



Patient Guide
Key Information
for Your Stay

Wellstar Paulding Hospital

2518 Jimmy Lee Smith Parkway, Hiram, GA 30141

Stay Connected to Your Health with MyChart Patient Portal

Healthcare on your schedule and at your fingertips. Sign up for MyChart today.



Access your health records anytime, anywhere. Whether you're at home or on-the-go, our new MyChart patient portal keeps your medical information securely stored and readily available to you 24-hours a day, 7-days a week. It even allows your Wellstar healthcare team swift access to vital information at a moment's notice to help you stay healthy.

MyChart Patient Portal Benefits and Capabilities:

- Safeguard medical information
- Manage your appointments
- Request prescription refills
- View your test results
- Communicate with your provider
- View statements and pay invoices
- Streamline registration
- Store real-time information
- Participate in Share Everywhere

How to Get Started:

You can sign up for a Wellstar MyChart account at any of our Wellstar facilities or register online at mychart.wellstar.org.

- If you have been assigned an activation code, select "Sign Up (I have a code)."
- If you do not have a code, select "Sign Up (I don't have a code)," and request an activation code. Check your email for your MyChart activation code.

Download the MyChart app from the App Store or Google Play today.

For more information about MyChart, please call the MyChart Help Desk at (470) 644-0419.



Welcome

We hope you all share our pride in Wellstar Paulding Hospital. It was designed with you, our patients and families in mind. Our state-of-the-art facility aims to be the safest hospital in the world with environmental and energy sustainability, as well as evidence-based design. Safety features were designed not only for our patients, but also for families, Wellstar team members, the community and the environment.

Although our hospital looks very different, at the heart of our innovative design and technology is one constant: a strong team of caregivers who are neighbors caring for neighbors. With 112 beds, Wellstar Paulding Hospital offers advanced medical, surgical and nursing care with specialties in emergency services, pain management and compassionate care for seniors. We are proud to be part of Wellstar, the largest health system in Georgia, known nationally for its innovative care models, focused on improving quality and access to healthcare.

Our goal is for you and your family to have the best patient experience possible. If we can help in any way, please let us know. Feel free to contact my Patient Experience team at (470) 644-7125 or me at (470) 644-8012.

Sincerely,
John Kueven, MHA, MBA, RN Senior Vice President
Wellstar Paulding Hospital President
john.kueven@wellstar.org

Calling from inside the hospital? **Dial the LAST FIVE DIGITS only.**
 Calling from outside the hospital? **Dial 470-644-7+room number.**

Key Numbers:

Main	(470) 644-7000
Rapid Response	(470) 245-3535
Patient Relations/Concerns	(470) 644-7125
Care Coordination:	(470) 644-7069
- 4th Floor and ICU:	(470) 245-3316
- 5th Floor and ED:	(470) 245-3315
- 6th Floor:	(470) 245-3319
- 7th Floor:	(470) 245-3321
- ED and Weekends:	(470) 245-3317

Other Hospital Services:

Administration:	(470) 644-8000
Billing Questions:	(470) 245-9998
Gift Shop:	(470) 644-7105
Human Resources:	(470) 644-8020
Medical Records:	(470) 644-7110
Operator:	0
Room Service:	(470) 644-7071
Security:	(470) 644-7100
Spiritual Health:	(470) 644-7107
Volunteers:	(470) 644-7108

Seasons Café

Located on the Main Level.

Weekday Hours:

Breakfast: 6:30 AM – 10 AM
 Lunch and Dinner: 11 AM – 7:30 PM
 Late Night: 9 PM – 12:30 AM

Visitors are welcome to dine in the Seasons Café. They also may get a guest tray by purchasing a meal certificate in the café and calling 1-2-EAT (ext. 12328) to place an order from the menu.

Gift Shop

Located on the Main Level.

The gift shop carries specialty gift items, ladies' apparel and accessories, children's apparel, toys, sundries, cards, balloons and flowers.

Hours: Monday through Friday: 9 AM – 5 PM
 Saturday and Sunday: Seasonal hours

Retail Pharmacy

Located in the Paulding Outpatient Pavilion North (North Entrance) in the Atrium Lobby.

Hours: Monday through Friday: 8 AM – 6 PM
 (470) 644-8091
 Most major insurances accepted.

Spiritual Health

Our chaplain and Spiritual Health volunteers offer emotional and spiritual care for patients and families. Patients can contact the chaplain by letting their nurse know. Families can call the operator by dialing 0 from any hospital phone. We also can contact your own faith leader. The chapel is open 24-hours a day and is located behind the gift shop on the main level.

Tobacco Free

All Wellstar locations are tobacco-free environments. Tobacco use is not permitted anywhere on Wellstar property. Patients are not allowed to leave the facility to smoke or use other tobacco products, including e-cigarettes. If you need cessation assistance during your stay, we offer nicotine replacement therapies to help you with withdrawal symptoms.

TV Channels

Local

- 3 WATC
- 4 ABC
- 5 FOX
- 6 NBC
- 7 CBS
- 8 WPC
- 9 GPB
- 10 PBS
- 11 TBS
- 12 ION
- 13 WATL
- 14 WUPA (CW)

Family

- 15 Freeform
- 16 Disney
- 17 Disney Jr.
- 18 Cartoon Network
- 19 Nickelodeon

Educational

- 20 Food Network
- 21 National Geographic
- 22 History Channel
- 23 Discovery
- 24 Animal Planet
- 25 Travel Channel
- 26 TLC

Sports

- 27 ESPN
- 28 ESPN2
- 29 ESPNNews
- 30 SportSouth
- 31 NFL
- 32 NBC Sports
- 33 Golf
- 34 Velocity

News and Weather

- 35 Weather Channel
- 36 Bloomberg
- 37 Fox News
- 38 Fox Business
- 39 CNN
- 40 Headline News

Latin America

- 41 Univision
- 42 Telemundo
- 43 Azteca America

Movies

- 44 Daystar
- 45 USA
- 46 Bravo
- 47 Paramount
- 48 truTV
- 49 TNT
- 50 AMC
- 51 Syfy
- 52 Comedy Central
- 53 truTV
- 54 Esquire
- 55 E!
- 56 WeTV
- 57 TBN
- 58 Lifetime
- 59 MTV
- 60 VH1

Fill out this list with hospital staff to double-check you're taking your medicines correctly and that they're safe to take together. Include over-the-counter medicines, vitamins and supplements.

Medicine 1	Drug name	What does it treat?	Dose
	How to take it <small>(With food, on an empty stomach, etc.)</small>	When to take it <small>(Time of day, morning, night, etc.)</small>	Notes <small>(Prescribing doctor, pharmacy, side effects)</small>

Medicine 2	Drug name	What does it treat?	Dose
	How to take it	When to take it	Notes

Medicine 3	Drug name	What does it treat?	Dose
	How to take it	When to take it	Notes

Medicine 4	Drug name	What does it treat?	Dose
	How to take it	When to take it	Notes

Medicine 5	Drug name	What does it treat?	Dose
	How to take it	When to take it	Notes

Medicine 6	Drug name	What does it treat?	Dose
	How to take it	When to take it	Notes

Three easy ways to give recognition:

WOW

Send your caregiver a quick note acknowledging a small act of kindness. Just ask for a WOW form.

Shining Star

Wellstar regularly honors its Shining Stars—team members who go the extra mile in providing stellar service. Write a note about who gave you great care and what they did, and give it to your charge nurse. This recognition means so much to our healthcare providers.

The Daisy Award

The DAISY Award is an international program that rewards and celebrates the extraordinary clinical skill and compassionate care given by nurses every day. Wellstar Paulding Hospital is proud to be a DAISY Award Partner, recognizing one of our nurses with this special honor quarterly. Look for nomination forms and collection boxes throughout the hospital.



Become a Wellstar Volunteer

Working diligently in virtually every area of our hospital, volunteers are our extra hands and hearts! They play the harp and the piano, provide pet therapy, sing, knit, encourage, care, help, smile, serve tea, hold hands, garden and push wheelchairs.

- Wellstar's 1,100 volunteers work more than 200,000 hours a year, representing \$3.6 million in donated time.
- Wellstar volunteers also raise money—more than \$773,000 each year, helping us buy needed equipment, renovate facilities and educate our patients.

Ready to make a difference? Call (470) 644-7108 or visit wellstar.org and click on volunteers.



Hospital Destinations & Locations

- | | | | |
|--------------------|--------------------|-----------|-----------|
| Emergency Entrance | Building Entrances | Parking | Gift Shop |
| Level 1 | Information | Elevators | Restrooms |
| Level 2 | Food/Dining | | |

Understanding Your Bill

What You Need to Know

Your bill reflects all the services you received during your stay. Charges fall into two categories: a basic daily rate, which includes your room, meals, nursing care, housekeeping, telephone and television and charges for special services, which include items your physician orders for you, such as X-rays, laboratory tests and surgical services. Payment of an estimated out-of-pocket account balance is due at the time Wellstar services are rendered. If you're an outpatient/observation patient, please carefully review your Medicare benefits and take note that they differ from inpatient benefits. If you have questions or want to make payment arrangements, please call (470) 644-7113 and a patient access representative will assist you.

If You Have Health Insurance

We will need a copy of your insurance identification card. We also may need the insurance forms, which are supplied by your employer or the insurance company.

If You Are a Member of an HMO or PPO

Your plan may have special requirements, such as a second surgical opinion or pre-certification for certain tests or procedures.

You are fully responsible for ensuring that the requirements of your insurance plan have been met. Otherwise, you may assume financial responsibility for the payment of all or an increased portion of charges related to the hospital services rendered. Some physician specialists may not participate in your healthcare plan and their services may not be covered. Deductibles and co-payments also are the responsibility of the patient.

If You Are Covered by Medicaid

We will need a copy of your Medicaid card. Medicaid also has payment limitations on a number of services and items. Medicaid does not pay for the cost of a private room, unless medically necessary.

If You Do Not Have Insurance Coverage

If you are unable to present any evidence of healthcare insurance coverage, you then will assume full financial responsibility for payment of all the charges incurred during your stay. A representative from the Patient Access Services Department will help you establish appropriate financial arrangements. In some cases, based on the information provided, patients may apply for other types of financial assistance programs.

Professional Services

If you have certain tests or treatments in the hospital, you may receive bills from physicians you did not see in person. These bills are for professional services ordered by your admitting physician, rendered by these physicians in diagnosing and interpreting test results while you were a patient. Pathologists, radiologists, cardiologists, anesthesiologists and other specialists perform these services and are required to submit separate bills. These physicians may not be participating providers in your insurance plan. It is your responsibility to seek information regarding which physicians may or may not be participating. If you have questions about these bills, please call the number printed on the statement you receive.

Wellstar Customer Service Department

Please contact us concerning:

- Paying your balance
- Setting up payment plans
- Questions regarding statements

To reach us by phone:

(470) 245-9998 or (470) 644-7113

To reach us by email:

online.account@wellstar.org

Online bill payments can be made at: wellstar.org/billpay

Our Commitment to Care

How's your stay? Are you getting the care you need? Are your doctors and nurses listening and responding to your questions or requests? Our goal is to provide the best quality care. To do so, we ask for feedback from patients like you.

During Your Stay

Please speak with your nurse or nursing supervisor if you have any questions or concerns about your care. If your issue still is not resolved, then contact Patient Experience at (470) 644-7125. You also have the right to file your complaint with either:

Georgia Department of Public Health

2 Peachtree St. NW, 15th Floor
Atlanta, GA 30303
(404) 657-2700

Office of Quality and Patient Safety The Joint Commission

One Renaissance Blvd.
Oakbrook Terrace, IL 60181
Fax: (630) 792-5636
Website: www.jointcommission.org,
then click "Report a Patient Safety Event"

Medicare and Medicaid

To file a complaint with Medicare:

Go to medicare.gov and click the Claims & Appeals tab for more information.

To file a complaint with Medicaid:

Contact the Georgia Department of Community Health's Customer Service department at (404) 657-5726 or 5728.

Want to know how we score?

You can review and compare the quality, care and safety ratings for different hospitals at: Medicare Hospital Compare, which uses HCAHPS results and other data:
www.medicare.gov/hospitalcompare/search.html

You also can find information on hospitals through these accrediting organizations:

- Healthcare Facilities Accreditation Program (HFAP): www.hfap.org
- DNV GL Healthcare: www.dnvglhealthcare.com
- The Joint Commission: www.qualitycheck.org

Hearing/Visually Impaired

We have special communication devices and services available for use during your stay. Please speak with your nurse for additional services.

Rights and Responsibilities

You, as the patient, have the right to...

Access to Care

Impartial access to treatment or accommodations that are available or medically indicated regardless of color, age, disability, race, creed, sex, national origin, sexual orientation, and gender identity or expression.

Respect and Dignity

Considerate, respectful care at all times and under all circumstances, including reasonable attempts to respect spiritual, religious or cultural beliefs and practices and to make efforts to accommodate whenever possible.

Privacy and Confidentiality

Expect that your personal health information will be protected according to legal and ethical standards related to privacy, security and confidentiality.

Be interviewed, examined and treated in surroundings designed to provide a reasonable expectation of privacy.

Expect that your personal privacy will be respected by: closing doors, curtains and providing adequate coverings/draping to limit patient exposure, knocking or announcing oneself prior to entering patient treatment room/curtained area.

Respect the presence of one's own gender during certain parts of a physical examination, treatment or procedure done by someone of the opposite sex. (Homecare: Patient care is delivered in the privacy of the client's environment. Patient privacy and confidentiality are taken into consideration when care is rendered. When requested by the patient, efforts will be made to arrange for staff of same gender.)

Expect that conversations/interviews related to your care will occur in an area designed to provide privacy and include only those with a specific "need to know." If information is considered to be of a sensitive or personal nature, the patient will be taken to a private area prior to discussing/obtaining such information.

Expect that protected health information that is displayed/posted in publicly accessible areas will be limited to the minimum amount necessary for the permitted purpose (i.e., limit information posted outside treatment room to name only; limit information on sign-in logs to time, patient name and physician name).

Have your medical records accessed and discussed only by those directly involved in your care, in the monitoring of the quality of care or those so designated by the patient.

Request the right of access to review, inspect and obtain a copy of your protected health information and have this information explained, except when restricted by state or federal law.

Participate in Treatment Decisions

Be informed and participate in decisions concerning your care.

Be given a clear and understandable explanation of procedures, including the reason why a procedure is needed, the risks and benefits, probability of success and possible alternatives.

Complete an advance directive to indicate your treatment preferences should you become unable to make your own decisions in the future.

Refuse treatment to the extent permitted by law.

Be informed of any research activities that affect your care and to choose voluntarily to participate. Refusal to participate will not compromise care.

Personal Safety

Expect safety related to hospital and office practices and environment.

Access Community Protective Services

Request and be assisted in the contact of advocacy or protective service agencies if you are being neglected or abused in your home and/or need outside support.

Information

Be informed about your illness, possible treatments and likely outcome.

Know the names and roles of caregivers.

Know the relationship the hospital and/or physician has with outside parties (such as healthcare providers or insurers) that may influence your treatment and care.

Be informed of actual outcomes, including unanticipated outcomes.

Pain Management

Expect appropriate assessment and management of pain.

Ethical Standards

Expect that high ethical standards be followed in providing your care. Whenever conflicts arise, a mechanism has been established to assist you, your family and caregivers to help resolve any ethical issues surrounding care.

Transfer and Continuity of Care

Expect that the physician and/or the hospital will provide necessary health services to the best of their ability. If a transfer is recommended, you will be informed of the benefits and the alternatives. You will not be transferred without your consent and until the other institution and/or physician agrees to accept you.

Understand Charges

Be billed fairly for those services provided.

Request an itemized bill for services rendered.

Ask questions and receive assistance in understanding charges and payment methods.

Receive timely notice prior to termination of eligibility for reimbursement by any third-party payer for the cost of care.

Understand Rules and Regulations

Know about Wellstar Health System rules that affect your treatment.

Concerns?

If you have concerns about the care you or your loved one is receiving, please speak with your doctor or nursing supervisor. If you feel that your issue isn't resolved, contact Patient Experience at (470) 644-7125.

You, as the patient, have the responsibility to...

Provide caregivers with accurate and complete information about your health and convey understanding of what is expected in regard to your treatment.

Inform care providers of any safety issues that need attention.

Comply with instructions for your treatment plan. If you believe that you cannot follow through with treatment, you are responsible for telling your physician.

Comply with your hospital or office rules and regulations.

Meet your financial obligations as promptly as possible.

Be considerate of the rights of other patients and personnel in the control of noise, number of visitors and the respect of property.

Wellstar Health System is pleased you selected us as your healthcare provider. We strive to ensure your healthcare experience exceeds your expectations. Our goal is to provide you with world-class healthcare.

Your Privacy Matters

You have privacy rights under a federal law that protects your health information. This law sets rules and limits on who can look at and receive your health information. These rights are important for you to know.

Who must follow this law?

Most doctors, nurses, pharmacies, hospitals, clinics, nursing homes and many other healthcare providers and their vendors.

Health insurance companies, HMOs and most employer group health plans.

Certain government programs that pay for healthcare, such as Medicare and Medicaid.

What information is protected?

Information your doctors, nurses and other healthcare providers put in your medical records.

Conversations your doctor has with nurses and others regarding your care or treatment.

Information about you in your health insurer's computer system.

Billing information about you at your clinic.

Most other health information about you held by those who must follow this law.

What rights do you have over your health information?

Providers and health insurers must comply with your right to:

Ask to see and get a copy of your health records.

Have corrections added to your health information.

Receive a notice that tells you how your health information may be used and shared.

Decide if you want to give your permission before your health information can be used or shared for certain purposes, such as for marketing.

Get a report on when and why your health information was shared for certain purposes.

File a complaint.

What are the rules and limits on who can see and receive your health information?

To make sure that your health information is protected in a way that doesn't interfere with your healthcare, your information can be used and shared:

For your treatment and care coordination.

To pay doctors and hospitals for your healthcare and help run their businesses.

With your family, relatives, friends or others you identify who are involved with your healthcare or your healthcare bills, unless you object.

To make sure doctors give good care and nursing homes are clean and safe.

To protect the public's health, such as by reporting when the flu is in your area.

To make required reports to the police, such as reporting gunshot wounds.

Without your written permission, your provider cannot:

Give your health information to your employer.

Use or share your health information for marketing or advertising purposes.

Share private notes about your mental health counseling sessions.

Your health Information

If you believe your health information has been shared inappropriately, please contact Wellstar's Privacy/Security Helpline at (470) 644-0444.

Right to Complain

If you believe your rights are being denied or your health information isn't being protected, you can file a complaint with your provider, health insurer or the U.S. government at <https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf>.

Room Service Menu

The goal of the Nutrition & Food Service Department is to provide you with nutritious and appetizing meals in a friendly and courteous manner. In addition, the department serves as a nutritional resource while you are hospitalized and is available for follow-up after you go home.

Seasons Café Room Service provides our guests with a unique dining experience similar to hotel room service.

If your visitor would like to dine with you, he or she may purchase a guest meal certificate from the Seasons Café cashier. Your guest then may call 1-2-EAT (ext. 12328) to place an order from the menu.

Menu Symbol Key

Symbols appear after some food items to help you make the best choices to meet your physician-prescribed diet. They are used to indicate the following :

- ♥: Heart-healthy choices lower in fat and sodium.
- C: Food item is high in Vitamin K and should be limited if taking Coumadin.
- FF: Food item is Fat Free.
- P: Food item is high in Potassium.
- Lo Na: Food item is Low Sodium.
- SF: Food item is Sugar Free.
- (#): Number of carbohydrate servings. Items without a number do not have a significant amount of carbohydrates.
- G: Food item is Gluten Free.
- R: Foods allowed on a renal diet.

How to Order

Dial 1-2-EAT (x12328) to place your order.

Our dietitians are constantly monitoring FDA updates to food classifications. If a food's classification changes in between updates to this guide, our team will consult with you when you call to order your meal.

Breakfast



Morning Specialties

- Scrambled Egg R G
- Egg Beaters ♥ R G
- Hard Boiled Egg R G
- Creamy Grits (2) ♥ R G
- Roasted Potatoes (2/P) ♥ G
- Bacon G
- Sausage G
- Turkey Sausage ♥ G
- Chicken Strips ♥ R
- Cheddar Cheese R G
- Mozzarella Cheese ♥ R G
- Omelets and Wraps
- Cheese Omelet G
- Ham & Cheese Omelet G
- Garden Healthy ♥ R G
- Southwestern Wrap (2)
- Egg Whites & Mozzarella (2) ♥ R G



Fruits and Cereals

- Fruit Cup (1/P) ♥ G
- Sliced Banana (1/P) ♥ G
- Seasonal Berries (1) ♥ R G
- Applesauce (1) ♥ R G
- SF - Lemon Ice ♥ R G
- Oatmeal (2) ♥
- Cheerios (1) ♥ R G
- Corn Flakes (1) ♥ R
- Raisin Bran (2/P) ♥
- Special K (1) ♥ R
- Rice Crunchins (1) ♥ R



Yogurt

- Blueberry Greek (1) ♥ G
- Fruit Yogurt (1) ♥ G
- Yogurt Parfait (2) ♥
- SF - Gelatin ♥ R G



Breakfast Breads

- White Toast (1) ♥ R
- Wheat Toast (1) ♥
- English Muffin Whole (2) ♥ R
- English Muffin Half (1) ♥ R
- Baked Muffin (2)
- Buttermilk Biscuit (2)
- Waffle (2) ♥ R

Lunch & Dinner



Southern Comfort Foods

- Oven Fried Chicken (1) ♥ R
- Pork Loin w/Sauce (1) ♥ R
- Pan-Seared Tilapia ♥ R G
- Pot Roast ♥ R G
- Grilled Chicken Breast ♥ R G
- Sweet Thai Salmon
- Plain Baked Salmon ♥ R G



Sides

- Garlic Smashed Potatoes (1/P) ♥ G
- Steamed White Rice (1) ♥ R G
- Whole Wheat Pasta (1) ♥
- Baked Potato (2/P) ♥ G
- Baked Sweet Potato (2/P) ♥ G
- Baked Potato Chips (2/P) ♥ G
- Golden Kernel Corn (1) ♥ R G
- Pinto Beans (2/P) ♥ G
- Steamed Broccoli (C) ♥ R G
- Carrots ♥ R G
- Steamed Spinach (C) ♥ G (P)
- Whole Green Beans ♥ R G



Soups

- Cream of Chicken
- Homemade Vegetable Soup (1) Lo Na
- Veg Soup (1) ♥
- Cream of Tomato (1/P)
- Chicken Noodle Soup (1)
- Chicken Noodle Soup/Lo Na (1) ♥ R
- Beef Broth Reg/Lo Na ♥ R
- Chicken Broth Reg/Lo Na ♥ R
- Veggie Broth Reg/Lo Na ♥ R



Fresh Salad Entrees

- Chicken Salad Plate (1) ♥ G
- Tuna Salad Plate (1) ♥ G
- Grilled Chicken Salad ♥ R G
- Fruit w/Cottage Cheese (2/P) ♥ G
- Fruit w/Yogurt (2/P) ♥ G

Room Service Menu

Dial 1-2-EAT (x12328) to place your order.

♥: Heart-healthy choices lower in fat and sodium.
C: Food item is high in Vitamin K and should be limited if taking Coumadin.
FF: Food item is Fat Free.
P: Food item is high in Potassium.
Lo Na: Food item is Low Sodium.

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G: Food item is Gluten Free.
R: Foods allowed on a renal diet.

Side Salads

House Salad (C) ♥ R G
Caesar Salad (1/C)
Cottage Cheese ♥ (R - 1/4 cup) G
Pasta Salad (1) ♥
Fruit Cup (1/P) ♥ G
Seasonal Berries (1) ♥ R G
Fruit Cocktail (1) ♥ R G
Potato Salad (1/P) ♥ G

Dressings

FF Ranch ♥
Caesar Creamy G
Honey Mustard G
Thousand Island G
Balsamic Vinaigrette R G
Country French ♥ G
FF Raspberry G
Ranch Creamy G
Bleu Cheese G
Italian Dressing G



From the Grill

Angus Burger (2)
Grilled Chicken Panini (2) ♥ R
Grilled Cheese (2)
Philly Steak Sandwich (2)
BBQ Pork Sandwich (2) ♥ (P)
Turkey Burger Patty Melt (2) ♥ R



Deli-Style Sandwiches

Turkey (2) ♥ R
Chicken Salad (2)
Roast Beef (2) ♥ R
Tuna Salad (2)

White (R)/Wheat Bread (1) ♥
Fresh Baked Roll (1) ♥ R
Homemade Cornbread (2) ♥
Crackers/Lo Na (1) ♥ R

American Cheese G
Swiss Cheese R G
Mozzarella Cheese ♥ R G
Provolone Cheese G

Lettuce ♥ (C) R G
Tomato ♥ (P) G
Onion ♥ R G

Pickle Chips G
Salsa ♥ G

Ketchup (P) G/Mustard ♥ R G
Margarine ♥ R G
Low Fat Mayo ♥ R G
Sour Cream R G



Something Sweet

Applesauce (1) ♥ R G
Apple Pie (3)
Apple Pie A La Mode (4)
SF Apple Pie (2)
Angel Food Cake (2) ♥ R
Angel Food Cake w/Topping (2) ♥ R
Oatmeal Cookie (1) ♥
Sugar Cookie (1) ♥ R
Chocolate Chip Cookie (1)
Pound Cake (2) R
Vanilla Cheesecake (2)
SF Vanilla Cheesecake (1) ♥ R
Vanilla Ice Cream (1) R G
Chocolate Ice Cream (1) G
Strawberry Sorbet (1) ♥ R G
Lemon Ice Regular (2) ♥ R G
SF Lemon Ice (1) ♥ R G
Gelatin Reg (2) ♥ R G
Gelatin Diet ♥ R G
Chocolate Pudding (1) G
Vanilla Pudding (1) ♥ R



Beverages

Available Breakfast, Lunch and Dinner

Apple Juice (1) ♥ R G
Orange Juice (1/P) ♥ G
Prune Juice (1/P) ♥ G
Cranberry Juice (1/C) ♥ R G
Cran-Grape Juice (1/C) ♥ R G
Tomato Juice (P) G
V8 (P) G
Whole Milk (1) G
Skim Milk (1) ♥ G
Low Fat Milk 2% (1) ♥ G
Sweet Iced Tea (2) R G
Unsweet Iced Tea ♥ R G
Coke (2) G
Diet Coke G
Sprite (2) ♥ R G
Sprite Zero ♥ R G

Ginger Ale (1) ♥ R G
Diet Ginger Ale ♥ R G
Bottled Water ♥ R G
Coffee R G
Decaf Coffee ♥ R G
Black Tea R G
Herbal Tea (C) ♥ R G
Hot Cocoa (1) G
Gatorade (1) ♥ R G
EnLive (3/P) ♥ G
Nepro (2) R G
Caffeine-Free Diet Coke ♥ G

Liquid Diets



Clear Diet

Something Savory

Chicken Broth
Chicken Broth/Lo Na ♥ R
Beef Broth
Beef Broth/Lo Na ♥ R
Vegetable Broth
Vegetable Broth/Lo Na ♥ R



Clear Diet

Something Sweet

Lemon Ice Regular (2) ♥ R G
SF Lemon Ice (1) ♥ R G
Gelatin Regular (2) ♥ R G SF
Gelatin ♥ R G
Strawberry Sorbet (1) ♥ R G



Juice

Apple (1) ♥ R G
Cranberry (1/C) ♥ R G
Cran-Grape (1/C) ♥ R G



Hot Beverages

Black Tea R G
Herbal Tea (C) ♥ R G
Coffee R G
Decaf Coffee ♥ R G



Cold Beverages

Sweet Tea (2)/Iced R G
Unsweet Tea ♥/Iced R G
Diet Coke G
Caffeine-Free Diet Coke ♥ G
Gatorade (1) ♥ G
Sprite (2) ♥ R G
Sprite Zero ♥ R G
Bottled Water ♥ R G
Ginger Ale (1) ♥ R G
Diet Ginger Ale ♥ R G
Gatorade (1) ♥ R G

Full Liquid Diets



Something Savory

Strained Cream of Chicken Soup
Cream of Tomato Soup (1/P)
Thin Oatmeal (1) ♥
Thin Grits (1) ♥ R G



Something Sweet

Chocolate Pudding (1) G
Vanilla Pudding (1) ♥ R
Vanilla Ice Cream (1) R G
Chocolate Ice Cream (1) G
Plain Yogurt (1) ♥ G
Low Fat Vanilla Yogurt (1) ♥ G
Strawberry Sorbet (1) ♥ R G



Beverages

Orange Juice (1/P) ♥ G
Skim Milk (1) ♥ G
Low Fat Milk 2% (1) ♥ G
Whole Milk (1) G
V8 (P) G
Hot Cocoa (1) G
Tomato Juice (P) G
Gatorade (1) ♥ R G



Wellstar[®]

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