



YOUR  
STAY



# WELCOME TO OVERLAKE



**J. MICHAEL MARSH**

President and CEO

Welcome to Overlake Medical Center. Thank you for trusting us with your care.

Overlake was built by the community, for the community. Fueled by a vision for high-quality healthcare on the Eastside, Overlake opened its doors to the public in 1960. What began as a community hospital has grown to a world-class medical center and health system in the midst of its largest campus development project in our history, bringing more opportunity to deliver advanced care in a state-of-the-art facility.

Everyone at Overlake—the doctors, nurses, technicians and administrators, as well as the housekeeping, security and dining services teams—are here for one purpose: to serve **you**.

We want you to know, the health and safety of our patients as well as our staff are always our top priorities. Overlake is diligent in following the most stringent cleaning and infection-prevention protocols recommended by the Centers for Disease Control and Prevention to keep patients and staff safe. We take great pride in being recognized nationally for our high safety standards.

We understand a hospital stay can be stressful and confusing. Everyone at Overlake is dedicated to providing you with the most supportive environment to promote your healing. We have developed this handbook to answer many of the questions you may have. If at any time during your stay you have questions about your care or wish to tell us about any special needs, please speak with your nurse, or contact the Patient Experience team at 425.688.5613.

**I encourage you to share your feedback about your stay with us.** It will help us better serve every patient and our entire Eastside community.

Our team of professional staff and physicians care for 150,000 lives a year, but what matters today is you. We are committed to providing each of our patients with personalized care.

Thank you, again, for choosing Overlake. We are grateful for the opportunity to serve you.

A handwritten signature in black ink that reads "Mike". The signature is written in a cursive, slightly slanted style.

# TABLE OF CONTENTS

## Table of Contents

Welcome to Overlake Medical Center ..... 1

Services ..... 4

Path to Discharge..... 9

Your Stay..... 10

For Your Safety..... 14

Managing Pain..... 15

Policies & Notices..... 18

Parking & Campus Map..... 20



### INTERPRETERS AND ASSISTIVE DEVICES

We have services available to help patients and family members who are deaf, hard of hearing, deaf-blind or who don't speak English. Please tell your nurse if you need an interpreter, or call **425.688.5304**. You can have interpreter services at no charge to you. If you need an assistive device, we have pocket talkers, TTY-phones, video-remote interpreter services and interpreter phones available for you during your stay.

## Important Phone Numbers

Billing Office .....	425.688.5124
Care Management .....	425.688.5015
Chaplain .....	425.688.5127
Financial Counselors .....	425.688.5655 or 425.467.3518
Kaiser Permanente Pharmacy (Bellevue) .....	425.502.3820
Hospital Operator .....	0
Patient Action Line .....	425.688.5191
Rapid Response Team .....	Dial 1-2-3 and ask for the Rapid Response Team
Room Service (6:30 a.m.–7:30 p.m.) .....	425.688.6368
Valet Parking .....	425.688.5004
Walgreens Pharmacy (Overlake Medical Tower) .....	425.453.1130



Dial “9” to get an outside line. To reach a number at the hospital, dial the last four digits of the phone number. For example, to reach the Billing Office from your room telephone, dial “5124.”

# SERVICES

## Dining

We offer healthy patient and visitor meals. This includes fresh, organic produce, whole-grain bakery items and fish harvested responsibly. Vending and coffee machine services are located throughout the campus for your convenience.

## Patient Dining

Overlake offers room service dining if your condition allows you to choose your own meals. We offer many choices and honor special diets such as vegetarian, vegan, gluten-free, soy-free, and dairy- and egg-free.

Your nurse will give you a menu with instructions on how to order using your bedside phone. Your meal will be delivered within 60 minutes. You can even order your breakfast the night before.

Your doctor may have ordered a special diet for your health, such as a low-salt or low-calorie diet. The diet technician who takes your order will help you make appropriate choices from the menu. If you have questions, ask your nurse.

Room service is available from **6:30 a.m. to 7 p.m.** Dial **MENU (extension 6368)** to place your order.

## Visitor Dining

**Stanzas Café:** Located just inside the main lobby entrance of the hospital, Stanzas offers families and visitors an ideal spot for coffee, a snack or lunch. Espresso, bistro-style sandwiches, salads, special dishes prepared to order and delicious desserts are all served in a relaxing atmosphere with a cozy fireplace. Stanzas is open Monday through Friday, and hours change seasonally. Closed weekends and holidays.

**The Atrium Café:** Located in the lower level of the main hospital, the Atrium features a wide array of made-to-order deli sandwiches, organic salads, stockpot soups, home-style entrees, healthy snacks and desserts. The Atrium is open daily, **6 a.m. to 7:30 p.m.**

Atrium  
Cafe

  
Stanzas  
*cafe*



## Pastoral Care & Spiritual Care

Overlake chaplains are available to provide emotional and spiritual support to patients and families of all cultures, beliefs, religious backgrounds and spiritual practices.

**Chaplain (available seven days a week):** During normal business hours, call Pastoral Care at **425.688.5127**.

**Chapel:** The Overlake Chapel provides a soothing, welcoming place for patients and family members. It is located on the second floor of Building 2. Visitors may use it as a place of meditation and worship.

## TV & Movies

For a full listing of available TV and radio programming, as well as full-length films for patients and visitors, please see the interactive guide on your TV.

## Free Wi-Fi

For your convenience, and those of your visitors, we offer complimentary Wi-Fi. Just choose **OPENFREE** on your Wi-Fi settings; no password is needed.

## Healing Arts

Overlake's Healing Arts program helps reduce stress and enliven the human spirit. Healing Arts services are available on different days in each unit. If you are interested, please ask your nurse when they are available.

- **Pet Partners:** Trained and certified pets and their owners visit patients on specific units. Please ask your nurse about requesting a visit.

## Noise Control

We understand that hospitals can at times be noisier than your home environment. While we try very hard to reduce the noise around patient rooms, sometimes it may not be enough. If you need more peace and quiet, please ask your nurse for ear plugs and/or eye masks.

## Patient Financial Services

- You will receive your hospital bill about two weeks after you leave the hospital. You may receive more than one bill for the services you received during your stay.
- If you have health insurance, we will bill your insurance company for you.
- If your insurance requires a co-pay, we can collect it before you leave the hospital.
- You may speak to a financial counselor while you are here. Call **425.688.5655** or **425.467.3518**.
- If you have questions, please call the Billing Office at **425.688.5124**.

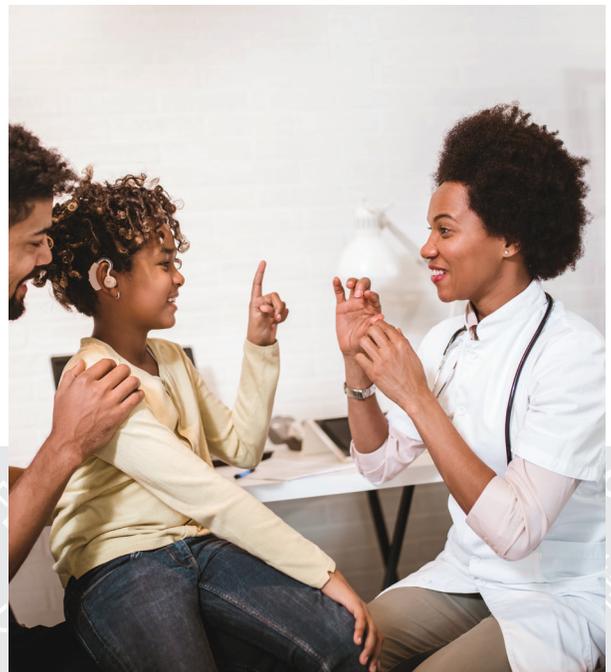
## Americans With Disabilities Act

At Overlake, we want you to get health information in a way that you understand. We will arrange for an interpreter or other aids for you, your family member or companion who is deaf, hard of hearing or has speech disabilities. These services are free to you.

Under the Americans with Disabilities Act (ADA), people who are deaf, are hard of hearing, or have speech disabilities have the right to ask for aids and services.

If you need such aids or services, call the Interpreter Services office at **425.688.5304**.

- If you are told that you do not qualify for the service, you can ask for a review. To request a review, write down why you need this aid or service. If you need help, the office staff will help you write it. Any Overlake employee can contact **425.688.5304** to request assistance or devices on your behalf.
- If you need more help, contact Patient Experience at **425.688.5613**.
- For more information about the ADA, call the toll-free ADA Information Line at **1.800.514.0301** (voice), **1.800.514.0383** (TTY) or visit **ada.gov**.



## If You Need Translation Assistance

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **425.688.5304**。

تالیهست، دینک یم وگتتفگ یرراف نابز م رگا: هجوت.  
اب. دشاب یم مهارف امش یارب ناگیار تروصب ینابز  
**425.688.5304** دیریگب سامت

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **425.688.5304**.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **425.688.5304**.

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए भाषा सेवाएं नःशुल्क उपलब्ध हैं। **425.688.5304** पर कॉल करें।

注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。**425.688.5304** まで、お電話にてご連絡ください。

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **425.688.5304** 번으로 전화해 주십시오.

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। **425.688.5304** 'ਤੇ ਕਾਲ ਕਰੋ।

ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la **425.688.5304**.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **425.688.5304**.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **425.688.5304**.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **425.688.5304**.

గమనిక: ఒకవేళ మేరు తెలుగు భాష మాట్లాడగలిగితే, మే కొరకు భాషా సహాయక సేవలు, వ్యయం లేకుండా అందిస్తాము. **425.688.5304** కు కాల్ చేయండి

УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером **425.688.5304**.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **425.688.5304**.



YOUR  
**PATH TO  
DISCHARGE**

# Path to Discharge

We want to help you be ready when it is time to leave the hospital. The Path to Discharge on your blue folder shows you the things that should happen before you go home. We will look at these each morning to make sure you are ready.

**We recommend you have someone help prepare your home for your return by:**

- Turning on the heat so your home is warm.
- Making sure food is available.
- Bringing clothes for you to wear home.
- Ensuring you have a thermometer available.
- Making sure you have a comfortable place to sit and rest.
- Placing a phone within easy reach.

## After-visit Summary

Before you leave, you will receive an after-visit summary containing:

- Home care instructions.
- Your medication list.
- Activity and diet instructions.
- Symptoms to watch for.

To help you get ready for discharge, tell us about your top three concerns before leaving the hospital.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## WALGREENS DISCHARGE MEDICATION PROGRAM

To help make your discharge from the hospital as smooth as possible, you can choose to have your discharge medications delivered to your bedside Monday–Friday during business hours. This is a service of the Walgreens pharmacy on campus. A representative from Walgreens will visit you on your day of discharge. This program is totally optional.

NOTE: Kaiser Permanente patients will get their medications from the Kaiser Permanente pharmacy. Kaiser Permanente Options members may choose the Walgreens Pharmacy if they desire.

Walgreens Pharmacy  
(Overlake Medical Tower):  
**425.453.1130**



# YOUR STAY

---

During your stay at Overlake, we want you to be safe, comfortable and informed. Below you will find our quick guide about important safety information. This information is also available as a video by choosing the “Welcome” icon on the main TV screen.

We want to work with you and for you during your stay. At Overlake, you are our partner in care. Tell us about you and what is important to you. Ask questions and tell us what you need.

We understand some family and visitors can help you feel better. If there is someone you do not want to see, just let us know and we can help. There may be situations when limiting or restricting visitors is necessary to ensure the safety of patients and staff; if you have questions about our current visitor management process, please ask your nurse.

## Staff ID Badges

Feel free to ask anyone to see their hospital identification.

## Patient ID Band

Check your ID band. Is your name spelled correctly? Is your date of birth correct? If you have allergies, do you also have a red armband?

## Patient Verification

We will always make sure we are giving the right patient the right treatment. We will always check by asking you to tell us your name and birthdate. We will ask every time. We want to keep you safe.

## Medication Safety

Ask us about the medicines we give you. If you do not know the medication, or if the amount does not seem right, ask us to check again.

- Tell someone immediately if you think you are having a reaction to a medication. You might feel itchy, or develop a headache, nausea, vomiting or blurry vision.
- If you do not get a medication that you normally take at home, tell your doctor or nurse.
- Ask your doctor or nurse what a new medicine is for and how it will help you.
- Have the brand names and any other names for the medicine written down for you. (Check your after-visit summary.)
- Find out how to take the medicine and for how long.
- Ask about side effects and what to watch for when you take the medicine.
- See pages 16 and 17 in this booklet for important medication safety information.



## Call, Don't Fall!

When you are in the hospital and taking medications, you may be unsteady on your feet. Your nurse will check you to see if you are at risk for falling. If so, the staff will take special care of you such as by:

- Staying with you when you are in the bathroom.
- Giving you a bed or chair with an alarm.
- Helping you when you walk.

Let us know if you need to get up. Press the call-light button to call your nurse for help.

## You & Your Healthcare Team

Your doctors, nurses and technicians want to hear from you, and we know you want to hear from us. Here are some of the ways we will keep in touch:

- **Call lights:** Use the call light button to contact your care team. We aim to respond within five minutes. If we did not meet that goal, ask to talk to the charge nurse. For your safety, please do not get up without a staff member at your side.
- **Safety/comfort rounds:** For your safety and comfort, a member of your care team will be checking in with you at least once an hour. We will ask how you are doing, if you are having any pain and whether you need to go to the bathroom.
- **Bedside report:** When the nurse's shift has ended, they will introduce you to the nurse taking over your care. Together, we can review what happened during the past shift and ask any questions.

- **Physician visit\*:** Your doctor will generally see you once each day. Your nurse has a clear understanding of your condition, your treatments and the doctor's orders. Feel free to ask your nurse any questions you may have. If you would like the nurse to contact your doctor with a specific question, just ask.

\*Some visits may be virtual.

## Prevent Infections

**Cover your cough:** Please wear a mask if you have a cough, if it is flu season, or if you are instructed to do so by a staff member.

**Wash your hands:** Handwashing is the best way to fight the spread of germs. Ask everyone (healthcare providers and visitors) to wash their hands with soap and water or alcohol-based sanitizer. In the hospital, we remind everyone to clean their hands when entering and leaving your room.

## Prevent Blood Clots

Be out of bed as much as you can. Walk in the halls if your doctor approves it. (If you are on fall precautions, ask for assistance before you get out of bed.)

Exercise while you are in bed: Point your toes toward the bottom of the bed, then up toward your face. Repeat 10 times each hour you are awake.

Talk to your doctor or nurse about your risk for developing a blood clot. Ask if you need medications and/or devices to help reduce your chance of getting a blood clot.

## Smoke & Tobacco-free Campus

There is no smoking on the Overlake campus. This includes e-cigarettes and unregulated nicotine products. If you would like information on nicotine replacement options, please talk to your nurse and provider.

## Informed Consent

Talk to your doctor about concerns you may have regarding any procedure or surgery including:

- Risks and benefits.
- Treatment options.
- What can happen without treatment.

Do not sign the consent until you understand all this information.

If you are more comfortable with a language other than English, request an interpreter to assure complete understanding.

## Visitors

- We recognize the important role family and visitors can play in your recovery. In most circumstances, family members and other visitors are welcome. However, in order to ensure the safety of patients and staff, there may be situations when limiting or restricting visitors is necessary. If you have questions about our current visitor management process, please ask your nurse.
- Consider other patients and families as well, especially if you are sharing a room.
- Your support person can help to manage your visitors if you need to rest.
- Due to general health issues, only licensed service and therapy dogs may come to visit.

You may want to have someone you know help you make decisions while you are in the hospital. By law, you can appoint a patient representative to do just that. You can name someone to act on your behalf in case you are unable to make decisions. Your representative can receive all the information you receive and a copy of all the documents you receive while you are in the hospital. You can also change your mind at any time about your representative.

**We reserve the right to modify visitation for the safety of our patients, visitors and staff as needed.**

## Your Patient Experience

At Overlake, our goal is for you to have a superior patient experience. After your stay with us, you may receive a survey in the mail, in an email or via text message. We strive to achieve superior service and value your honest feedback on our survey.



## Rapid Response Team

If you, your family or visitors notice that you are becoming sicker, tell your nurse right away.

Tell us if you:

- Are finding it harder to breathe.
- Have chest pain.
- Have a feeling that something does not look or seem right.
- Are sleepier than usual or unusually slow to wake.
- Are confused.
- Have any unexplained, strong pain.

## Alarms

Some of the equipment in your room may have an alarm that might sound like a beep or a bell. Staff hear the alarms and will respond.

## Voalte Smartphones

When we're on the phone, it's all about patient care.

Our staff is using specialized Voalte smartphones to coordinate patient care with less noise and more efficiency.

We are working to enhance the patient experience and safety at all times.

## PATIENT REPRESENTATIVE Q&A

### **Do I have to name a representative?**

No. You can decline when we ask. You can also change your mind later.

### **What about my Durable Power of Attorney for Healthcare (DPOA)?**

Your relationship with your DPOA does not change if you designate a representative.

### **If my son who lives in another state is my DPOA, why would I want a representative?**

Many patients have DPOAs on file. Sometimes this trusted person is out of the area or unable to be with you in the hospital. You are allowed to

designate a representative for this hospital stay to support you and help you make decisions. This could be a trusted friend or neighbor.

**If my DPOA is unable to be with me, can someone else help me?** You can have visitors at any time. You can also appoint a support person who can support you during your stay and help you manage your visitors.

**If you have any questions, please ask to talk to Care Management at 425.688.5015.**

# FOR YOUR SAFETY

---

When you are in the hospital, illness, injuries, surgery and medications all may increase your risk of falling. To help keep you safe, we may use some of the tools below to move you in a safe and comfortable way. If you need to get out of bed, always have staff help you.

## Bed Alarm

An alarm on the bed lets us know when you are out of bed.

## Call Light

Press the button to call your nurse for help. We want you to CALL so you don't FALL! If you need help moving around, please call before getting up. We want to keep you safe.

## Daily Room Clean

For your health and safety, our Environmental Services staff will clean your room daily. If you have additional housekeeping needs, please let our staff know.

## Gait Belt

The belt fits snugly around your waist and helps us support you when you are walking around the unit.

## Getting Out of Bed

Do not get out of bed, out of the chair or off the toilet without a staff member to help. A staff member must be with you during all out-of-bed activities for the entire time you are in the hospital. Do not practice with your support person without a staff member present.

## Lifts

Sometimes, we can use a mechanical lift to move, lift and hold you. A sling connects to the lift to support your weight. Some lifts can move from room to room. In some units, the lifts are connected to the ceiling.

## Pink Slips

Sometimes we use "pink slips" to make it easier to move you in bed.

## Safe Footwear

We will give you non-skid footies to help keep you from slipping and falling.

## Walkers & Wheelchairs

If you need a walker, we will get you one that fits you. If needed, we will get you a wheelchair.



# MANAGING PAIN

When you are in the hospital, you might have some pain. We will do everything we can to help you manage your pain. There are several parts to your pain control plan:

## The Level of Pain You Feel

We ask you to help us measure your pain level by asking questions such as:

- “Tell me about your pain.”
- “If a 10 means the worst pain you can think of—and a 0 is no pain at all—what is your pain?” If giving your pain a number does not work for you, ask your nurse about using another scale. Or, think about using the Numeric Pain Scale below.
- “Has your pain changed in the last hour?”  
“Has it become better or worse?”
- “Where does it hurt?”

We will ask you many times a day about your pain. Please let us know if you are uncomfortable.

## Your Pain Goal

- What level of pain can you tolerate? When you’re not in the hospital and your head hurts, what is a reasonable amount of pain that you can deal with—is it a 3 or a 5 out of 10? Once we know that, we can be sure to manage your pain to that level.

Please understand that a goal of “no pain” is not realistic. If you are not feeling anything, you may have too much medication. This can cause confusion, nausea, vomiting, and trouble breathing or seeing.

## Your Pain Control Options

- A complete pain control plan can include ice, movement, music, meditation as well as medication. Distractions, such as entertainment or relaxation techniques, can also help.
- If you will be taking narcotic medications, we will check on you frequently to make sure you are breathing well. Sometimes we may need to wake you during the night. This is for your safety.

## We Need You to Tell Us:

- If the pain control plan is working. We might ask you if your pain got better or worse after using an ice pack or having medication.
- If you feel like vomiting or throwing up.
- If your vision changes or you see unusual things.

## The Numeric Pain Scale



**Minor pain** does not interfere with daily tasks.

**Moderate pain** is hard to ignore.

**Severe pain** makes it hard to take deep breaths and to perform usual activities.

## Know Your Medications & Side Effects

A side effect is a reaction to a medicine.

### Treats Infections

Type of Drug	What is it for?	Common Side Effects	Name of Medication
 Antibiotics	treats infections	diarrhea, nausea, headache, metallic taste in mouth	amoxicillin, Bactrim®, levofloxacin, cephalexin, azithromycin <input type="checkbox"/>
 Antifungals	treats fungal or yeast	abdominal pain, nausea, diarrhea	fluconazole, ketoconazole, voriconazole, nystatin <input type="checkbox"/>

### Cardiac (Heart and Circulation)

Type of Drug	What is it for?	Common Side Effects	Name of Medication
 Anticoagulants (blood thinners), Antiplatelets	helps prevent stroke, heart attack, & other heart/blood vessel problems	bruising, unusual bleeding, fever, weakness, pale skin	warfarin, heparin, enoxaparin, Eliquis®, Xarelto®, Plavix® <input type="checkbox"/>
 Blood Pressure Medications	helps control fast heart rate and blood pressure	 ↑ fall risk, tremors, tiredness, fainting, cough	metoprolol, atenolol, losartan, lisinopril, carvedilol, amlodipine, <input type="checkbox"/>
 Cardiac Agents	helps heart function and heart rate	 dizziness, change in heart rate, tiredness	digoxin, diltiazem, amiodarone, sotalol, verapamil <input type="checkbox"/>
 Cholesterol Medications	lowers cholesterol	upset stomach, loose stool, gas, muscle pain	rosuvastatin, atorvastatin, simvastatin, pravastatin, lovastatin <input type="checkbox"/>
 Diuretics (water pills)	removes excess fluid, decreases blood pressure	 ↑ fall risk, dizziness, frequent urination	furosemide, hydrochlorothiazide <input type="checkbox"/>

### Help Manage Pain

Type of Drug	What is it for?	Common Side Effects	Name of Medication
 Anti-inflammatory/ Pain Agents	decreases inflammation/ swelling & pain	heartburn, nausea, upset stomach	aspirin, celecoxib, meloxicam, ketorolac, ibuprofen <input type="checkbox"/>
 Muscle Relaxants	decreases muscle spasm	 ↑ fall risk, dizziness, drowsiness, fatigue	cyclobenzaprine, methocarbamol, baclofen, carisoprodol <input type="checkbox"/>
 Pain Medications	Reduces pain	 ↑ fall risk, drowsiness, dry mouth, constipation	fentanyl, hydromorphone, morphine, Hydrocodone, oxycodone, tramadol <input type="checkbox"/>
 Proton Pump Inhibitor	treats heartburn, stomach ulcers, GERD	constipation, muscle cramps, weight gain	omeprazole, pantoprazole <input type="checkbox"/>

## Know Your Medications & Side Effects

A side effect is a reaction to a medicine.

### Well-Being

Type of Drug	What is it for?	Common Side Effects	Name of Medication
 Antidepressants	helps with depression	drowsiness, dry mouth, constipation, blurred vision	mirtazapine, fluoxetine, sertraline, escitalopram, citalopram
 Nicotine Supplements	helps with nicotine withdrawal	<b>dizziness</b> , increased heart rate, headache, insomnia	nicotine patch
 Sedative, Sleep Aids, Antianxiety	helps to relax and sleep	<b>↑ fall risk</b> , somnolence, headache, fatigue, confusion	melatonin, trazodone, zolpidem lorazepam, midazolam, alprazolam
 Antiemetics	relieves nausea	drowsiness, headache, constipation, diarrhea	ondansetron, prochlorperazine, metoclopramide, promethazine

### Specific Conditions

Type of Drug	What is it for?	Common Side Effects	Name of Medication
 Anticonvulsants	prevents seizures	drowsiness, dry mouth, blurred vision	phenytoin, levetiracetam, carbamazepine, lacosamide
 Antidiabetics	controls blood sugar levels	<b>dizziness</b> , tremors, tiredness, diarrhea, fainting	glipizide, glyburide, metformin, Januvia®, Insulin
 Inhalers	helps breathing problems	altered heart rate, dry mouth, headache	albuterol, salmeterol, formoterol, fluticasone, mometasone
 Laxative/Fiber	helps with constipation	diarrhea, abdominal cramping & discomfort	bisacodyl, docusate, senna, Metamucil®, Miralax®
 Corticosteroids	helps with inflammation	weight gain, puffy face, nausea, mood swings, trouble sleeping	hydrocortisone, Cortef, prednisone, Celestone, Kenalog
Other:			<input type="checkbox"/>
Other:			<input type="checkbox"/>

# POLICIES & NOTICES

## Nondiscrimination Policy

Overlake Medical Center & Clinics complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Overlake Medical Center & Clinics does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

## Language Assistance Policy

Overlake Medical Center & Clinics provides:

### Free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters.
- Written information in other formats (large print, audio, accessible electronic formats, other formats).

### Free language services to people whose primary language is not English, such as:

- Qualified interpreters.
- Information written in other languages.

If you need these services, call **425.688.5304**.

If you believe that Overlake Medical Center & Clinics has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with:

Overlake Medical Center & Clinics  
Patient Advocate Department  
1035 116th Ave NE  
Bellevue, WA 98004  
Phone: **425.866.5191**

Email: **patient.action@overlakehospital.org**

You can file a grievance in person or by mail or email. If you need help filing a grievance, the Overlake Medical Center patient advocate is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at **ocrportal.hhs.gov**, or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Ave SW  
Room 509F, HHH Building  
Washington, DC 20201  
Phone: **1.800.696.6775, 800.537.7697** (TDD)

Complaint forms are available at **hhs.gov/ocr/complaints**.

## Patient Rights

- You have the right to information about your care.
- You have the right to be involved in planning your care.
- You have the right to have visitors. There may be situations when limiting or restricting visitors is necessary to ensure the safety of patients and staff; if you have questions about our current visitor management process, please ask your nurse.
- You have the right to be treated with respect.
- You have the right to be safe while in the hospital.
- You have the right to privacy.
- You have the right to end-of-life care.
- You have the right to your medical record.
- You have the right to know the cost of your care.

If you have concerns about your care, contact:

- Overlake Medical Center – Care Management:  
Phone: **425.688.5015**
- Washington State Department of Health Complaint Line:  
Phone: **1.800.633.6828** (toll-free)
- Joint Commission Complaint Line:  
Phone: **1.800.994.6610** (toll-free)

For a complete list of Patient Rights, visit [overlakehospital.org/patientrights](https://overlakehospital.org/patientrights).

## Patient Responsibilities

- You have the duty to give your doctor or nurse true and complete information about your illness and past health.
- You have the duty to tell your doctor or nurse if you do not understand what they are telling you.
- You have the duty to tell your doctor or nurse if your condition changes or if you start having problems.
- You have the duty to follow the rules of the hospital.
- You have the duty to treat the healthcare team with respect.
- You have the duty to give accurate information about insurance.
- You have the duty to pay your bill and tell us if you need to make special payment arrangements.
- For a complete list of Patient Rights and Responsibilities, visit [overlakehospital.org/patientrights](https://overlakehospital.org/patientrights).

## Share Your Concerns

We welcome your questions, suggestions or any concerns. We want you to have an excellent patient experience. If you have a concern, ask to talk to:

- The charge nurse on your unit.
- The nurse manager on your unit.
- If you are still concerned, you can call: Overlake's Patient Experience Team at **425.688.5613** and leave a message.

You have the right to contact:

- Washington State Department of Health at **1.800.633.6828**.
- Washington State Department of Health Complaint Intake  
P.O. Box 47857  
Olympia, WA 98504-7857.
- The Joint Commission at **1.800.994.6610** to report concerns or to register complaints.
- For quality concerns contact: Kepro at **888.305.6759**.

For information about the ADA, call toll free **1.800.514.0301** (voice) or **1.800.514.0383** (TTY) or visit [ada.gov](https://ada.gov).



# PARKING & CAMPUS MAP

## Parking & Campus Information

Access to the main hospital campus is available from 116th Ave NE. Emergency Room access is located off NE 10th St. If you have any questions or require assistance, please contact ABM Parking Services at Overlake at 425.688.5277.

## HOURS & RATES

There are three hospital parking garages available on the campus: Garage 1 (South), Garage 3 (North) and Garage 4 (West). The parking garages are open 24 hours a day.

### Garage parking rates are as follows:

- Up to 1.5 hours: Free
- 1.5–2 hours: \$5
- 2–4 hours: \$6
- 4–12 hours: \$7

Patients and visitors are issued a ticket at each garage entrance which is used to calculate the time total time parked. Cash and credit cards are accepted at the exits. Each hospital inpatient is given a 30-day parking pass for a one-time fee of \$7. Emergency Department patients will be provided with parking validation.

Valet parking services are available at the main entrance Monday–Friday from 8 a.m.–6 p.m. for \$7, or for \$2 with a handicap placard.

**Please Note:** The Overlake Medical Pavilion (Building 5) parking garage, located directly across the driveway from the main entrance, is not owned and operated by Overlake Medical Center and has different rates and rules.

## Building Information

### BUILDING 1 (New East Tower)

- Level 1:** Admitting  
Conference Rooms  
Gift Shop  
Pharmacy
- Level 2:** Labor & Delivery  
Obstetrics Emergency Department  
Antepartum
- Level 3:** Mother & Baby Unit  
Neonatal Intensive Care Unit (NICU)
- Level 4:** Telemetry  
Oncology
- Level 5:** Orthopedics

### BUILDING 1 (South Tower)

- Level 1:** Emergency Department  
Medical Imaging  
Cardiology
- Level 2:** Post Anesthesia Care (PACU)  
Surgery
- Level 3:** ICU, Critical Care
- Level 4:** Telemetry  
Progressive Cardiac Care
- Level 5:** Bariatric Surgery  
General Surgery

### BUILDING 2 (West Tower)

- Basement Level:** The Atrium Cafe
- Level 1:** Lobby  
Outpatient Surgery & Recovery  
Heart & Vascular
- Level 2:** Neonatal Intensive Care Unit (NICU)
- Level 3:** Special Procedures
- Level 4:** Medical-Surgical

### BUILDING 3 (Overlake Medical Tower)

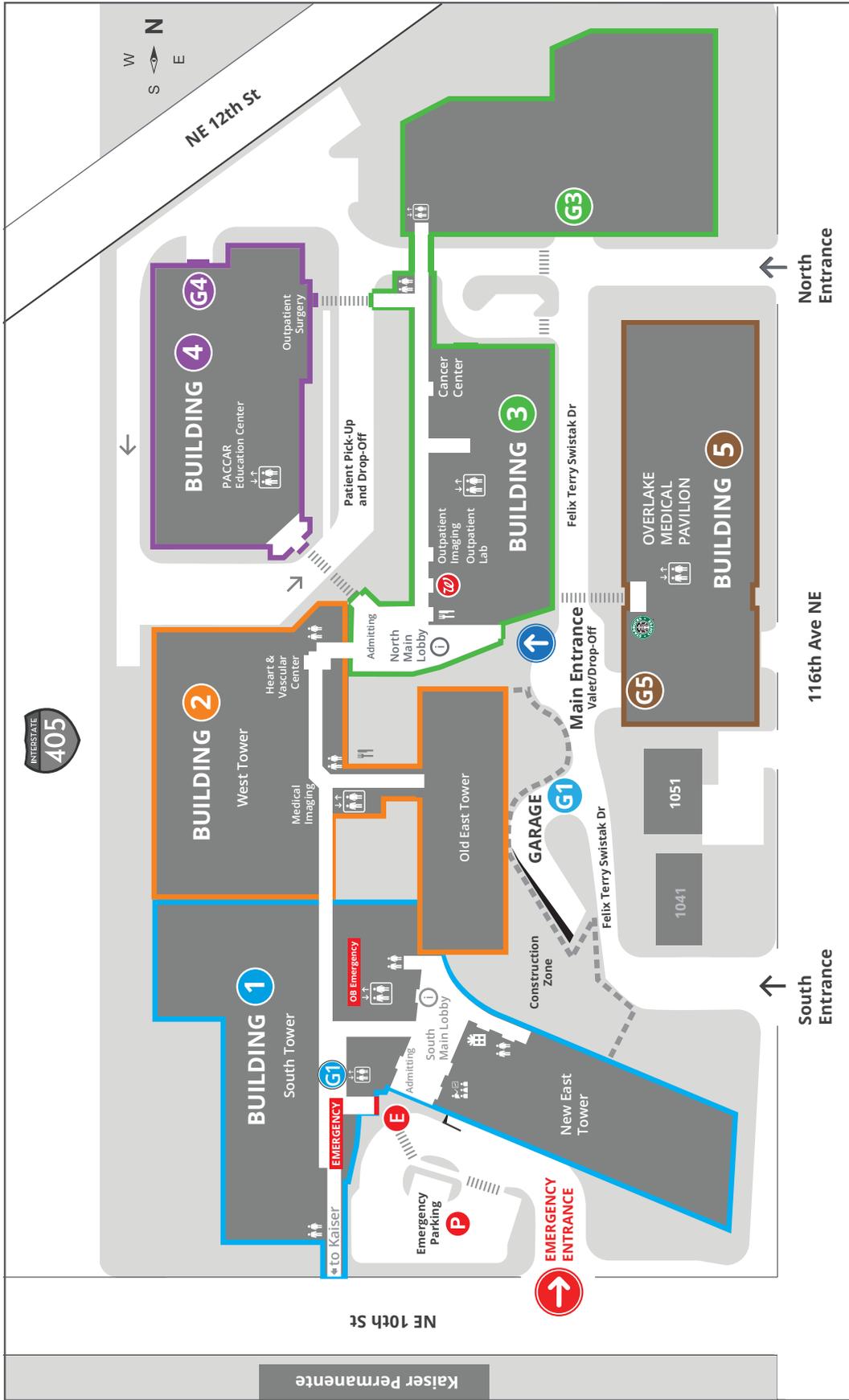
- Level 1:** Admitting  
Stanzas Cafe  
Pharmacy (Walgreens)  
Outpatient Medical Imaging
- Levels 2–6:** Clinics

### BUILDING 4

- Level 1:** PACCAR Education Center  
Conference Rooms  
Outpatient Surgery & Recovery

### BUILDING 5 (Overlake Medical Pavilion)

# Campus Wayfinding Map



- MAP KEY**
- Building Elevator
  - Restroom
  - Concierge
  - Dining
  - Conference Rooms
  - Boutique
- BUILDING KEY**
- BUILDING 1** South Tower, New East Tower
  - BUILDING 2** West Tower, Old East Tower
  - BUILDING 3** Overlake Medical Tower
  - BUILDING 4** PACCAR Education Center
  - BUILDING 5** Overlake Medical Pavilion

# Campus Map

