



# Corporate Wellness Programs

**RWJUH Somerset** supports the health and wellness of our community members and all of those who live, work and visit Central New Jersey.

**RWJ**Barnabas  
HEALTH

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**Robert Wood Johnson  
University Hospital  
Somerset**

# About the Hospital

Founded in 1899, Robert Wood Johnson University Hospital Somerset, an RWJBarnabas Health facility, provides comprehensive emergency, medical/ surgical and rehabilitative services to residents throughout Central New Jersey.

The hospital's cardiology program is one of the most experienced in the state, with one of the highest volumes of cardiac procedures among hospitals without cardiac surgery. The recently renovated Cardiology Pavilion features private rooms and state-of-the-art telemetry monitoring.

Its Steeplechase Cancer Center provides state-of-the-art outpatient cancer care services, including radiation oncology, 3-D mammography, infusion therapy, a lung cancer screening program, nutritional counseling, complementary medicine services and a boutique. In partnership with Rutgers Cancer Institute of New Jersey, the center offers access to the latest treatment and clinical trials.

Each year, the hospital performs nearly 6,000 surgeries in a wide range of specialties, including in the fields of vascular disease, urology, gynecology, orthopedics, spine, podiatry, bariatrics, general and gender affirmation surgeries. In 2022, the hospital began construction on a new Orthopedic Center of Excellence, which will feature 35 private rooms for joint replacement surgery patients and a rehabilitation gym.

RWJUH Somerset's 28-bed inpatient Behavioral Health Unit provides care for ages 18 and older, treating both voluntary and involuntary patients. The hospital's Crisis Center, located in the Emergency Department, also offers emergency care for patients in crisis situations, including those who are suicidal. Three levels of outpatient behavioral health services are also offered, including a partial hospitalization program, intensive outpatient treatment and traditional outpatient services. The hospital's Eating Disorders Program – one of only two inpatient programs in New Jersey – provides treatment for patients aged 14 and older. Partial hospital and outpatient care are also available.

The hospital's maternity unit features modern private rooms, a Level II Intermediate Care Nursery and 24/7 neonatology and anesthesiology services.

It is the first hospital in New Jersey to offer specialized primary care services for LGBTQ+ adults at its Babs Siperstein PROUD Center, including hormone therapy and monitoring, HIV prevention, health education and counseling.

Outpatient services include radiology, laboratory, wound care, diabetes management, nutritional counseling and physical, occupational and speech therapy. In addition, the hospital offers outpatient services at convenient locations throughout Central New Jersey, including physical therapy locations in Bridgewater, Flemington, Hillsborough and Princeton; an urgent care center in Hillsborough and sleep medicine, cardiac rehabilitation and laboratory services in Hillsborough.

A teaching hospital affiliated with Rutgers Robert Wood Johnson Medical School, the hospital maintains a family medicine residency program with 21 residents.

## Vital Statistics



**339**  
Beds



**2,100**  
Employees



**900**  
Physicians



**600**  
Nurses



**427**  
Volunteers



**900**  
Births



**14,000**  
Admissions



**48,500**  
ED Visits



**5,700**  
Surgeries



**180,000**  
Outpatient visits

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## Honors & Awards



Nationally recognized as a Magnet® hospital for nursing excellence by the American Nurses Credentialing Center



Ranked “high performing” in the treatment of stroke by U.S. News & World Report



Honored by Healthgrades with its 2023 Coronary Intervention Excellence Award, ranking in the top 10% of hospitals across the country for cardiology services and among the top 10% of hospitals in the nation



Rated 5-Stars by Healthgrades for Outpatient Hip Replacement Surgery, Coronary Interventional Procedures, Treatment of Heart Failure, Cranial Neurosurgery, Stroke, Pneumonia, Colorectal Surgeries, GI Bleed, Bowel Obstruction, Sepsis, Diabetic Emergencies and Vaginal and C-section Deliveries



Designated as a “Leader in LGBTQ Healthcare Equality” by the Human Rights Campaign



Received “Most Wired” designation by the College of Healthcare Information Management Executives (CHIME)



Earned the Joint Commission’s Gold Seal of Approval for total knee and hip replacement surgery and its acute myocardial infarction (heart attack) program



Designated as a Primary Stroke Center by the Joint Commission and the New Jersey Department of Health and Senior Services



Recognized as a Center of Excellence in Metabolic and Bariatric Surgery™ by the Surgical Review Corporation



Honored with the American Heart Association/American Stroke Association’s Get with the Guidelines®-Stroke GOLD PLUS Achievement Award



Recognized as a NICHE (Nurses Improving Care for Healthsystem Elders) hospital



Achieved full accreditation by the National Accreditation Program for Breast Centers and named a Breast Imaging Center of Excellence by the American College of Radiology



The Steeplechase Cancer Center is accredited by the Commission on Cancer, a quality program of the American College of Surgeons.

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# Patient Navigation Programs



Robert Wood Johnson University Hospital Somerset's Indian, Chinese and Hispanic Medical Programs help members of the Indian, Chinese and Hispanic communities with various medical needs. Each program has a patient navigator who assists in coordinating care for community members.

The navigators assist patients with the following:

- Making medical appointments
- Arranging round-trip transportation for medical appointments
- Finding specialty doctors
- Filling out forms
- Accompanying patients to treatment at the hospital
- Providing translation/interpretation services

**Chinese Medical Program**, call **908-243-8670**

**Indian Medical Program**, call **908-595-2348**

**Hispanic Medical Program**, call **908-927-8798**

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# Cancer Prevention Programs



Robert Wood Johnson University Hospital Somerset's Steeplechase Cancer Center is dedicated to the early detection of cancer.

We have worked with corporations throughout Central New Jersey to promote early detection through breast cancer and lung cancer screenings.

## Breast Cancer Screenings

- Our Sanofi US Breast Care Program can work with you to set aside special early morning and evening appointments on designated days to make it even more convenient for your employees to get their annual screening mammograms. The breast center, which has been designated as a Breast Imaging Center of Excellence by the American College of Radiology, features state-of-the-art 3D mammography technology.

## Lung Cancer Screening Program

- To promote early detection of lung cancer, Robert Wood Johnson University Hospital Somerset launched a Lung Cancer Screening Center for those at high risk of the disease. Our Lung Cancer Screening Center can work with your eligible employees to get a lung cancer screening. Detecting it early gives patients the chance for better outcomes. The low-dose CT scan takes less than 60 seconds to complete. A computer creates 3D images of small sections of the lung that offer excellent detail and enable the detection of very tiny lung lesions that are often smaller than one centimeter. Radiologists who specialize in evaluating lung CT scans review the results.

For more information, please call [866-742-5762](tel:866-742-5762).

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Steeplechase Cancer Center

**RUTGERS**  
Cancer Institute  
of New Jersey  
**RUTGERS HEALTH**

**Let's beat cancer together.**

Rutgers Cancer Institute of New Jersey is the state's only NCI-designated Comprehensive Cancer Center. Together RWJBarnabas Health and Rutgers Cancer Institute offer the most advanced cancer treatment options close to home.



# Corporate Health Screenings and Health Education Programs



Robert Wood Johnson University Hospital Somerset makes it easy and convenient for your employees to get the health screenings they need. The following screenings can be provided at your facility:

- Blood pressure
- Cholesterol
- Glucose/A1c
- Flu vaccines
- PSA Levels for men

Education is key to a healthy lifestyle. Robert Wood Johnson University Hospital Somerset's medical experts can provide education programs on a variety of health topics through our free Speakers Bureau service. Programs are available for groups of 25 or more and can be conducted on-site at your workplace and tailored to your employees' interests.

#### Topics include:

- Allergies and asthma
- Back problems
- Behavioral health
- Breastfeeding after returning to work
- Breast health
- Cancer, including colorectal cancer, lung cancer, breast cancer, prostate cancer prevention
- Carpal Tunnel Syndrome
- Cholesterol
- Complementary medicine (ie. Acupuncture, massage therapy)
- CPR & First Aid
- Diabetes
- Diet and Nutrition
- Eating Disorders
- Heart Disease
- Joint Health
- LGBTQIA Health Services
- Lung Disorders (ie. Pneumonia, sinusitis, cancer, COPD)
- Men's Health Issues
- Sleep Disorders (ie. Insomnia, sleep apnea, how to get a good night's rest)
- Stress
- Women's Health Issues

To schedule a screening or education program, please call Sejal Dave Sharma at **908-595-2324** or Community Health Department at **908-685-2814**.

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# Organizing a Blood Drive



Most people don't realize that they can host a blood donation drive right in their local community or workplace. **You can.**

Hosting a blood drive is not only the ultimate demonstration of volunteerism and community service, but many find that organizing a drive in their community or place of business is a great way to support their loved ones' medical needs.

You'll find that hosting a volunteer blood drive is one of the most important and generous ways to give of your time. You'll be making a difference in patient health care and saving lives! RWJUH Somerset Blood Services is here to help you every step of the way. We'll ensure a seamless process, giving you the tools to market your blood drive, recruit donors and prepare the location. Our dedicated blood drive mobile team can travel to most places throughout our state to run a blood drive on behalf of one of our patients.

To schedule a blood drive, contact the Blood Donor Program at [908-685-2926](tel:908-685-2926).

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# Behavioral Health and Eating Disorders Programs



Life presents us with an array of challenges and stressors – and most people, at one time or another, may need some assistance in dealing with them. That’s when the Behavioral Health Services Department and Eating Disorders Program at Robert Wood Johnson University Hospital Somerset can help.

The highly trained, multi-disciplinary behavioral health and eating disorders team at RWJUH Somerset is dedicated to promoting personal growth and healthy functioning, rather than simply correcting a problem. Our team can provide on-site, educational programs to your employees such as:

- Mental Health First Aid
- Substance abuse recovery
- Signs and symptoms of eating disorders
- Informational sessions
- Support groups

Our nationally recognized Eating Disorders Program provides comprehensive treatment for individuals ages 14 and older who suffer from all types of eating disorders, including anorexia and bulimia. We are one of only two programs in New Jersey to provide inpatient care for eating disorders patients. Both behavioral health and eating disorders programs include inpatient treatment, partial hospitalization and intensive outpatient services. We also offer educational sessions and free weekly support groups.

To schedule an on-site educational program, please call Sejal Dave Sharma at **908-595-2324** or Community Health Department at **908-685-2814**. To make an appointment for behavioral health or eating disorder treatment, please call our Access Center at **1-800-300-0628**.

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Our healthcare team at the Babs Siperstein PROUD Center at RWJUH Somerset recognizes the unique medical needs of the LGBTQIA community and is dedicated to offering high-quality, culturally competent care. Our compassionate and skilled providers can provide:

- LGBTQIA sensitivity trainings
- Lunch and Learn programming

The Babs Siperstein PROUD Center was the first in New Jersey to provide specialized primary care services for the LGBTQIA+ community. Originally starting as a one-night-a-week clinic, the center served just over 200 patients in its first year. Today, we serve more than 1,000 patients, open five days a week offering services such as:

- Primary medical care
- Hormone therapy and monitoring
- HIV prevention
- Health education counseling
- Support groups
- Referrals for specialty services

To schedule an on-site educational program, please call Perry Farhat at [908-595-2323](tel:908-595-2323). To make an appointment at the Babs Siperstein PROUD Center, please call [1-855-776-8334](tel:1-855-776-8334).

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# Outpatient Services



## **Cancer Care**

The Steeplechase Cancer Center provides comprehensive outpatient cancer services, including radiation oncology, the Sanofi US Breast Care Program, a lung cancer screening program, clinical research trials, nutritional counseling and infusion therapy.

Our oncology nurse navigators help patients through the entire cancer journey from securing their initial appointment to coordinating follow-up visits related to treatments and procedures, all the way through aspects of survivorship.

**844-226-2376**

## **Cardiology Services**

Our cardiology services include emergency and elective coronary angioplasty services; a full range of diagnostic testing services, including cardiac catheterizations and pacemaker implantations. We offer a three-phase cardiac rehabilitation program for patients who have recently suffered a heart attack or who are recovering from an angioplasty, cardiac surgery or heart transplant.

**908-685-2947**

## **Diabetes Center**

The Diabetes Center provides an individualized program for self-management of diabetes, as well as educational services for outpatients and their families. The center offers educational counseling, blood glucose monitoring, meal planning and nutritional counseling, insulin pump therapy, classes and support groups.

**908-685-2846**

## **Laboratory Services**

Laboratory testing services are available just off the hospital's main lobby. No appointments are necessary.

**866-476-2522**

## **Infusion Therapy**

Our comprehensive infusion therapy services include treatment for cancer, anemia, blood disorders, neurological conditions, gastrointestinal illness, autoimmune diseases, osteoporosis and asthma.

**844-226-2376**

For more information, please call Sejal Dave Sharma at **908-595-2324**.

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## Occupational Therapy

Occupational therapists work to correct or compensate for areas that are limited to allow an individual to perform activities of daily living at the highest level of independence possible. Our occupational therapy services include upper extremity and hand therapy for arthritis, tendon repair, fractures, sport/work related injuries; custom splinting; physical agent modalities such as ultrasound, fluidotherapy and paraffin; LVST for Parkinson's disease; neurological care and cancer rehabilitation.

**908-685-2945**

## Physical Therapy

Physical therapy combines strength and mobility to restore movement and achieve the highest level of function. Our five physical therapy locations offer treatment for orthopedic conditions, neurological care, pelvic floor rehabilitation and vestibular rehabilitation. **Our clinicians are highly trained in the most current evidence-based concussion management and treatment techniques.** We specialize in an active treatment approach, which forces the brain to readapt to stimuli, which research shows is key to making a full recovery.

Make an appointment for an evaluation with one of our trained physical therapists for non-emergent issues such as:

- Wrist pain
- Back pain
- Joint & Muscle pain
- Neck pain
- Strains & Sprains
- Pelvic Floor

We offer convenient hours for appointments including early morning and late evening. Saturday appointments are available at select locations. **No physician referral or physical therapy prescription necessary.**

**855-777-8763**

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# Outpatient Services



## Radiology Services

Our newly renovated Radiology Department offers the most advanced imaging technologies in a convenient, comfortable setting. Medical imaging services include X-Rays, CT Scan, PET/CT, MRI, Nuclear Medicine, Ultrasound, 3D Mammography, Maternal-Fetal Medicine and Lung Cancer Screening. Our new MRI features a wider opening for enhanced comfort and our new SPECT/CT reduces radiation dosage by up to 50 percent.

[908-685-2930](tel:908-685-2930)

## Sleep Medicine

Our Comprehensive Sleep Center in Hillsborough diagnoses and treats sleep disorders. An overnight sleep study is conducted in one of our bedroom suites and treatment and follow-up care are available on-site.

[908-927-8795](tel:908-927-8795)



## Speech and Hearing Services

Speech and language services include services for individuals with dysphagia, cognitive therapy and help improving fluency and articulation. Our audiology team provides diagnostic hearing tests for infants through adults, newborn hearing screenings, hearing aid evaluations and screenings, central auditory processing evaluations and vestibular diagnostic testing.

[908-685-2946](tel:908-685-2946)

## Wound Care

The Center for Wound Healing provides a comprehensive approach to treating patients with chronic, non-healing wounds, including hyperbaric oxygen therapy (HBO). HBO is especially beneficial for diabetic patients with non-healing ulcers as well as those with arterial ulcers and other types of wounds that fail to respond to conservative therapy.

[908-203-6200](tel:908-203-6200)



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