“Because the future of health care is growing far beyond the walls of the traditional hospital setting, LifeBridge Health has chosen to partner with other health-related service companies throughout the region, allowing us to increase our services, expand our footprint and offer a truly comprehensive continuum of care for the populations we serve. Understanding that our partners are experts in their individual fields, LifeBridge Health provides resources and support to our partners without interfering with the practices that have made them successful. Again, aligned autonomy – promoting independence and entrepreneurship while providing excellent service and care – is a key difference in LifeBridge Health’s partnership philosophies.”

– David Krajewski
LifeBridge Health Partners President
Chief Financial Officer of LifeBridge Health

LIFEBRIDGE HEALTH PARTNERS

For more information, visit lifebridgehealth.org/businesspartners

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LifeBridge Health’s ambulatory surgery facilities provide same-day surgical care, including diagnostic and preventive procedures. Our centers only treat patients who have already seen a health care provider and selected surgery as the appropriate treatment for their condition. With a strong track record of quality care and positive patient outcomes, our centers provide our patients with a convenient alternative to hospital-based outpatient procedures.

ELLIOTT CITY AMBULATORY SURGERY CENTER

The Ellicott City Ambulatory Surgery Center combines a comfortable and relaxed atmosphere with the latest technology. Physician-owned and staffed with highly trained nurses and technicians, our goal is to make a patient’s surgical experience as easy and pleasant as possible, while providing the highest level of care. The Ellicott City Ambulatory Surgery Center is accredited by the Accreditation Association for Ambulatory Health Care.

Surgeons of the Ellicott City Ambulatory Surgery Center specialize in:
- Gastroenterology
- General Surgery
- Gynecology
- Orthopedics
- Neurology
- Pain Management
- Podiatry

ELLIOTT CITY AMBULATORY SURGERY CENTER
2850 N. Ridge Road
Ellicott City, MD 21043
Phone: 410-461-1600
Fax: 410-750-7615
Hours: Tues. – Fri., 6 a.m. – 5 p.m.

THE SURGICENTER OF BALTIMORE
23 Crossroads Drive, Suite 100
Owings Mills, MD 21117
Phone: 410-356-0300
Fax: 410-356-7507
Hours: Mon. – Fri., 6 a.m. – 5 p.m.

Most major insurances, HMO/PPO plans, Medicare, workers’ compensation and other government-sponsored health coverage are accepted.

For more information, visit lifebridgehealth.org/businesspartners
Practice Dynamics (PDI) provides a full range of comprehensive billing and coding services for LifeBridge Health entities. PDI currently bills for more than 600 providers and is always expanding. PDI ensures optimal results by using the most elite, updated software and by keeping its teams fully trained in the latest billing and coding methods and technologies.

PDI staff is organized into billing and reimbursement teams who are well-equipped to serve both primary care and specialty providers. The teams are structured under directors and managers who ensure the highest quality of billing services and maximum reimbursement to our providers.

The teams are made up of the following professionals:

- Billing Specialists who review and resolve claim and payer edits
- Payment posters who process and post both insurance and patient payments
- Recovery Specialists who make sure claims have been filed timely and follow up on denials for optimal claim recovery
- Coders and Quality Analysts who review documentation and payer edits to ensure accurate and compliant coding of services rendered
- Training Specialists who provide ongoing provider and office staff education

These teams are well-equipped to serve both primary care and specialty providers. PDI offers ongoing provider and office staff education to ensure the highest quality of billing and maximum reimbursement.

For more information, visit lifebridgehealth.org/businesspartners

The Carroll County Digestive Disease Center provides patients a safe and convenient setting for endoscopic procedures. The Carroll County Digestive Disease Center has GI endoscopy procedure rooms with state-of-the-art safety and diagnostic equipment, and convenient parking.

The Carroll County Digestive Disease Center is recognized by the American Society of Gastrointestinal Endoscopy for quality in endoscopy.

In addition to routine screenings, the Carroll County Digestive Disease Center offers a range of services, such as:

- Colonoscopy
- Flexible Sigmoidoscopy
- Upper Endoscopy

For more information, visit carrolldigestivediseasecenter.com
NATIONAL RESPIRATORY CARE

National Respiratory Care is a medical supply company located in Owings Mills, Md. It provides respiratory and other hospital equipment to patients in their homes, including:

- BiPAP and CPAP sleep apnea machines
- Hospital beds
- Intermittent positive pressure breathing devices
- Intrapulmonary percussive ventilation devices
- Invasive mechanical ventilation supplies
- Mechanical insufflation-exsufflation devices
- Nebulizer equipment and supplies
- Oxygen equipment and supplies
- RADs and related accessories
- Respiratory suction pumps
- Ventilators
- Tracheostomy supplies

National Respiratory Care works primarily with LifeBridge Health facilities and physician practices, and has built business relationships with top-line manufacturers.

Once a physician writes a prescription for one of these pieces of equipment, a member of that patient’s treatment team, such as a social worker or discharge planner, reaches out to National Respiratory Care. From there, National Respiratory Care sends out a service technician to install or set up the equipment and make sure that the patient knows how to use it properly. National Respiratory Care also works with patients who may need assistance with the maintenance and usage of their equipment, sending a technician or respiratory therapist to that patient’s home if needed.

Accepted insurances:

- Americhoice UHC
- Amerigroup
- Blue Cross Blue Shield
- CareFirst – all plans
- Coventry Healthcare
- Evercare UHC
- Evergreen Health
- Homelink
- Kaiser Permanente
- Medicaid – Md
- Medicare
- MHIPP
- Maryland Physician Care (MPC)
- QualCare
- Tricare
- Unicare / Health Link
- United Healthcare – all plans
- Workers Comp

NATIONAL RESPIRATORY CARE
11515 Cronridge Drive, Suite M
Owings Mills, MD 21117
Phone: 410-356-9006
Fax: 443-205-4309

For more information, visit lifebridgehealth.org/businesspartners
Welcome to The Krieger Eye Institute at LifeBridge Health. Since 1991, it has been renowned for its high-quality ophthalmologic care and superior patient experience.

Each convenient location houses comprehensive ophthalmologists that provide routine care and specialty support for complex eye disease management and surgical solutions. In one quick visit, a patient can receive all they need including diagnostic testing on state-of-the-art equipment in updated suites with large relaxing waiting rooms and always free parking. The Krieger Eye Institute provides a true continuity between the ophthalmologists and optometrists writing the prescriptions to the professionals who fill them at one of two optical retail shops.

**The optical shops feature the following:**
- Onsite experienced opticians
- M’eye Fit digital measuring system for a modern patient experience and superior optical results
- Attractive and functional everyday frames and readers
- Frames and sunglasses from brands like Tom Ford, Betsey Johnson, Guess and many others
- Optical solutions for every lifestyle and budget

Each location houses comprehensive ophthalmologists who provide care for the following:
- General Ophthalmology
- Cataract Surgery
- Medical and Surgical Retina
- Glaucoma
- Cornea
- Pediatric Ophthalmology
- Neuro-Ophthalmology
- Ophthalmic Plastic and Reconstructive Surgery
- Cosmetic Procedures and Surgery
- Uveitis
- Refractive Surgery
- Ophthalmic Pathology
- Optometry
- Low Vision
- Contact Lenses

**Expert, Board-certified providers**
(including Baltimore magazine’s “Top Docs”)

**Three Convenient Locations**

**State-of-the-art diagnostic equipment**

**24/7 access to an eye doctor for emergencies**

**Electronic Medical Record on iPads**
allowing more face time for patients with their doctor, an interactive exam, and for immediate access to personal medical information on a user-friendly portal

**Free parking**

---

**KRIEGER EYE INSTITUTE AT QUARRY LAKE**
2700 Quarry Lake Drive, Suite 160 & Suite 180
Baltimore, MD 21209
Phone: 410-601-2020

**SINAI HOSPITAL**
Morton Mower Medical Office Building
2411 W. Belvedere Ave.
Baltimore, MD 21215
Phone: 410-601-2020

**KRIEGER EYE INSTITUTE AT NORTHWEST HOSPITAL**
Northwest Professional Center
5415 Old Court Road, Suite 03
Randallstown, MD 21133
Phone: 410-601-2020

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For more information, visit lifebridgehealth.org/kriegereye
LifeBridge Health & Fitness (LBH&F) is one of the nation’s Top 100 Health Clubs.*

**LBH&F is distinguished by the breadth of its services, such as:**
- A variety of complimentary fitness classes that have been honored with a “Best in Baltimore” distinction from Baltimore magazine
- Top-of-the-line exercise equipment and fitness staff available to help you with your workouts
- Personal trainers who can help clients identify and achieve their individual fitness goals
- Indoor, saltwater pool and saltwater therapy pool
- Spa-quality locker rooms with steam rooms, saunas and whirlpools

**LBH&F is a health club of choice because it offers clients:**
- Four group exercise studios specifically designed for particular class formats
- Free classes in high- and low-impact exercises, such as Zumba, cycling, yoga, Pilates, barre, step, aquatic fitness and TRX Kettleball
- Personal training sessions that are sports-specific or for general health and wellness
- Post-physical therapy follow-up training
- Parisi Speed School sports performance training programs
- KidZone supervised infant, toddler and preschool areas
- Complimentary business center with free Wi-Fi access

**LBH&F is also a leader in medical fitness, offering some of the following resources:**
- Blood pressure monitoring
- Educational events and programs
- Face2Face member retention program
- STOTT Pilates program
- Wellness classes

*LIFEBRIDGE HEALTH & FITNESS*
1836 Greene Tree Road
Baltimore, MD 21208
Phone: 410-484-6800
BestBaltimoreFitness.com

For more information, visit bestbaltimorefitness.com

*LifeBridge Health & Fitness is ranked by Club Industry as one of The Top 100 Health Clubs of 2017*
Nation’s Healthcare and Home Infusion offers:

- A comprehensive range of infusion therapies such as antimicrobial, immunoglobulin, total parenteral nutrition, pain management, fluid and electrolyte replacement, chemotherapy, enteral nutrition and cardiac/inotropic
- Medical equipment
- Coordination of prescribed services within an interdisciplinary team of clinical staff including pharmacists, nurses, dietitians and respiratory therapists
- Highly trained clinical staff who provide individualized patient education and counseling
- State-of-the-art sterile compounding pharmacy in Owings Mills, Md., allowing for a wide range of drug delivery systems
- Dedicated customer service team to verify and explain customer benefits and eligibility
- Timely follow-up and communication with patients, families and referral sources

We ask that new referrals have the following information available:

- Patient name, date of birth and phone number
- Medical insurance information
- Ordering physician name, address, phone and fax numbers
- Patient height, weight and allergies
- Patient history and physical information
- Diagnosis and prescription
- Current medication profile
- Doctor consult/reports

Accepted insurances:

- Aetna
- AmeriChoice UHC
- Amerigroup
- Amerihealth DC
- Anthem Blue Cross Blue Shield of Virginia
- Blue Cross Blue Shield – all plans
- CareFirst – all plans
- Cigna Healthcare HMO and PPO plans
- Coventry Healthcare
- Evercare UHC
- Evergreen Health
- Gentiva CareCentrix
- Healthnet
- Health Services for Children with Special Needs (HSCSN)
- Humana
- Kaiser Permanente
- MedStar Family
- MedStar Select
- MHIPP
- MPC (Maryland Physicians Care)
- Medicare
- PHCS (Private Healthcare Systems)
- Tricare
- Trusted Health Plan
- United Healthcare – all plans
- University of Maryland Health Partners / Riverside Health
- Workers Comp
- Most Medicare D plans

Reimbursement support:

- Preauthorization of services
- Rapid response insurance verification
- Benefits eligibility

For more information, visit nationshomeinfusion-healthcare.com
HomeCare Maryland is a Medicare-certified, Joint Commission-accredited home health agency that sends experienced care providers – including physical therapists, occupational therapists, skilled nursing professionals, speech language pathologists, medical social workers and home health aides – to provide health services for people who are homebound (even temporarily) in Baltimore City and Baltimore, Carroll, Cecil, Harford and Frederick counties.

LifeBridge Health has been a powerful resource in terms of care management, discharge planning and patient referrals. HomeCare Maryland assists LifeBridge Health in our mission of managing the health care needs of our communities. Two of HomeCare Maryland’s most significant goals are to identify patients who are at a heightened risk of hospital readmission and to work with those patients in reducing that risk.

HomeCare Maryland’s close relationship with LifeBridge Health has made the care that patients receive more streamlined and efficient. HomeCare Maryland’s providers are able to touch base with a patient’s LifeBridge Health providers and use Electronic Medical Records to make sure that there are no potential interactions between medications the patient has been prescribed and what he or she may have at home.

HomeCare Maryland will also work with the Outpatient Pharmacies at LifeBridge Health to have proper medications delivered right to the patient’s home at no extra charge. Nurses are also available seven days a week.

Accepted insurances:
- Amerigroup
- Blue Cross Blue Shield (including Anthem, Blue Choice, Blue Preferred, Empire, Federal, Horizon and NCAS)
- Cigna Health Spring (Bravo)
- Cigna QualCare
- Johns Hopkins Connections
- Medicare
- Medicaid
- Riverside
- UHC - Medicare Advantage

For more information, visit homecaremaryland.com

MAIN OFFICE
Phone: 410-556-5015
Fax: 410-566-1005
Toll Free: 800-557-7976
Maryland Relay Toll Free: 800-735-2258
Carroll Hospice, a nonprofit affiliate of Carroll Hospital, a LifeBridge Health center, is dedicated to enhancing the quality of life for patients needing end-of-life care, allowing them to live as fully and comfortably as possible by providing quality palliative care, pain and symptom management, and support for their families.

Carroll Hospice pledges to:
- Provide patients and families with care that is tailored to their unique needs and preferences
- Help patients and families experience peace, comfort and dignity through the end of life
- Assist patients and families in making informed decisions regarding their care and treatment
- Promote a caring community sensitive to the needs of hospice patients and their families
- Guide family members and other caregivers in the care of their loved ones
- Coordinate community resources to ensure continuity of care
- Provide robust bereavement support to families and the broader community

Carroll Hospice serves Baltimore, Carroll and Frederick counties and provides hospice care services to all individuals in need regardless of insurance coverage or financial situation. No one is refused or denied hospice care, and every patient receives the same level of seamless, high-quality care.

Carroll Hospice is committed to caring for and honoring the legacy of veterans, and is a proud participant in We Honor Veterans, a level 4 status program of the National Hospice and Palliative Care Organization in collaboration with the U.S. Department of Veterans Affairs.

Carroll Hospice’s inpatient hospice care is provided at Dove House, a home-like setting staffed by an expert team of professionals and volunteers. Admission to Dove House is based on a patient’s clinical status and aims to promote the physical, emotional and spiritual comfort of our patients and those who love them.

**Dove House features:**
- A large, open living room with cathedral ceilings for gathering family and friends
- An informal dining room for family meals and a kitchen for light food preparation
- A special family room with a children’s area that provides a calm and comforting space for the smallest of our visitors
- An onsite non-denominational chapel and memorial garden for those seeking a quiet place for reflection
- A spacious and comfortable bereavement resource center for family and friends, filled with valuable information, and staffed by certified bereavement counselors
- Private rooms with the technology needed to meet complex care needs complemented by comforting touches such as a veranda or porch, daybed with pullout sleeper for family members, and a private bath

**Carroll Hospice**
292 Stoner Ave.
Westminster, MD 21157
Phone: 410-871-8000
TTY: 410-871-7186
Fax: 410-871-7242

For more information, visit carrollhospice.org
Springwell Senior Living believes that each day is a gift, and because of that there is an unwavering commitment by every member of their senior living team to make each day count.

This commitment, coupled with state-of-the-art amenities and the extraordinary hospitality and clinical talent of staff, is what truly sets Springwell apart.

Springwell Senior Living is there for those who need ongoing medical care, a helping hand with day-to-day living or simply a safe and supportive place to call home during the golden years of life.

Our features:
- Available room service
- Business center
- Community shuttle services and transportation
- Concierge
- Flower and vegetable gardens
- Housekeeping services
- Laundry/linen service
- Libraries
- Meals served in the Sherwood or Beechtree Dining Rooms or Terrace Grill
- Nutritional monitoring and counseling
- On-campus walking paths
- Outside entertainment and educational programs
- Recreational, social and therapeutic activities
- Social work and pastoral counseling services
- The Faith and Fellowship Chapel
- Wellness Spa and Fitness Center
- 24-hour security

Independent Living
Our beautiful new Homestead at Springwell building is under construction with a planned opening in Summer 2018. Each of Springwell’s independent senior living apartments provides residents with the freedom to live an active lifestyle, with easy access to leisure and social activities, delicious prepared meals and more. Residents can turn to full service concierge staff for assistance with scheduling daytrips and other outings, identifying local volunteer opportunities, or pursuing personal interests, ranging from exercise programs and book clubs to Bible studies, bridge, and everything in between.

Assisted Living
Assisted living services at Springwell allow residents to maintain a level of independence, with help available for those who require support with some or all day-to-day functions and activities. Those residing in one of our assisted living units also have peace of mind that medical care and attention is available on an ongoing basis or urgently, if needed.

Memory Care
Memory Care services in the Gardens Pavilion at Springwell Senior Living are designed to support and accommodate individuals who have been diagnosed with Alzheimer’s disease and other forms of dementia. Understanding that each resident’s diagnosis is unique, Springwell establishes a personalized care plan for each resident, and strives to maximize quality of life through creating daily opportunities for interaction, socialization and activities with staff as well as with others who reside at Springwell.

SPRINGWELL SENIOR LIVING COMMUNITY
2211 W. Rogers Ave.
Baltimore, MD 21209
Phone: 410-664-4006
Pulse Medical Transportation is a critical-care transport company that offers emergency, non-emergency and wheelchair transportation to patients with a variety of issues and needs. The company’s fleet ambulances provide transportation for LifeBridge Health’s patients 24 hours a day, seven days a week, with their BLS-, ALS- and SCT-licensed ambulances. These services include anything from emergency transport to basic stretcher and wheelchair transport to and from all LifeBridge Health facilities.

Pulse Medical Transportation employs critical care paramedics and critical care registered nurses. These professionals are equipped to get even the most critical patients to the cath lab, PICU, ER and other designated destinations. Drivers are also available by request to aid with hospital discharge, doctor appointments and nursing home transport.

With patient-centered philosophies and client-centered goals, patients get the care they deserve, at the standard they expect.

For more information, visit lifebridgehealth.org/businesspartners
Carroll Occupational Health aims to take care of all employment-related health care needs under one roof, providing employers with a place to send their employees for injury care, physicals and employment-related testing.

Carroll Occupational Health is a free-standing care centers that offer comprehensive work-related injury treatment and other employment-related services that help your employees achieve peak job performance safely, efficiently and affordably. As we work with you to keep your employees healthy, we also safeguard the financial health of your business, with emphasis on productivity, return-to-work and decreased workers’ compensation costs.

Additionally, Carroll Occupational Health can provide worksite medical staff and safety consultants, or even a consultant who is a certified safety professional and industrial hygienist and who can ensure that laws and regulations are understood by your staff and followed.

CARROLL OCCUPATIONAL HEALTH
700-B Corporate Center Court, Suite A
Westminster, MD 21157
Mon. – Fri. 7 a.m. – 5 p.m.
Phone: 410-871-0470
E-mail: info@copohs.com

When you need more from a drugstore, you need Anchor Pharmacy. At Anchor Pharmacy, pharmacists are available every day to answer questions and fill prescriptions safely.

Anchor Pharmacy can also help with the delivery and assembly of medical equipment and can provide medical supplies, such as electric lift chairs, scooters, wheelchairs, home oxygen, Continuous Positive Airway Pressure (CPAP) machines and more.

Anchor Pharmacy is also able to assist with wound care, post-surgical management, ostomy management and offer assistance to those with diabetes- and incontinence-related issues.

Anchor Pharmacy’s individualized services include:

- Medical equipment delivery and setup
- Customized dosing and compounding of medications
- Respiratory services, including home oxygen and CPAP
- Quick processing of special orders
- Free delivery of medications (local residents only)
- Obtaining refills from your physician
- Providing a year-end profile for your records if needed

ANCHOR PHARMACY:
Pharmaceutical, Respiratory and Medical Supplies
205 Washington Heights Medical Center
Westminster, MD 21158
Mon. – Fri. 9 a.m. – 7 p.m.
Sat. 9 a.m. – 2 p.m.
Phone: 410-876-2922
Fax: 410-848-5333
The pharmacies are stocked with health-oriented items one would expect to find in a pharmacy such as:

- First-aid needs
- Over-the-counter pain medications such as ibuprofen and aspirin
- Vitamins
- Rehab supplies e.g. braces, canes, walkers, reachers, hip-kits

The Outpatient Pharmacies at LifeBridge Health are distinguished for their quick turnaround and efficiency of service.

The pharmacies also provide the following services:

- Same-day pickup
- Automated refills
- Bedside delivery
- Home delivery
- Assistance with prior authorizations
- Pharmacy service window in the ER-7 Emergency Center at Northwest Hospital
- Coordination of benefit coverage
- Medication counseling on adverse effects and monitoring
- Refill reminder calls

Specialty Pharmacy Services
The Outpatient Pharmacies at LifeBridge Health have skilled pharmacy staff who handle complex prescriptions such as specialty medications for adults in the areas of oncology, rheumatology, hematology, endocrinology, gastroenterology, infection disease and cardiology; and pediatric specialty medications in the areas of hematology, endocrinology, gastroenterology and oncology:

- Significant side effects or risk profiles
- Challenges to manufacture or require special handling
- Complex insurance reimbursement
- Disease management services or patient monitoring
- Lab and appointment follow-ups
- Arrangement for medication delivery
- Medication history review
- Convenient access to specialty pharmacists

Patients also benefit from the expertise of the Outpatient Pharmacies’ team members, who are able to answer any questions about a particular prescription. The Outpatient Pharmacies’ position within LifeBridge Health makes them a vital resource to LifeBridge Health physicians and ensures a more streamlined continuity of care for patients.

Home Delivery Program
The home prescription delivery program conveniently brings medications to patients’ doors at no extra charge. Medications are delivered the following business day by a courier.

- Enrollment forms can be picked up at either Outpatient Pharmacy or downloaded at lifebridgehealth.org/lbhpharmacy.
- Delivery hours: Mon. – Fri., 9 a.m. – 5 p.m.
- Cash, credit cards and FSA are accepted for payment.

Online Prescription Refills
We offer patients the option to refill prescriptions online. Visit https://refillrx.com/store/lifebridge for these free benefits:

- 24/7 availability to place an order
- Order status
- Medication history and information (uses, side effects, precautions, etc.)
OUTREACH LABS

LifeBridge Health Outreach Laboratory Services centers are staffed by certified medical laboratory professionals. Our mission is to provide high quality and cost-effective laboratory and pathology services to the community. Centers are located throughout the state, including Baltimore City and Baltimore, Harford, Cecil, Carroll, Anne Arundel and Prince George’s counties. No appointments are necessary, and all insurances are accepted.

We also offer a convenient home blood draw service for housebound patients. We send a certified lab technician to draw patients’ blood in the comfort of their own homes (including nursing homes and assisted living facilities).

Web-based Result Reporting
LifeBridge Health Outreach Laboratory Services centers not only provide Web-based resulting, but also offer connectivity to virtually every Electronic Medical Record service, so physicians and medical providers can receive results in real-time.

FOR MORE INFORMATION ABOUT OUR HOME BLOOD DRAW SERVICE, PLEASE CONTACT THE LIFEBRIDGE HEALTH OUTREACH LABORATORY SERVICES OPERATIONS CENTER:
Office hours: Mon. – Fri. 8:30 a.m. – 5 p.m.
Phone: 410-601-8010 | Fax: 410-601-8005

FOR HOURS PLEASE VISIT US AT LIFEBRIDGEHEALTH.ORG/BUSINESSPARTNERS

NORTHEAST HOSPITAL CENTER
5401 Old Court Road
Randallstown, MD 21133
Phone: 410-521-2200 ext. 55560
Fax: 410-521-1731

SINAI HOSPITAL
Hoffberger Building, Suite 11
2435 W. Belvedere Ave.
Baltimore, MD 21215
Phone: 410-601-8336
Fax: 410-601-8913

SINAI COMMUNITY CARE
Rosenbloom Building, First Floor
5101 Lanier Ave.
Baltimore, MD 21215
Phone: 410-601-5078
Fax: 410-601-5323

LIFEBRIDGE HEALTH AT CATONSVILLE
4 E. Rolling Crossroads, Suite 100
Catonsville, MD 21228
Phone: 410-744-0858
Fax: 410-744-0859

LIFEBRIDGE HEALTH AT ELDERSBURG – LIBERTY ROAD
1645 Liberty Road, Suite 103
Eldersburg, MD 21784
Phone: 410-795-0405
Fax: 410-795-0413

LIFEBRIDGE HEALTH AT HAMPSTEAD
4231 N. Woods Trail, Suite 102
Hampstead, MD 21074
Phone: 410-374-4515
Fax: 410-374-4517

LIFEBRIDGE HEALTH AT EDGWOOD
1401-M Pulaski Hwy.
Edgewood, MD 21040
Phone: 410-469-4930
Fax: 410-612-0617

LIFEBRIDGE HEALTH AT FREDERICK
110 Baughmans Lane
Frederick, MD 21701
Phone: 301-846-7752
Fax: 301-846-7746

LIFEBRIDGE HEALTH AT HUNT VALLEY
118 Shawan Road
Hunt Valley, MD 21030
Phone: 410-469-4532
Fax: 410-469-4531

LIFEBRIDGE HEALTH MEDICAL CARE CENTER AT MAYS CHAPEL
12221 Tullamore Road
Timonium, MD 21093
Phone: 410-308-7802
Fax: 410-561-3353

LIFEBRIDGE HEALTH AT QUARRY LAKE
2700 Quarry Lake Drive, Suite 170
Baltimore, MD 21209
Phone: 443-471-3240
Fax: 443-471-3243

LIFEBRIDGE HEALTH AT WESTMINSTER
1011 Baltimore Blvd.
Westminster, MD 21157
Phone: 410-469-5045
Fax: 410-469-5019

LIFEBRIDGE HEALTH AT WOODHOLME PROFESSIONAL BUILDING
1838 Greene Tree Road, Suite 535
Pikesville, MD 21208
Phone: 410-469-4032
Fax: 410-469-4071

MORTON MOWER PROFESSIONAL BUILDING
2411 W. Belvedere Ave., Suite 401
Baltimore, MD 21215
Phone: 410-308-7802
Fax: 410-561-3353

NORTHWEST MEDICAL CARE CENTER AT ELDERSBURG
6190 Georgetown Blvd.
Eldersburg, MD 21784
Phone: 410-552-4215
Fax: 410-552-4244

THE ROTUNDA
711 W. 40th St., Suite 212A
Baltimore, MD 21211
Phone: 410-601-8010
Fax: 410-601-8005

ELDERSBURG MEDICAL LAB
South Carroll Health & Wellness Pavilion
1380 Progress Way, Suite 113
Eldersburg, MD 21784
Phone: 410-549-9285
Fax: 410-592-1539

NORTH CARROLL MEDICAL LAB
4175 Hanover Pike, Suite A
Manchester, MD 21102
Phone: 410-374-0226
Fax: 410-374-3225

TANEYTOWN MEDICAL LAB
520 E. Baltimore St., Suite 8
Taneytown, MD 21787
Phone: 410-751-1372
Fax: 410-751-1348

WESTMINSTER MEDICAL LAB
Fisher Medical Building
193 Stoner Ave., Suite 140
Westminster, MD 21157
Phone: 410-871-6966
Fax: 410-871-7188

WESTMINSTER
Johnston Professional Building
41 Magna Way
Westminster, MD 21157
Phone: 410-871-3066
Fax: 410-871-3088

FOUNDRY ROW
10100 Reisterstown Road
Suite 200C
Owings Mills, MD 21117
Phone: 410-667-219-6344
Fax: 410-667-219-6345

DULANEY CENTER
849 Fairmount Ave.
Towson, MD 21286
Phone: 410-601-8010
Fax: 410-601-8005
LifeBridge Health Physical Therapy provides high-quality, evidence-based physical therapy using individualized programs focusing on clinical outcomes and patient satisfaction. LifeBridge Health Physical Therapy partners with patients to deliver effective and efficient care using the most up-to-date techniques and procedures that help patients achieve their goals, return to their desired level of function and be the best they can be.

With 13 outpatient locations around Baltimore, plus locations at Sinai and Northwest hospitals, LifeBridge Health Physical Therapy provides convenient access to many clinical services.

In addition, LifeBridge Health Physical Therapy offers the following components to enhance the flexibility and convenience of our services to patients and the community:

- Initial evaluation within 48 hours of contact
- Early morning and late evening appointments, and weekend hours in some locations
- Partnerships with referring physicians to ensure that therapists understand and utilize the physicians’ approach to patient care within their treatment plans

For more information, visit lifebridgehealth.org/businesspartners
## PHYSICAL THERAPY

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<th>Dry Needling</th>
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*CHT - Certified Hand Therapist

**Insurance Networks / Affiliations:**
- Aetna
- Align
- Beechstreet
- Broadspire
- CareFirst Blue Cross Blue Shield
- Cigna
- Coventry Diamond
- Evergreen Cooperative Health
- Gallagher Bassett Services
- Hartford Workers' Comp
- Humana
- Johns Hopkins Employer Health Program
- Johns Hopkins Priority Partners
- Johns Hopkins US Family Health
- Kaiser Permanente
- Liberty Mutual
- Maryland Medical Assistance
- Maryland Physicians Care
- MDIPA (MAMSI)
- Medicare
- MultiPlan
- Optimum Choice (MAMSI)
- Private HealthCare Systems (PHCS)
- Riverside Health
- Sedgwick
- Travelers Workers' Comp
- Tricare
- United Community Plan
- United Health Care
- Workers' Compensation

We accept most major insurance, workers’ compensation and auto carriers; please call for further information.
Advanced Radiology and Community Radiology Associates are proud to partner with LifeBridge Health to provide outpatient radiology services to patients in Baltimore and Carroll counties.

Advanced Radiology and Community Radiology Associates offer the latest innovations in medical imaging, including 3-D mammography for breast cancer screening, 3T MRI for superb image clarity, open and wide-bore MRI to accommodate those with claustrophobia, as well as 3-D ultrasound for gynecologic and obstetric patients. Other services include CT/CTA, PET/CT, nuclear medicine, fluoroscopy, X-ray, lung cancer screening and bone density measurement.

Each imaging center provides on-site radiology staffing to ensure accurate, fast turnaround on reports and easier consultation between the referring physician and the reading radiologist.

To provide convenient and quick access for patients, Advanced Radiology offers extended weekday and weekend hours and accepts walk-ins for X-ray studies.

Advanced Radiology and Community Radiology Associates are proud to partner with LifeBridge Health to provide outpatient radiology services to patients in Baltimore and Carroll counties.

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For more information, visit lifebridgehealth.org/businesspartners
FutureCare is the leader in short-term rehabilitation and nursing care throughout Maryland. Getting back on your feet after surgery, trauma or the diagnosis of a serious illness is challenging. FutureCare has the clinical expertise, resources and support you need to get you home faster and stronger.

The partnership between LifeBridge Health and FutureCare ensures that patients who have sought short-term rehabilitation and nursing care will be able to access follow-up care within the LifeBridge Health physician network.

**FUTURECARE SERVICES**

- **Rehabilitation Services:**
  - **Short stay rehabilitation – VitalStrong:**
    The VitalStrong programs provide state-of-the-art, comprehensive clinical and rehabilitation services to those recovering from a stroke, orthopedic surgery, cardiac surgery or other complex medical procedures. FutureCare’s goal is to get you home faster and stronger.
  - **Orthopedic rehabilitation – WalkStrong:**
    Physical, occupational and speech therapy for those who are recovering from fractures, hip or knee replacements, spinal injuries and other traumatic incidents that impact strength, balance and mobility. The program is overseen by a physiatrist (a doctor specializing in physical medicine and rehabilitation).
  - **Cardiac rehabilitation – HeartStrong:**
    A multidisciplinary team of physicians, nurse practitioners, therapists and other clinical specialists work together to improve each patient’s overall cardiovascular health, using progressive technology and strong fundamental rehabilitation techniques.

- **Pulmonary rehabilitation – BreatheStrong:**
  Our in-house respiratory team consults with a LifeBridge Health pulmonologist to provide an individualized rehab program focused on education, energy conservation, better breathing and overall strength and conditioning to get you home as quickly as possible.

- **Comprehensive amputation management program – CAMPStrong:**
  Our experienced rehab and nursing staff are specially trained to work with amputees using amputee-specific modalities, are specialized in wound care, and have a comprehensive prosthetics and orthotics program. Available at the Old Court location.

- **Dialysis:**
  In-house dialysis centers are located in eight of the FutureCare facilities. FutureCare Lochearn and FutureCare Courtland both have centers serving the LifeBridge Health community.

- **Ventilator services:**
  FutureCare is the largest provider of skilled ventilator services in Maryland.

**LIFEBRIDGE HEALTH HAS PARTNERED WITH FUTURECARE AT THE FOLLOWING LOCATIONS:**

- **Lochearn**
  4800 Seton Drive
  Baltimore, MD 21215
  Phone: 410-358-3410

- **Old Court**
  5412 Old Court Road
  Baltimore, MD 21133
  Phone: 410-922-3200

- **Cherrywood**
  12020 Reisterstown Road
  Reisterstown, MD 21136
  Phone: 410-833-3801

- **Courtland**
  7920 Scotts Level Road
  Baltimore, MD 21208
  Phone: 410-521-3600

For more information, visit futurecare.com
Brinton Woods Health and Rehabilitation Center at Winfield provides a wide range of nursing and rehabilitation services to meet the needs of both long-term and short-stay residents.

**Inpatient Rehabilitation**
Patients recovering from surgery or illness may require short-term rehabilitation services. Among the therapy services offered are physical therapy, occupational therapy, speech therapy, respiratory therapy and ultrasound and diathermy modalities. The goal is to help patients reach maximum functional capacity and return to their homes and communities.

**Skilled Nursing Care**
Patients no longer eligible for hospital care turn to medical experts at Brinton Woods for skilled nursing care to continue a treatment plan. Medical services are delivered by experienced specialists certified in their disciplines including wound care, pain management, lymphedema care, tracheotomy and pulmonary care, CPAP/BPAP, surgical recovery, IV therapy, Alzheimer’s and Dementia Care, respite care and hospice and palliative care. In addition, our providers care for residents needing complex wound healing, depression care and diabetes management.

**Long-Term Care**
Patients requiring full-time care management following a diagnosis of stroke, GERD, COPD, A-Fib as well as other conditions turn to Brinton Woods for care management around the clock. Our 24-hour licensed care team includes RNs, LPNs, CMAs and GNAs, and we have social workers, dieticians and rehabilitation experts available during business hours to provide consultation and assistance.

**Support Services**
Adding the element of convenience for residents, Brinton Woods offers many support services eliminating the need to leave the facility. On-site physician, dietician, social services and case management as well as pharmacy, laboratory, psychiatry, dentistry, podiatry, audiology, dermatology, optometry, vascular and transfusion services ensure easy access to care for residents and their family members.

LIFEBRIDGE HEALTH HAS PARTNERED WITH BRINTON WOODS AT THE FOLLOWING LOCATION.

**WINFIELD**
1442 Buckhorn Road
Sykesville, MD 21784
410-795-2737
ExpressCare is Maryland’s fastest-growing and second-largest urgent care company. ExpressCare centers serve as convenient alternatives when someone is unable to access his or her primary care provider.

ExpressCare is equipped to handle most everyday ailments, such as:
- Sinus infections
- Coughs and colds
- Strep throat
- Pink eye
- Pneumonia
- Ear infections
- Urinary tract infections
- Sprains
- Minor sports-related injuries
- Wounds requiring sutures
- Fractures

The partnership between LifeBridge Health and ExpressCare ensures that patients who have sought urgent care will be able to access follow-up care within the LifeBridge Health physician network.

Most ExpressCare centers are open from 8 a.m. until 9 p.m. seven days a week, 364 days per year. (Sites are closed on Christmas Day.) Patients can simply walk in and be treated by an expert medical team that includes physicians, physician assistants, nurse practitioners and technicians. ExpressCare accepts most forms of insurance. Centers are located throughout the state, including in Baltimore City and Baltimore, Harford, Cecil, Carroll, Prince George’s and Wicomico counties.

ExpressCare offers:
- Diagnostic X-ray services
- Laboratory services, including urinalysis and toxicology
- Tests for pregnancy, strep and flu
- Sports physicals
- Basic immunizations

ExpressCare now offers an online reservation system, “ExpressPass,” at many of their locations. This allows patients to skip the wait and choose a time that they would like to come in. This system also provides up-to-date information regarding the current walk-in waiting time.
For more information, visit lifebridgehealth.org/businesspartners
As Americans cram every waking moment with work, family obligations and leisure activities, the time spent getting a good night’s rest is sacrificed. This “sleep debt,” the cumulative effect of not getting the quantity or quality of sleep needed, is a growing concern of the medical community, which is coming to realize that adequate rest ranks as high as nutrition and exercise in terms of behaviors that are central to maintaining good health.

There are over 85 recognized sleep disorders that can rob a person of the deep, restorative sleep required for a good night’s rest. LifeBridge Health Sleep Centers perform nighttime and daytime sleep studies, seven days a week, and are your total solution for sleep resolution.

During a sleep study, sleep patterns are monitored and evaluated by sleep medicine experts. These experts specialize in the diagnosis and treatment of sleep disorders for adult and pediatric patients.

**Diseases associated with Sleep Disorders**
- Insomnia
- High blood pressure
- Diabetes
- Chronic pain
- Cardiovascular disease
- Stroke
- Narcolepsy
- Restless leg syndrome
- Gastroesophageal reflux
- Parasomnias

**SLEEP DISORDERS**

**Sleep apnea:** Patient snores, stops breathing, then awakens suddenly and gasps for breath; cycle repeats throughout sleep and can increase risk of heart disease, stroke or premature death.

**Narcolepsy:** Excessive, sudden sleepiness that comes on at inappropriate times, and interferes with daily tasks.

**Restless legs syndrome:** Nocturnal periodic involuntary jerking of the legs disrupting quality of sleep, sometimes accompanied by a “creepy crawly” sensation that prevents sleep and improves by movement.

**Insomnia:** Lack of either quantity or quality of sleep leading to poor concentration, memory loss.

**Gastroesophageal reflux (also known as acid reflux):** Gastric acid may back up into the esophagus causing multiple sleep disruptions.

**Circadian rhythm disorders:** Internal sleep clock is not aligned with normal sleep times.

**Parasomnias:** Includes night terrors and sleep walking.

**REM (Rapid Eye Movement) behavior disorder:** Where movement that could cause injury may happen during REM dream sleep.

LifeBridge Health Sleep Centers are conveniently located at the following:

**CARROLL HOSPITAL**
200 Memorial Ave., Westminster, MD 21157

**NORTHWEST HOSPITAL**
5401 Old Court Road, Randallstown, MD 21133

**SINAI HOSPITAL**
2401 W. Belvedere Ave., Baltimore, MD 21215

**PHYLLIS L. GREEN PROFESSIONAL CENTER**
826 Washington Road, Suite 130, Westminster, MD 21157

**WOODHOLME MEDICAL BUILDING**
1838 Greene Tree Road, Suite 350, Pikesville, MD 21208

For more information about LifeBridge Health Sleep Centers or to schedule an appointment, visit lifebridgehealth.org/sleep or call 833-647-5337.
CARROLL HOSPITAL AUXILIARY SHOPS

The Candy Striper Gift Shop, Candy Striper Junior, The Wellness Boutique, Beasman Boutique and The White Rabbit Thrift Shop are all part of Carroll Hospital’s retail shops.

All of the shops are run by volunteers and work closely with the Auxiliary to promote and advance the welfare of the hospital through volunteer service and fundraising. All proceeds benefit Carroll Hospital.

THE CANDY STRIPER
Main Lobby of Carroll Hospital
200 Memorial Ave.
Westminster, MD 21157
Phone: 410-871-6670

THE CANDY STRIPER JUNIOR
Main Lobby of the Fisher Building
193 Stoner Ave.
Westminster, MD 21157
Phone: 410-871-6740

THE WHITE RABBIT THRIFT SHOP
550 Washington Road
Westminster, MD 21157
(The White Rabbit Thrift Shop is located at the corner of Stoner Avenue and Washington Road and is accessible via the Billingslea Building parking lot.)
Phone: 410-871-1940

WELLNESS BOUTIQUE
(A Candy Striper Gift Shop)
Next to the Tevis Center for Wellness
East Pavilion at Carroll Hospital
291 Stoner Ave.
Westminster, MD 21157
Phone: 410-871-6192

BEASMAN BOUTIQUE
(A Candy Striper Gift Shop)
Beasman Center,
Integrace Fairhaven
7200 Third Ave.
Sykesville, MD 21784-5201
Phone: 410-795-8800

NORTHWEST HOSPITAL GIFT SHOP

The Gift Shop at Northwest Hospital, operated exclusively by dedicated volunteers, offers a wide variety of merchandise for patients, family and friends. Located in the hospital lobby, the Gift Shop offers something for everyone. Proceeds from the Gift Shop help fund services provided by Northwest Hospital.

The Northwest Hospital Gift Shop offers a wide variety of items, including:
- A beautiful selection of fresh and flowering plants
- Balloons and balloon treat baskets
- Greeting cards and stationery
- Candy and treats
- Magazines, books and newspapers
- Jewelry and watches
- Fashionable clothing, hats and handbags
- Collectibles and giftware
- Toys for all ages
- Plush animals
- Assorted children’s games and activities
- Toiletries
- Unique seasonal items

NORTHWEST HOSPITAL
5401 Old Court Road, Randallstown, MD 21133
*Donations gladly accepted during shop hours or by appointment.

THE SHOPS AT SINAI

The Sinai Gift Shop include a wide variety of merchandise for patients, family and friends.

Items include:
- A beautiful collection of plants and flowers
- Over the counter med packs
- Balloons and balloon treat baskets
- Greeting cards
- Stationery
- Candy, treats and beverages
- Magazines and books
- Jewelry and watches
- Handbags
- Cell phone accessories
- Newborn and baby essentials
- Plush animals
- Toiletries
- Unique seasonal items

Gift orders can be called in directly at the number above. All orders can be delivered at no charge within the hospital. You will need to provide room number the order should be delivered to at the time of your order.

SUBWAY

Subway offers a wide array of healthy options, such as sandwiches, salads, soups and side items. It was the first restaurant to earn the American Heart Association’s Heart-Check mark, which indicates a heart-healthy food choice. Subway’s Fresh Fit meals have been certified as heart-healthy by the American Heart Association.

SINAI HOSPITAL
2401 W. Belvedere Ave., Baltimore, MD 21215
Phone: 410-601-5791

For more information, visit lifebridgehealth.org/businesspartners
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