### PRE-REGISTER NOW

#### Pre-register by choosing one of the following options:

- 1 Online: www.SouthernHillsHospital.com and click on the *Patients* tab and go to *Register Online*.
- 2 By telephone (pre-registration line): (702) 304-3152

#### Items needed to register:

- 1 Photo ID
- 2 Insurance card (if applicable)
- 4 Forms/instructions from treating physician
- 5 Name of primary care physician





SOUTHERN HILLS HOSPITAL







### MY HEALTH ONE

YOUR HEALTH, YOUR JOURNEY

Thank you for visiting Southern Hills Hospital. Don't forget, through MyHealthOne you can view your health information and details from your stay.

MyHealthOne consolidates many common tasks into one secure, easy-to-use online portal. You can use the portal on your desktop computer, laptop, tablet or smartphone 24 hours a day to access these features and more:







Classes and Events



Bill Pay\*



Lab Results



**Pre-Registration** 



Health Summary



Find a Doctor



Manage Loved Ones

# Create a MyHealthOne account



Visit

**SouthernHillsHospitalRegistration.com** and click "Create an account"



Pick a username and password.



For security purposes, we'll ask you some information about yourself that you provided when you visited the hospital.

If you need help or have questions about MyHealthOne, call (855) 422-6625.

#### Manage the health of a loved one

Authorized parents or caregivers can act on behalf of a patient, such as a child or elderly parent, to view hospital records, sign up for classes or provider appointments, pay hospital bills and more.

- 1. Visit our hospital and complete the Proxy Express Waiver form.
- 2. Once the patient has been discharged, call (855) 422-6625 to complete the enrollment process.
- 3. Sign in to MyHealthOne and begin managing the health of your loved ones.

<sup>\*</sup> Bill Pay excludes anesthesia or emergency physician bills, which are billed separately. Some features may not yet be available in all areas.

### **SERVICES**

#### Services we are proud to offer:

#### **FREE VALET**

Just one of the many amenities offered at Southern Hills Hospital and Medical Center.

#### STARBUCKS (OPEN DAILY, 7 DAYS A WEEK)

• 5am - 9pm

### FULL SERVICE CAFETERIA WITH TO-GO ITEMS AND GRILL

- Breakfast 6:30am 9:30am
- Lunch 11am 2pm
- Dinner 5:30pm 10pm
   (No hot selection or grill during dinner Sat or Sun)

### VENDING MACHINES (AVAILABLE 24/7)

- Located in main cafeteria
- First floor near
   Emergency Department
- 3rd floor ICU waiting room

#### **COMPLIMENTARY ITEMS INCLUDE:**

- Magazines
- Playing cards
- Sudoku puzzles
- Sleep masks
- Back scratchers
- Reading glasses
- Lip balm
- And more!







SOUTHERN HILLS HOSPITAL







## PRENATAL YOGA

# FREE AND OPEN TO THE PUBLIC TUESDAYS AT 4:00 PM

Nurture your mind, body and baby with prenatal yoga.

- Prenatal yoga classes are tailored specifically for those who are expecting.
- Prenatal yoga helps to relieve the discomforts of pregnancy and prepare your body for labor.
- Classes include meditation, warm ups, strength building poses, cool down poses, and ends with a relaxing meditation.
- The class is ideal for expecting mothers beginning in the second trimester.

Register for the class at **southernhillshospital.com** or by calling **(702) 916-5023**. This class is FREE but please bring your own yoga mat.

Classes are held at Southern Hills Hospital located at 9300 W. Sunset Rd. Las Vegas, NV 89148, inside the first floor education room.







SOUTHERN HILLS HOSPITAL







### **BABY AND ME YOGA**

# FREE AND OPEN TO THE PUBLIC FRIDAYS AT 10:15 AM

#### **WHO**

This class is open to anyone in the community who recently delivered. Mom must be cleared by her doctor for physical activity.

#### WHAT TO BRING

A yoga mat, blanket and toys for baby

#### **BENEFITS TO BABY**

- Helps balance, coordination and motor skills
- Strengthens baby's body and develops reflexes
- Improves learning and social development
- Aids bonding, trust and social interaction
- Improves muscle development and muscle tone

#### **BENEFITS FOR YOU**

- Teaches you to understand your baby's non-verbal cues
- Learn breathing and deeper relaxation techniques
- Encourages the nurturing instinct through the stimulation of oxytocin
- Helps you gain strength and alignment after pregnancy and giving birth
- Help gently rebuild core strength after pregnancy

#### **CLASS FORMAT**

- Welcome circle introductions
- Breathing and Centering
- Warm-ups
- Standing poses
- Circle time stretches and songs with baby
- Caregiver relaxation

#### First floor education room

Perfect for babies 0-12 months or pre-walking







SOUTHERN HILLS HOSPITAL







### DADDY BOOT CAMP

#### FREE CLASS FOR NEW DADS

Check website for dates and times.

#### **CONGRATULATIONS, YOU'RE HAVING YOUR FIRST BABY!**

Learn how to make it through the first months of parenthood and resurface as a confident, on-the-job fathers. Learn how to handle a baby, find out about issues you didn't know were important, and how to blow off issues that aren't. In this men-only environment, no question is stupid, and no topic is off-limits.

#### DADS AND DADS-TO-BE WILL DISCUSS ISSUES INCLUDING

- Changes in a new mom
- Handling a newborn
- Introducing pets to baby
- Safety issues
- · Working and being a dad
- Your relationship with mom
- · Feeding and changing
- How to calm a crying baby
- Handling parents and in-laws
- Breastfeeding

Registration is required. Go to **southernhillshospital.com** click Community Resources then Classes & Events and register today!







SOUTHERN HILLS HOSPITAL







### MEET OUR LACTATION CONSULTANTS

AGNES & RILLA

#### AGNES SCHAFFER, BSN, RNC-NIC, IBCLC

For more than 20 years, Agnes Schaffer cared for the tiniest and most fragile patients as a NICU nurse before becoming a Certified Lactation Consultant. That experience gives her a special understanding of the challenges parents face in those first days and weeks. Agnes is passionate about helping families protect their milk supply, transition from bottle to breast and feel supported every step of the way. She believes, "Breastfeeding, although natural, is not always easy or immediate. My purpose is to support families so they can define and achieve their own personal lactation goals."



Agnes

#### **RILLA DAZA, BSN, RN, IBCLC**

With almost three decades of nursing experience and more than 15 years at Southern Hills Hospital, Rilla Daza has been a trusted guide for countless new families. After becoming a Certified Lactation Consultant, she discovered her true passion: helping mothers feel confident, comfortable and empowered in their breastfeeding journey. Rilla describes her work as "deeply rewarding" and treasures the moments of connection she shares with families during such a meaningful time in their lives.



Rilla

At Southern Hills, Agnes and Rilla are here to make sure every parent feels supported, encouraged and cared for - because your breastfeeding journey is unique and you don't have to walk it alone.

To sign up, from our website click on community resources, select classes and events and sign up for any of our FREE classes.



SOUTHERN HILLS HOSPITAL







### LABOR & DELIVERY SERVICES

CARING FOR YOUR FAMILY AS IF THEY WERE OURS

We are so thankful you're considering Southern Hills Hospital and Medical Center for this wonderful time in your life. We are a three time 'Best Hospital in Las Vegas' winner and are here to provide you and your family with a high quality, family centered atmosphere. With our 24/7 laborist program, we have OB/GYN physicians at the hospital for whenever that special time comes. Should any emergencies occur, our onsite laborist will be ready to care for you and your baby and assist until your physician arrives.

Having a baby is an exciting time in your life and perhaps a bit confusing if it's your first time. A very important part of your planning is choosing the hospital you will deliver at. **We believe Southern Hills Hospital is the right choice for you.** When you choose Southern Hills, we treat you as family. We encourage you to ask questions about your care, the services we offer and encourage feedback about your experience.

Our hospital also offers the amenities, care and expertise you and your baby need and deserve. The compassionate and caring staff at Southern Hills Hospital go above and beyond to exceed our patients' expectations. Bringing a new

baby into the world is a celebration and we want to celebrate you!
We do that with a special three-course celebration meal and a
daily coffee, tea and snack cart. We also offer luxurious suite
options to make you and your family's stay as

comfortable as possible.

### **EXPERIENCE SOUTHERN HILLS HOSPITAL FOR YOURSELF**

At Southern Hills Hospital, we believe the best way for us to provide exceptional care is to make sure you are informed. This is why we provide a wide array of FREE classes and support before, during, and after your pregnancy.











### LABOR & DELIVERY SERVICES

#### CARING FOR YOUR FAMILY AS IF THEY WERE OURS

Please check online at southernhillshospital.com under the Classes & Events tab or call (702) 916-5023 for up to date class schedules.

#### **CLASSES OFFERED FOR FREE:**

- Childbirth Classes
- Breastfeeding Support Group
- Prenatal Breastfeeding Class
- Prenatal Yoga

- Baby & Me Yoga
- Maternity Tours offered in-person
- Daddy Boot Camp
- Other Postpartum Support Classes

#### **OUR WOMEN'S SERVICES DEPARTMENT FEATURES THE FOLLOWING:**

- 24/7 Laborist Program providing the specialized care that you and your baby need when that special time comes
- Luxury Recovery Suites
- Newly remodeled Private Labor, Delivery and Recovery suites
- Low Intervention Birth Options including Nitrous Oxide
- 25 Postpartum Rooms
- Dedicated Case Managers for NICU Families
- State-of-the-Art incubators and Warming Beds
- 15-bed Level III NICU w/ 6 private rooms
- Birthing Balls
- HUGS infant security System
- Onsite Certified Lactation Consultants
- Two Full Service Operating Rooms
- Three Course Celebration meal
- Overnight Accommodations for Significant Other
- Gifts for Holiday Babies
- Starbucks and Cafeteria available for family members
- Surrogacy and Adoption Accommodations Available





SOUTHERN HILLS HOSPITAL







### WE'RE HERE TO DELIVER



When you need it most, you can trust us to provide a safe and nurturing environment to welcome your baby. If your pregnancy is considered high-risk or you have complications, you can rest easy knowing the expert team at Southern Hills Hospital & Medical Center is here to support you with advanced maternity care. Our expanded Level III NICU is also designed to accommodate the new generation of family needs.

#### Comprehensive care for our tiniest patients and their families include:

- 24-Hour Coverage by Board-Certified Neonatologists, Anesthesiologists and On-Site OB/GYNs
- Dedicated Case Managers for NICU Families
- Highly-Secure Unit with Infant Security System and Secure Web Cam Access
- State-of-the-Art Incubators and Warming Beds
- Surrogacy and Adoption Accommodations Available
- Prenatal and NICU Postpartum Support Classes
- · And, Much More

### THE LUXURY RECOVERY SUITE

AT SOUTHERN HILLS HOSPITAL

#### **MORE PRIVACY**

Southern Hills Hospital and Medical Center recently unveiled a two million dollar renovation of their Women's Services Department. Part of the renovation included the creation of two Luxury Recovery Suites for our families looking for a more elevated experience.

#### **MORE SPACE**

Our beautifully appointed recovery suite boasts two rooms which are conjoined. The extra space provides mom privacy if she needs it and a sofa bed for her support person.

#### **MORE AMENITIES**

The suite features flat-screen televisions, wireless Internet access, personal refrigerator, customized robe and complimentary spa quality products. You'll also receive a celebratory meal from our chef with customized champagne flutes. We also offer a special luxury menu for more personalized meal options.

Recovery suites are on a first come first serve basis and can not be reserved in advance.

For more information on pricing and how to book our luxury recovery suite, call (702) 916-6600.











### BABY'S FIRST PORTRAIT SESSION

CAPTURE THIS LIFE CHANGING MOMENT

Southern Hills Hospital is proud to partner with Mom 365 to provide families with beautiful newborn portraits.

#### **HERE'S HOW IT WORKS:**

- Mom365 will come to your hospital room for a free private photo session with no obligation to purchase
- Free digital keepsake our gift to you
- You can view your images immediately and select portraits, announcements, keepsakes and more from the comfort of your bed
- Digital Packages allow you to enjoy and share your beautiful portraits right away

You can visit mom365.com for more information.





SOUTHERN HILLS HOSPITAL







# **SELFIE WALL**

#### THE SELFIE WALL IS HERE!

Snap a picture when you arrive showing off your precious bump! On the way out, take another with baby to commemorate the special occasion. The before and after photos always make for a precious keepsake.







SOUTHERN HILLS HOSPITAL







### **EMERGENCY ROOM SERVICES**

WE CARE FOR KIDS

#### With four locations in the valley, Southern Hills Hospital is there for you and your family.

- Specific rooms for children
- Pedialyte pops for kids
- Skin glue for cuts so you don't have to worry about stitches later
- Pain free stitches and kid friendly numbing cream for pain
- Safe medications to calm kids
- Pediatric emergency trained nurses and docs



ER at the Lakes 3325 S. Fort Apache Rd. Las Vegas, NV 89117



ER at S. Las Vegas Blvd. 10770 Las Vegas Blvd. S Las Vegas, NV 89183



ER at Desert's Edge 9075 Blue Diamond Rd. Las Vegas, NV 89178



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