary depending on the medical practice. Ask front desk staff for details.*

Medical advice – Maybe you have a question that can easily be answered without a trip to the doctor's office. Send secure requests for medical advice to nurses or individual clinicians.

Prescriptions – Rx Renewal enables you to request a renewal for your prescription medications.

Billing – Quickly and easily make payments, review past payments and view outstanding balances.

***If you are a patient of St. Joseph's Physicians Family Medicine at North Medical Center, your My St. Joseph's account will contain visit information starting July 17, 2014.*



New Providers Expand Offerings

SJP welcomes 16 new providers across family of practices.

Each provider has been carefully selected based upon their experience, commitment to the caring mission of St. Joseph's Health and passion for ensuring quality healthcare for their patients. Here we recognize several of them:

Welcome New Providers

St. Joseph's Physicians Family Medicine

- Alex Filipski, DO
The Heritage Group, Cazenovia
- Nadine Khouzam, MD
Family Medicine, Fayetteville
- Brian Kline, MD
The Heritage Group, Fayetteville
- Vanessa Lalley, DO
The Heritage Group, Fayetteville
- Amogechukwu Okonkwo, MD
Family Medicine, Liverpool
- Vijaya Seepana, MD
Family Medicine, Fayetteville
- Jackie Barkley, RPA-C
Family Medicine, Liverpool
- Donna Devine, RN, MS- FNP
Family Medicine, Liverpool
- Lisa Isabell, RN, MS- FNP
Family Medicine, Liverpool
- Sarah Leo, FNP
Family Medicine, Fayetteville
- Elaine Toth, NP
Family Medicine, Liverpool
- Mackenzie Neal, PA
Family Medicine, Fayetteville

St. Joseph's Physicians Surgical Services

- Kara Kort, MD
Surgical Services, Fayetteville
- Dr. Travis Webb
Surgical Services, Liverpool
- Nicole Mattes, RPA
Surgical Services, Liverpool
- Lisa A. Cico, MSN, ANP-C
Surgical Services, Fayetteville

St. Joseph's Physicians Urgent Care

- Scott Allen, MD
Urgent Care, Liverpool
- Brandon Crandall, FNP-C
Urgent Care, Liverpool



Alex Filipski, DO recently completed his residency in family medicine at St. Joseph's Hospital Health Center where he served as Chief Resident. He received his Doctor of

Osteopathy from the New York College of Osteopathic Medicine in Westbury, NY, and completed his undergraduate work at Syracuse University. His areas of interest also include sports medicine, osteopathic manipulation, and obstetrics. *Dr. Filipski is currently seeing patients at our Heritage Group offices in Cazenovia.*



Nadine Khouzam, MD served as Chief Resident during her family medicine residency at St. Joseph's Hospital Health Center. She also completed a residency

in pediatric medicine at Lebanese University – Faculty of Medical Sciences in Beirut, Lebanon. *Dr. Khouzam will see patients at our Family Medicine offices in Fayetteville.*



Brian Kline, MD completed his residency at St. Joseph's Hospital Health Center in family medicine. He earned his medical degree from SUNY Upstate Medical

University, during which he served in the Rural Medical Education Program in Oswego. Dr. Kline is also a licensed Emergency Medical Technician and has served the Greater Baldwinsville Ambulance Corps since 2003. *Dr. Kline is currently seeing patients at our Heritage Group offices in Fayetteville.*



Vanessa Lalley, DO completed a fellowship in sports medicine and served as Associate Professor in the College of Medicine at Nova Southeastern University.

She is a team physician for student athletes at SU and teaches family medicine at St. Joseph's Hospital Health Center. Her special interests include non-surgical sports medicine. *Dr. Lalley is currently seeing patients at our Heritage Group offices in Fayetteville.*



Mackenzie Neal, PA completed clinical rotations in family medicine as well as dermatology, general surgery, geriatrics, pediatrics and psychiatry

during the Physician Assistant program at Rochester Institute of Technology. *Mackenzie is currently seeing patients at Family Medicine offices in Fayetteville.*

To schedule an appointment with these or any one of our providers, please call:

Heritage Group, Cazenovia: 655-8171

Heritage Group, Fayetteville 663-0059

Family Medicine, Fayetteville: 637-7878

