



Rochester Northwest Pharmacy

OMC Offers Four Retail Pharmacies to Serve You

Having a prescription filled at Olmsted Medical Center (OMC) is as easy as asking your healthcare provider to have it sent to one of OMC's pharmacies. With four pharmacies to serve residents of southeast Minnesota, you can have your prescription filled at the Rochester Northwest Clinic, Rochester Southeast Clinic, Chatfield Pharmacy in Sunshine Foods, or the new OMC pharmacy located inside the Pine Island Clinic. Our highly trained, knowledgeable pharmacists and technicians are available to partner with your care team and help you feel better and achieve your health goals.

Why choose an OMC pharmacy

We get to know our patients. The connection that we have with OMC's care providers makes us unique. We can easily reach them and get the answers you need. In addition, we have access to the electronic health record, which provides another layer of safety. This ensures there won't be any medication interactions with what you are already taking.

Pick-up, mail, and delivery available

In addition to picking up your prescription from one of our locations, OMC can deliver your prescriptions to your home or office, or we can mail them to you. We offer free same-day delivery Monday through Friday if you live or work within

the city limits of Rochester. Requests for delivery need to be made before 11:00 AM. To sign up for medication delivery, you will need to provide a valid credit card (VISA, MasterCard, Discover, or American Express) for medication payment.

If you prefer to have your prescription mailed to you by the U.S. Postal Service, we will do this for no extra charge. You must have and use a Minnesota address to have your prescription mailed. When having your medication mailed, please allow seven to 10 business days for mail delivery.

Transferring a prescription to an OMC pharmacy

It is easy to transfer your prescriptions from another pharmacy. Just let our pharmacist know which prescription(s) you would like transferred to OMC and which pharmacy your prescription(s) are at. Our pharmacists will take care of the rest.

Medication Therapy Management (MTM)

Medication Therapy Management is designed to support you in understanding your medications and taking them properly. One of our pharmacists will meet one-on-one with you to review your medication(s), including over-the-counter drugs, their doses, and when/how you take the medication(s). Our pharmacists can also recommend more cost-effective versions of the medications and help you understand the best time of

(continued on page 2)

(continued from page 1)

day to take each medication. To schedule a time with one of our pharmacists, call 507.535.1974.

Medication Sync Program

We will work with you to coordinate your prescriptions to fill at the same time each month, saving you time and trips to the pharmacy. When insurance plans allow it, you may even be able to pick up a three-month supply at a time.

Over-the-Counter Medications

Our OMC pharmacies have pain relievers, vitamins and nutritional supplements, allergy medicine, and other over-the-counter medications, as well as first aid supplies available. If the product you want isn't in stock, we can order it for next-day pickup or mail delivery.

LOCATIONS:

Rochester Northwest Pharmacy

507.535.1974
5067 55 Street NW
Rochester, MN
Hours: Monday to Friday
7:30 AM – 5:30 PM

Rochester Southeast Pharmacy

507.292.7255
210 Ninth Street SE
Rochester, MN
Hours: Monday to Friday
7:30 AM – 5:30 PM

Chatfield Pharmacy

507.867.3989
237 Main Street N
Chatfield, MN 55923
Hours: Monday to Friday
8:30 AM – 5:30 PM

Pine Island Pharmacy

507.356.2476
111 County Road 11
Pine Island, MN 55963
Hours: Monday to Friday
8:00 AM – 5:00 PM



Rochester Southeast Pharmacy



Learn more

For locations, hours, and more information about OMC's Pharmacy services, visit www.olmmed.org/pharmacy.



Annual screening mammograms are the best test available for detecting early breast cancer. OMC aligns itself with the Society for Breast Imaging and the American College of Radiology in recommending annual screening mammograms beginning at age 40. If there is a history of breast cancer in your family, it is important to talk with your primary care provider about when you should start having mammograms. Finding problems early gives you the

Annual screening mammograms

best chance of successful treatment.

At OMC's breast imaging facility in the Women's Health Pavilion, we offer a calming, spa-like environment.

OMC offers breast imaging with state-of-the-art equipment, including 3D mammography.

You are invited to call and schedule your screening mammogram if:

- your most recent screening mammogram was more than twelve months ago
- you have seen your OMC primary care provider in the past two years

- you don't have any symptoms of a potential problem, like pain or a lump.

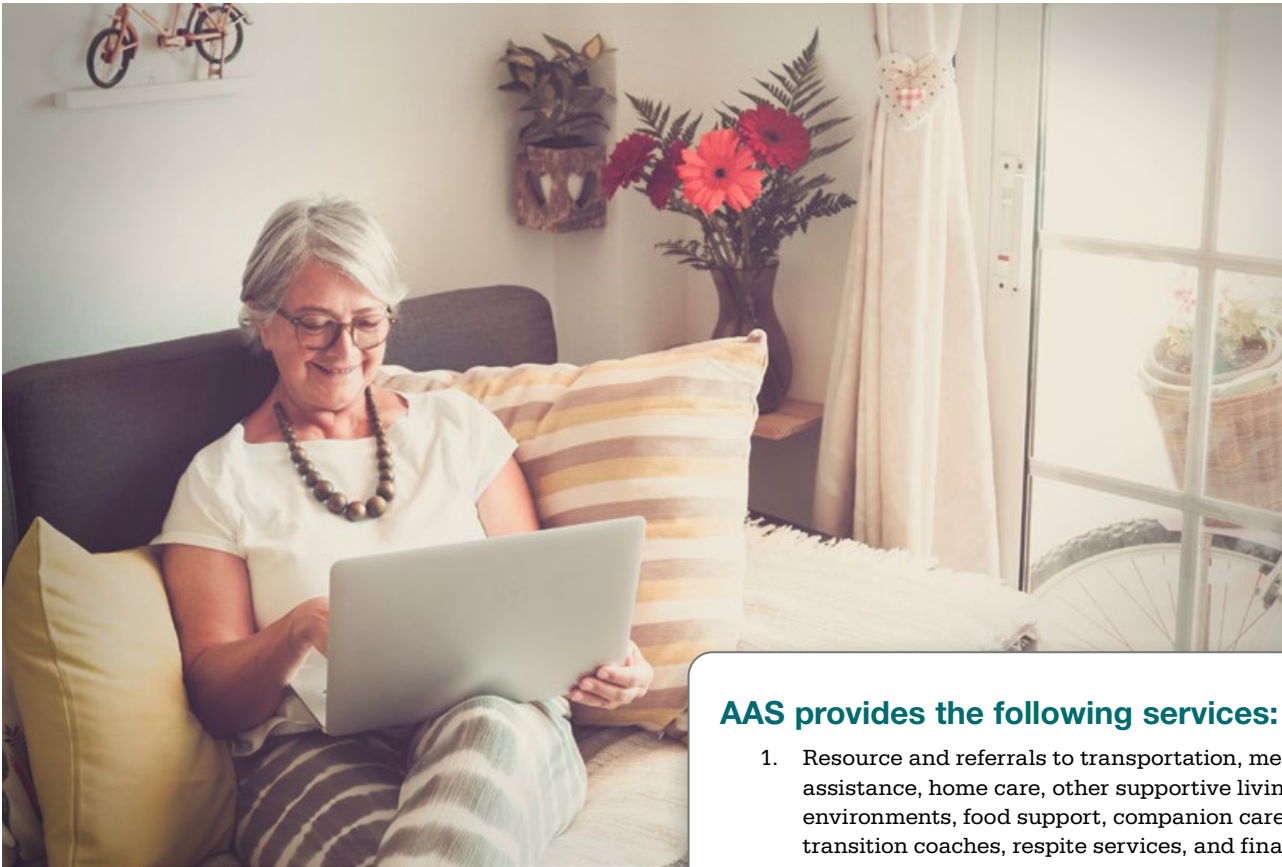
If you have breast pain, changes, or other symptoms, you should schedule an appointment with your primary care provider before making your mammogram appointment.

To schedule your screening mammogram, call radiology scheduling at 507.292.7151. If you have questions about insurance coverage for 3D mammograms and other breast health services, contact your insurance provider.



Learn more about mammography at OMC by visiting our website,

www.olmmed.org/mammography/.



Active Aging Services at Olmsted Medical Center

Created in 2020, Olmsted Medical Center's Active Aging Services (AAS) department was initiated in an effort to become southeastern Minnesota's primary choice for an age-friendly healthcare system. AAS is a patient-centered department providing support, care, education, and resources to the fastest growing population.



Learn more

Learn more about Active Aging Services on our website at www.olmmed.org/aas/.

AAS provides the following services:

1. Resource and referrals to transportation, medication assistance, home care, other supportive living environments, food support, companion care, transition coaches, respite services, and financial assistance. Follow-up is included by licensed care professionals.
2. Navigation to appropriate healthcare services within OMC and the area.
3. Mental healthcare navigation, including psychotherapy in nursing homes.
4. Advance care planning.
5. Evidence-based programs for balance, exercise, and caregiver support and education.
6. Clinic appointments specialized in:
 - a. Palliative Care
 - b. Medical Cannabis
 - c. Memory Support/Brain Health.
7. Nursing Home Care, including a 24/7 on-call service staffed by specialized providers.
8. Palliative care in memory-care assisted living settings.
9. The Homestead Clinic, providing primary and acute care to residents and staff on the senior living campus.
10. Educational outreach.

The AAS department's vision is to assist individuals in the OMC service area with identifying, achieving, and sustaining their quality-of-life indicators to facilitate active aging.

When you contact AAS, you can expect warm and personalized care. Our office can be reached at 507.529.6869 Monday through Friday from 7:30 AM to 5:00 PM.

James Hoffmann, DO President
Stacey M. Vanden Heuvel Vice President, Marketing & Philanthropy
Tim W. Weir, FACHE Chief Executive Officer

HealthNotes is published three times a year by Olmsted Medical Center and OMC Regional Foundation. ©2021 HealthNotes is a service to educate people about subjects pertinent to their health, not a substitute for consultation with a healthcare provider. Please contact OMC Regional Foundation at 507.292.7205 with questions, comments, or requests to be removed from the HealthNotes mailing list.



At OMC, every employee is a caregiver. Want to join us? Follow us on LinkedIn and visit our Career Opportunities section at www.olmstedmedicalcenter.org.

Plastic Surgery Fall Event

Olmsted Medical Center's Plastic Surgery department will host an informational event on Tuesday, October 25, 2022, beginning at 5:30 PM, at Somerby Golf Club in Byron, MN.

Srdan Babovic, MD, will talk about skin care products, technology, and possible surgical procedures, and using them in an individualized, tailored approach to help you achieve your desired outcomes.

This free event will include prizes, drawings for free consults, and refreshments.

RSVP: Seating is limited. Reserve your spot by Friday, October 14, by calling 507.529.6740.



OMC complies with healthcare-related Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. If you speak a language other than English, assistance services, free of charge, are available to you. Call 507.288.3443 (TTY: 507.287.2799).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.
Llame al 507.288.3443 (TTY: 507.287.2799).

FIIRO GAAR AH: Haddii aad ku hadasho Soomaali, adeegyada ka caawinta luqadda ayaad adigu lacag la'aan ku heli kartaa. Soo wac 507.288.3443 (TTY: 507.287.2799).