Win a Free iPad!
Turn to page 2 to learn how.

Your Health Information on Your Schedule:
Introducing the Patient Portal

Find the hidden apple for your chance to win a BBQ Utensil Set!
Details on page 2

Fremont Health
Fremont Area Medical Center is now Fremont Health. With a new identity, we are renewing our commitment to providing quality and innovative care close to home.

**Why the Change?**

More than just a matter of preference, our goal was a reassessment that accurately represents our offerings and provides instant recognition.

Fremont Health is the only health system that delivers a full continuum of care solely focused on the people of the Fremont region. Our new color scheme and logo are as bold, modern, and distinctive as Fremont Health’s ability to deliver on its promise to its patients, its people, and its community.

More than just a hospital, Fremont Health is a health system with clinics, ancillary services, specialists, and more—all working to deliver community-focused healthcare, using the most advanced tools and techniques, tailored to your needs. And no matter how those needs continue to change, you can count on Fremont Health to lead the way.

**Find the Hidden Apple in Healthline to Win a BBQ Utensil Set!**

Send a postcard with your name, address, phone number, and the page number and location of the apple to:

Public Relations
Fremont Health
450 East 23rd Street
Fremont, NE 68025

Or visit our website at www.fremonthealth.com, and click on “Contact Us.”

All entries are due by August 22, 2014. Correct entries will be entered into a drawing. Must be 18 or older to enter. Michelle Ring of Elkhorn was the winner of $50 in Fremont Bucks from the Winter/Spring issue.

**New for You**

Fremont Health’s long-term care facility, A. J. Merick Manor, has received the highest possible overall rating of five stars in U.S. News & World Report’s annual Best Nursing Homes rankings for the second consecutive year.

The Best Nursing Homes 2014 ratings highlight the top nursing homes in each city and state out of nearly 16,000 facilities nationwide. U.S. News’ goal is to help users find a nursing home with a strong track record of quality care. Best Nursing Homes draws on data from the Centers for Medicare & Medicaid Services (CMS), a federal agency that assesses homes in three categories—health inspections, level of nurse staffing, and quality of care—and gives each an overall rating. U.S. News awarded the Best Nursing Homes designation to homes that earned an overall rating of five stars from CMS in January 2014.

Visit www.fremonthealth.com for more information about A. J. Merrick Manor and other senior services offered by Fremont Health.
We are pleased to share this issue of Healthline as the very first for us under the Fremont Health name. As we announced in June, Fremont Health is the new name for our system and all of the various programs and services we offer to our regional community. The Fremont Health name flows directly from our mission—“Improving the Health of People in the Communities We Serve.”

Our hospital, Fremont Health Medical Center, will remain the central and largest organization within our health system, and is just one year away from celebrating its 75th year on this campus. Fremont Health will also help us connect our many other organizations and programs under a shared identity—nursing home, surgery center, medical clinics, cancer center, wound center, foundation, and many more. You can see more information about this name change on page 2.

Fremont Health has grown over the years to include more than 100 physicians, 800 employees, and 200 volunteers—all working together as a team to provide excellent quality and service to our patients, residents, families, and employers. Additionally, our service area includes an expanding number of communities in our region, including patients from Dodge, Washington, Burt, Cuming, Colfax, Saunders, and Douglas Counties. This is one reason we decided to build and open medical clinics in Wahoo and Waterloo, and you can read more about those projects on page 12.

Construction is also moving along at the Medical Center, with major work on the exterior of the tower expansion nearing completion. Although that is a big accomplishment, there’s still much to be done on the inside. We plan to transition into the new portion of the nursing tower at year’s end, and then continue with the renovation of the tower that has served us well since the early 1970s. The A. J. Merrick Manor project is also on pace to be completed just after the first of the year. We look forward to opening the doors to newly built and fully renovated space for our residents.

As you’ll read in this issue, in order to connect more closely with our patients and to empower them to take charge of their health we launched a “patient portal” this summer. The patient portal is an online tool that offers patients secure, personalized access to portions of their medical records. Patients can view medical information from several hospital visits, tests, procedures, and more in one spot. Many of the Fremont physician offices offer a patient portal for office visits, so you may already be familiar with the concept. And if you have been a patient at the Medical Center within the last month or so, you may have already enrolled for access. The portal is located on our website, www.fremonthealth.com, in the upper right-hand corner under “MyHealthRecord.” If you haven’t yet enrolled in the portal, you are encouraged to do so. You may contact Jackie Beaton, Director of PR/Marketing and Community Health, at jbeaton@fremonthealth.com or (402) 727-3565 for assistance getting started.

Included in this edition of Healthline, you will find our latest physician listing directory. Fremont Health Medical Center is extremely fortunate to have so many great physicians on our Medical Staff, covering so many specialties. With all of the changes happening in healthcare, it’s become even more important to establish a trusted relationship with a primary care physician. These providers are key to navigating the complex world of healthcare.

In closing, I would like to thank everyone who attended our Derby event in May which you can read more about on page 10. We had a spectacular turnout and, thanks to all of you, managed to raise a record $80,000 that will be used to support key elements of our “Building a Healthy Future” program.

Sincerely,

Patrick Booth, President and CEO,
Fremont Health
Does scheduling an appointment or waiting for test results sometimes make you feel like you’re chasing your tail? Fremont Health’s MyHealthRecord takes the legwork and occasional frustrations out of keeping track of your medical information.

**Fremont Health recently introduced its new patient portal.** This online health record, stored on a completely secure, encrypted portal that only you can access from your computer, tablet, or smartphone, provides you with instant access to your personal medical information. Visit www.fremonthealth.com and click the “MyHealthRecord” icon to get started.

**ENTERING THE PORTAL IS EASY**

If you haven’t signed up, don’t wait any longer. All you need is an email address. You can register for your personal MyHealthRecord account at your next Fremont Health appointment or visit, at home using a special personal identification number (PIN) given at the end of your appointment, or by using www.fremonthealth.com at home or on the go.
Welcome to the Portal!

You’ve signed up for Fremont Health’s MyHealthRecord—now what? Check out these dos and don’ts to be a proactive portal user.

• **DO use a password and log on regularly.** It may be tempting to let your device remember your password every time you visit the portal, but instead, make your password something easy to remember. Use capital letters and numbers to protect yourself from hackers. Log on often. Logging on regularly will help you remember your ID and password, too!

• **DON’T log on to your account using an unsecured wireless connection.** While the portal keeps your information safe on its end, anyone could see what you’re looking at when you use unsecured wireless networks. So skip checking on your upcoming appointment if you’re using WI-FI in a public place.

• **DO use secure messaging or email services smartly.** Any communication should be short and to the point. That way, you’re more likely to get a rapid response. It may take a day or two, so if you have a timely concern, call your physician’s office. If you have complex issues to discuss, make an appointment. When doing so, briefly cover issues on your agenda so you can get the most out of your upcoming visit. For medical emergencies, always call 911.

• **DON’T forget to install security precautions on your computer.** Anti-malware programs can keep your laptop or computer running smoothly and protect your passwords and personal information.

• **DO store your information safely.** If you download files or records, move them to a thumb drive or print them out and store them in a secure location. Move any old or out-of-date digital files to your desktop trashcan and delete. Regularly shred out-of-date printed files.

Features to Follow

For continued patient convenience, additional portal features will become available including:

- Medical appointment scheduling
- Prescription refill requests
- Ability to view comprehensive medical records and results for any tests and visits completed at the Medical Center or at a physician’s office

Visit [www.fremonthealth.com](http://www.fremonthealth.com) to get started and see firsthand how the portal can benefit your health.

Connected Around the Clock

You can access your MyHealthRecord profile at [www.fremonthealth.com](http://www.fremonthealth.com) **24 hours a day, seven days a week** from your personal computer in the comfort of your own home or on the go with your smartphone or tablet.
A Port in the STORM

Each year, thousands of patients come through the doors of the Emergency Department (ED) at Fremont Health looking for care in a time of crisis. We meet that need head-on with experienced staff, advanced medical technology, and the ability to act fast when seconds matter.

“...takes a special kind of person to run toward trouble instead of away from it,” says Peg Kennedy, RN, Vice President and Chief Nurse Executive at Fremont Health. “That’s what our emergency professionals do. Our ED is staffed around the clock by highly trained emergent care physicians. They never know what is going to walk through those doors, but they do know they can handle it.”

ED doctors work alongside nurses, physician extenders, and assistive personnel. They’re all the kind of people you want on your side in a crisis—levelheaded and qualified.

“Coordination and preparation allow us to see patients quickly and start lifesaving medical care as soon as possible,” says Pat Callaway, RN, Director of Emergency and Outpatient Services at Fremont Health. “On average, each patient is assessed by a qualified registered nurse within two minutes of entering the ED, and our average wait time to see a doctor or mid-level provider is seven minutes, well ahead of regional and national standards for emergency care.”

Every Patient, Every Time

At Fremont Health, no patient is turned away, no matter how young, old, sick, or financially secure he or she is. Superior care for patients is available on-site thanks to a specially outfitted critical care room with equipment that can be adjusted based on patients’ age and needs.

“Our acute trauma rooms have equipment suspended from an adjustable arm, giving us fast access to the tools we need to save lives,” says Brian Cunningham, MD, Emergency Medicine Physician at Fremont Health. “We also use special bar code technology and an automated medication administration system. Safety is a top priority, even in this fast-paced environment.”

The ED team works hand-in-hand with other departments to deliver specialized care in emergencies. Visit www.fremonthealth.com for a full list of services available at Fremont Health.

Keep Your Head in the Game

Summer is a prime season for outdoor adventure and recreation. Activities such as baseball, skateboarding, and bicycling abound, but so does the risk of serious head injury. Hard-hitting falls and crashes can cause a wide range of such injuries, from fractures to concussions to bleeding around the brain. The good news is these injuries can be prevented.

Many recreational activities have a corresponding helmet specially designed to provide the utmost protection. To ensure your helmet will do its job, be sure it fits securely over your head. Take time to try on different sizes and find the perfect size. Consult your physician before undertaking any new strenuous workout or activity regimen.

In the event of a serious crash or collision, it may take more than a helmet to keep you safe. If you are dizzy or disoriented, call 911 immediately.
Take Control

InterStim Therapy has helped more than 100,000 Americans say goodbye to bladder control problems.

As people get older, they learn to cope with a lot of minor health issues—thinning hair, back pain, snoring, etc. But for bladder control problems, such as stress incontinence, urge incontinence, or urgency-frequency, coping is not enough.

“Bladder control problems are not a normal part of aging, and you shouldn’t have to live with them,” says Ansar Khan, MD, fellowship-trained Urologist on the Medical Staff at Fremont Health who is Board Certified in Female Pelvic Medicine. “If you have poor bladder control, InterStim Therapy can be life-changing.”

From Brain to Bladder

Nerves called sacral nerves located near the tailbone send electrical signals to the brain telling it when the bladder is full. If the brain and sacral nerves don’t communicate well, the bladder may not function properly. This miscommunication can stem from damage to the sacral nerves from trauma, disc herniation, diabetes, or stroke.

InterStim helps improve bladder control through a process known as sacral neuromodulation.

“A small wire is surgically implanted near the tailbone and sends mild electrical impulses to the sacral nerves, stimulating their communication to the brain,” Dr. Khan says. “Some people like to think of it as a pacemaker for the bladder.”

A Permanent Solution

After a three- to five-day trial period, the wire is connected to a matchbox-size battery that is implanted beneath the skin in the lower back. This procedure takes less than an hour, and the battery only needs to be changed every five to seven years.

“The device is most effective for people with urgency-frequency issues who haven’t responded to more conservative treatments,” Dr. Khan says. “It is also very effective for bowel or fecal incontinence. About 90 percent of our patients who undergo the trial period show significant improvement in bladder and bowel control and go on to receive the permanent implant.”

Let’s Be Honest

Talking with your primary care provider (PCP) about bladder problems can be uncomfortable and embarrassing—but it’s a conversation worth having. If you’re struggling to broach the subject with your PCP, remember:

• You’re not alone—one in three women older than age 45 has a bladder control issue.
• PCPs deal with “embarrassing” health problems every day—and they want to help.
• The relief you’ll enjoy from getting treatment will far outweigh the temporary awkwardness of that first conversation.

Talk with your physician if you are experiencing bladder problems. To find a primary care physician, visit www.fremonthealth.com.
Thanks to Fremont Health’s outpatient infusion therapy program, yet another facet of specialized care is available close to home.

Understanding Infusion Therapy

Its most basic form, infusion therapy involves medication delivered directly into the bloodstream through an IV or catheter. This therapy is used to treat a variety of illnesses, including autoimmune diseases, infections that have not responded to oral antibiotics, and certain types of cancer.

At Fremont Health, our outpatient infusion therapy program incorporates a wide range of services, including:

- Blood transfusions
- Injections such as antibiotics, Lovenox (used to thin the blood), Neupogen (used to increase the white blood count), and Procrit (used to increase the red blood count)
- Infusions such as IV antibiotics, Remicade (most commonly used to treat Crohn’s disease, ulcerative colitis, and rheumatoid arthritis), and Tysabri (used to help manage multiple sclerosis)
- Intravenous immunoglobulin therapy

“Many people believe they have to travel to Omaha to receive advanced infusions, but we offer those here,” says Kathy Malm, RN, Outpatient Clinical Coordinator at Fremont Health. “Though the program is not part of our outpatient department, Fremont Health also offers chemotherapy for cancer treatment through the Fremont Health Cancer Center.”

Experienced Providers, Compassionate Care

Many of the nurses involved with the outpatient infusion therapy program have been serving our community for more than 30 years and have built strong relationships with patients, many of whom receive infusion therapy on an ongoing basis.

“We have an excellent, seasoned staff that delivers more than 6,000 infusions, injections, and procedures annually in our Infusion Room,” Malm says. “Our goal is to provide patient-focused care in a warmhearted environment.”

Visit www.fremonthealth.com for more information about the services offered through Fremont Health.

Renovating to Better Serve You

Soon, those in need of infusion therapy will have increased comfort in the form of added privacy, as renovations are underway at Fremont Health and private rooms are scheduled to be completed within the year.

“By this time next year, we will be up and running in our newly renovated space,” says Kathy Malm, RN, Outpatient Clinical Coordinator at Fremont Health. “This will allow us to offer our patients a more private infusion therapy experience. In addition, this new area will have a separate entrance, located on the east side of the building to allow easier access for our patients.”
Watch for These
UPCOMING EVENTS

CHILDBIRTH AND INFANT
CARE CLASSES
TO REGISTER FOR A CLASS OR FOR MORE INFORMATION ABOUT
CHILDBIRTH EDUCATION CLASSES, CALL (402) 727-3882.

Understanding Birth
August 7 & 14; October 9 & 16
6–9 p.m.

One-day Class: Understanding Birth with “Baby
Basics & Better Breastfeeding”
September 6 (Saturday)
8 a.m.–4 p.m.

Maternity Center Tours (Thursdays)
August 14; October 16
6 p.m.

Maternity Center Tours (Saturday)
September 6
11 a.m.

Baby Basics & Better Breastfeeding
September 18, November 13 (Thursdays)
6–9 p.m.

SUPPORT GROUPS/CLASSES
American Chronic Pain Association
(402) 727-3439
August 4, 18; September 15; October 6, 20;
November 3, 17
7–9 p.m.

Bereavement Support Group
(402) 727-3663
October 6, 13, 20 (children and adults)
6:30–8:30 p.m.
November 3, 10, 17 (adult group only)
1–3 p.m.

Breast Cancer Support Group
(402) 727-3439
August 11; September 8;
October 13; November 10
Noon–1 p.m.

Celiac Sprue Support Group
(402) 727-3439
September 24; October 22
6:30–8:30 p.m.

Compassionate Friends Support Group
(402) 727-3439
August 14; September 11;
October 9; November 13
7–9 p.m.

Your Best Life: Preventing Diabetes
(402) 727-3355
August 7; November 6
5:30–8:30 p.m.

Fibromyalgia and Chronic Fatigue Support Group
(402) 727-3439
July 28, August 25; September 22;
October 27
7–9 p.m.

Fremont Family Support Group (NAMI)
August 12; September 9;
October 14; November 11
6:30–8:30 p.m.

Leukemia & Lymphoma Patient/Family
Support Group
Call (402) 727-3439 for information or
(800) 347-1074, ext. 1208, to register.
August 21; September 18; October 16;
November 20
11:30 a.m.–12:30 p.m. (lunch provided)

Living Well with Diabetes Support Group
(402) 727-3355
August 26; November 25
5:30–6:30 p.m.

Look Good…Feel Better ®
Individual sessions available by calling
(402) 727-3580.
Provides women with a free bag of makeup
and a makeover, tips and guides about wig
care, and information about appearance-
related side effects of cancer treatment.

Prostate Cancer Support Group
Call (402) 727-3439 or email
prostatecancergroupfremont@gmail.com.
October 21
7–9 p.m.

Taking Charge (Diabetes Education Group Class)
August 20; September 17;
October 15; November 19
8:30 a.m.–4:30 p.m.
Call Sara Bishop at
(402) 727-3355
for registration.
Program fees covered by
Medicare, Medicaid, and most private
insurance companies.

Tobacco Cessation Classes
(402) 727-3439
$40 per participant. Call for upcoming
classes.

Understanding Hearts: Suicide Survivor
Support Group
(402) 727-3439
August 19; September 16;
October 21; November 18
5:30–7:30 p.m.
Dunklau Conference Room at the
Medical Center

SCREENING PROGRAMS
No registration necessary.

Blood Pressure Screening
Fremont Mall (Tuesdays)
August 19; September 16;
November 18
8:30-10:30 a.m.

Community Wellness Blood Draws
Church of the Nazarene
August 2
8:30–10:30 a.m.
960 N. Johnson Road, Fremont
Salvation Army
October 1
6:30–9 a.m.
707 N. I Street, Fremont
Gifford Towers
November 19
6:30–9 a.m.
2510 N. Clarkson Street, Fremont

Screenings Available at Community
Wellness Blood Draws include:
• Wellness blood profiles: $40
• Thyroid-stimulating hormone (TSH) test: $20
• Prostate-specific antigen (PSA) test: $20
• Glycated hemoglobin (HgbA1C) for diabetes
management: $20
• Lipid panel + glucose: $20
A 10- to 12-hour fast is recommended for ideal results. Take medications as scheduled unless directed differently by your physician. You can drink water or black coffee. Tests are offered at a reduced fee and cannot be filed through health insurance. Cash or personal checks accepted at time of service. Screenings are not intended as a substitute for regular medical exams.

UPCOMING EVENTS
AgeLess Prevention Connection
(402) 727-3844
August 20; September 17; October 15
8:30–10 a.m.
The Gathering, 750 N. Clarmar Avenue,
Fremont

Visit www.fremonthealth.com for monthly program
topics or information about joining our AgeLess
program. Most classes are free of charge, unless
noted otherwise. Call the number listed or visit the
website to register. All events take place in Health
Park Plaza, third floor, unless otherwise specified.

Visit www.fremonthealth.com to search Fremont
Health’s complete calendar listings.
The fashion, excitement, and fun of Churchill Downs were found right here in Fremont at the 2014 Fremont Health Foundation Derby Party held on Saturday, May 3.

Prizes distributed at the Foundation Derby Party included premium wines and a Goldendoodle puppy.

Racing

Toward a Healthy Future

The Event Center at Midland University was transformed to create an elegant and festive atmosphere to celebrate the 140th Kentucky Derby and raise funds for Fremont Health's Building a Healthy Future project.

The evening featured a live viewing of the Kentucky Derby, entertainment, and both silent and live auctions. Emcee Rusty Lord of WOWT Channel 6 News kept guests entertained while they enjoyed delicious food and signature drinks and bid on fabulous silent auction items including designer purses, electronics, College World Series tickets, gift baskets, Husker Volleyball tickets, and more.

A new feature at this year's event was a Wine Pull sponsored by First National Bank of Fremont. This included a delectable assortment of wines. Guests could purchase a “pull” for a bottle of wine. A stroke of luck found several guests walking away with a very high-end wine. Four guests each took home a bottle of wine valued at $100!

After an outstanding performance by Midland Warrior Street Percussion, the night concluded with a live auction, during which guests bid on some outstanding items including Eagles concert tickets, a Napa Valley getaway, exclusive dinner opportunities, and a Goldendoodle puppy. The evening’s events also included a heads and tails game sponsored by Diers Ford and awards for the most dapper gentlemen and the ladies with the most elegant and unique hats.

A Reason to Celebrate

While the night was full of fun, it was focused on raising funds for one of the most important endeavors for our Medical Center’s future—the Building a Healthy Future project. The $40 million renovation is financed through existing cash reserves, long-term financing, future operational cost savings, and philanthropic support from the community.

The event raised more than $79,000 from the generosity of those who attended and provided sponsorships and donations, making this evening a record breaker for the Fremont Health Foundation spring gala.

“It was a great night in support of such an important project for our hospital, and the generosity shown in support of this event and the Building a Healthy Future project is truly wonderful,” says Anne Folkers, Director of Development. “The funds we raise through events such as the Derby Party can help make the Medical Center a premier location for medical care and allow it to remain an independent community hospital serving Fremont and surrounding communities for many years to come.”

Visit www.fremonthealth.com for more information about the Fremont Health Foundation.
NEW FACES JOIN FREMONT HEALTH FOUNDATION’S Board of Directors

With the addition of Merritt Nelson and Sheila Monke, the Fremont Health Foundation welcomed two new Board members this spring.

**Merritt Nelson**
Nelson currently serves as Vice President for Student Affairs at Midland University. He grew up in Fremont and graduated from Fremont High School. Nelson received his undergraduate degree in Secondary Education–Mathematics and a Master of Education Degree in K-12 Educational Administration from the University of Nebraska–Lincoln.

“I am excited to make the Fremont community and my community of Burt County aware of the Fremont Health Foundation’s good work,” Nelson says. “I look forward to sharing the Foundation’s deep passion toward serving others and being a viable and permanent resource for Fremont Health in the future.”

**Sheila Monke**
Monke is a lifelong Washington County, Nebraska, resident. She graduated from Arlington High School and went on to the University of Nebraska–Lincoln to study education before completing her teaching endorsement from Dana College in Blair, Nebraska. Currently, Monke also serves on the Fremont Area Community Foundation Board, and she is the 2014 Nebraska Mother of Year.

“When I was invited to join the Fremont Health Foundation Board of Directors, I reflected on the many times the Monke family and our extended family members had been within the walls of this fine Medical Center,” Monke says. “We have always been grateful for the excellent care provided to us and our family. So I am honored to have the opportunity to give back.”

Scholarly Support

Every year, Fremont Health Foundation provides local high school students scholarships to continue their education and pursue their dreams.

Scholarships are awarded based on academic status, character, financial need, and leadership abilities. By awarding scholarships, the Foundation hopes to help area students become healthcare providers who may one day serve our community.

This spring, thanks to the generous support of donors, the Foundation was also able to offer a new Impact Scholarship to students who made a significant impression on their school and community and hope to make a significant impact in the field of healthcare.

“We had more applicants than ever this spring,” says Anne Folkers, Director of Development. “This demonstrates not only the continued interest of students in pursuing a course of study in healthcare, but also the continued financial assistance students need. We are so glad that our Foundation has been able to continue to offer students financial support through our scholarships.”

The 2014 High School Scholarship winners include:

- **ROBERT WEINBERG MEMORIAL SCHOLARSHIP**
  Kendall Niehaus, Fremont High School

- **FREMONT HEALTH FOUNDATION IMPACT SCHOLARSHIP**
  Jordan Samson, Fremont High School
  Seth Springer, Cedar Bluffs High School

- **FREMONT HEALTH FOUNDATION SCHOLARSHIP**
  Amanda Evert, Howells-Dodge High School
  Elizabeth Reinert, Oakland-Craig High School
  Katelyn Wobken, Scribner-Snyder High School

- **FREMONT HEALTH FOUNDATION EMPLOYEE CHILD SCHOLARSHIP**
  Emily Belak, Archbishop Bergan High School
  Mitchell Nissen, Oakland-Craig High School
Construction is underway on two new regional clinics scheduled to open this fall to better serve the residents of our region.

FREMONT HEALTH TO OPEN
Regional Clinics

The Lake Wanahoo Medical Clinic, located on the north side of Wahoo at the intersection of Highways 109 and 92, is scheduled to open in early fall. Fremont Health is partnering with 23rd Family Med to staff the clinic.

Andrew Opp, MD, will join 23rd Family Med and will see patients in both Fremont and Wahoo. Dr. Opp, a Wahoo native who lives in Wahoo with his wife and two young children, will complete his family practice residency at the University of Nebraska Medical Center this summer and is excited about the opportunity to serve his hometown community for years to come.

The West Shores Medical Clinic, located at the intersection of West Dodge Road and Highway 275, is scheduled to open later this fall. This clinic will be staffed by James Sullivan, MD, and Shalu Bansal, MD.

Dr. Sullivan, who served as a fighter pilot in the first Gulf War, completed his family practice residency at the University of Nebraska Medical Center. Dr. Bansal recently completed her family practice residency at Mayo Clinic. Drs. Sullivan and Bansal currently practice at Fremont Health Family Care and will continue to see patients in Fremont as well as West Shores.