

# PRE-REGISTER NOW

## Pre-register by choosing one of the following options:

- 1 Online: [www.SouthernHillsHospitalRegistration.com](http://www.SouthernHillsHospitalRegistration.com)
- 2 By telephone (pre-registration line): (702) 304-3152

## Items needed to register:

- 1 Photo ID
- 2 Insurance card (if applicable)
- 3 List of current medications
- 4 Forms/instructions from treating physician
- 5 Name of primary care physician



Women's Services  
at

SOUTHERN HILLS HOSPITAL

9300 W. Sunset Rd. | Las Vegas, NV 89148  
(702) 916-5000 | [SouthernHillsHospital.com](http://SouthernHillsHospital.com)



# MY HEALTH ONE

YOUR HEALTH, YOUR JOURNEY

Thank you for visiting Southern Hills Hospital. Don't forget, through MyHealthOne you can view your health information and details from your stay.

MyHealthOne consolidates many common tasks into one secure, easy-to-use online portal. You can use the portal on your desktop computer, laptop, tablet or smartphone 24 hours a day to access these features and more:



Health Records



Classes and Events



Bill Pay\*



Lab Results



Pre-Registration



Health Summary



Find a Doctor



Manage Loved Ones

\* Bill Pay excludes anesthesia or emergency physician bills, which are billed separately. Some features may not yet be available in all areas.

## Create a MyHealthOne account

1

Visit

**SouthernHillsHospitalRegistration.com**  
and click "Create an account"

2

Pick a username  
and password.

3

For security purposes, we'll ask you some information about yourself that you provided when you visited the hospital.

**If you need help or have questions about MyHealthOne, call (855) 422-6625.**

## Manage the health of a loved one

Authorized parents or caregivers can act on behalf of a patient, such as a child or elderly parent, to view hospital records, sign up for classes or provider appointments, pay hospital bills and more.

1. Visit our hospital and complete the Proxy Express Waiver form.
2. Once the patient has been discharged, call (855) 422-6625 to complete the enrollment process.
3. Sign in to MyHealthOne and begin managing the health of your loved ones.

# SERVICES

## Services we are proud to offer:

### FREE VALET

Just one of the many amenities offered at Southern Hills Hospital and Medical Center.

### COFFEE CART SERVING BEVERAGES AND PASTRIES

#### Coffee Cart Times

- Monday - Friday 7am - 4pm
- Saturday - Sunday - 7am - 1pm

### FULL SERVICE CAFETERIA WITH TO-GO ITEMS AND GRILL

- Breakfast 7am - 9:30am
- Lunch 11am - 2pm
- Dinner 4:30pm - 10pm

### VENDING MACHINES (AVAILABLE 24/7)

- Located in main cafeteria
- First floor near Emergency Department
- 3rd floor ICU waiting room

### COMPLIMENTARY ITEMS INCLUDE:

- Magazines
- Playing cards
- Sudoku puzzles
- Sleep masks
- Back scratchers
- Reading glasses
- Lip balm
- And more!



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# PRENATAL YOGA

## FREE AND OPEN TO THE PUBLIC TUESDAYS AT 4:00 PM

Nurture your mind, body and baby with prenatal yoga.

- Prenatal yoga classes are tailored specifically for those who are expecting.
- Prenatal yoga helps to relieve the discomforts of pregnancy and prepare your body for labor.
- Classes include meditation, warm ups, strength building poses, cool down poses, and ends with a relaxation meditation.
- The class is ideal for expecting mothers beginning in the second trimester.

Register for the class at [southernhillshospital.com](http://southernhillshospital.com) or by calling **(702) 916-5023**. This class is FREE but please bring your own yoga mat.

Classes are held at Southern Hills Hospital located at 9300 W. Sunset Rd. Las Vegas, NV 89148, inside the first floor education room.



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# BABY AND ME YOGA

## FREE AND OPEN TO THE PUBLIC FRIDAYS AT 10:15 AM

### WHO

This class is open to anyone in the community who recently delivered. Mom must be cleared by her doctor for physical activity.

### WHAT TO BRING

A yoga mat, blanket and toys for baby

### BENEFITS TO BABY

- Helps balance, coordination and motor skills
- Strengthens baby's body and develops reflexes
- Improves learning and social development
- Aids bonding, trust and social interaction
- Improves muscle development and muscle tone

### BENEFITS FOR YOU

- Teaches you to understand your baby's non-verbal cues
- Learn breathing and deeper relaxation techniques
- Encourages the nurturing instinct through the stimulation of oxytocin
- Helps you gain strength and alignment after pregnancy and giving birth
- Help gently rebuild core strength after pregnancy

### CLASS FORMAT

- Welcome circle - introductions
- Breathing and Centering
- Warm-ups
- Standing poses
- Circle time - stretches and songs with baby
- Caregiver relaxation

### First floor education room

*Perfect for babies 0-12 months or pre-walking*



Click [here](#) to register for this class today!

  
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# MEET OUR LACTATION CONSULTANTS

## AGNES & RILLA

Agnes Schaffer worked as a Neonatal Intensive Care Unit (NICU) RN for over 20 years before becoming a Lactation Consultant. She has extensive lactation experience from helping families of premature and sick babies. She would help patients establish and protect their breastmilk supply in the NICU and help with transitioning from bottle to breast.

*“Breastfeeding, although natural, is not always easy and immediate. My purpose is to assist families in breastfeeding so that they can define and achieve their own personal lactation goals.”*

Rilla Daza has been a nurse for 27 years, she received her Bachelors of Science in Nursing from the University of Illinois and has been a Certified Lactation Consultant for the last 4 years. She has been with Southern Hills since 2010. She loves her role as a Lactation Consultant along with Agnes. Her plan is to stay at Southern Hills Hospital until she retires because she loves working at Southern Hills with new families. She says her job is very rewarding and she enjoys helping mothers learn how to breastfeed their newborns.

### COMMON BREASTFEEDING CONCERNS ADDRESSED:

- Latching difficulties
- Issues with supply
- Transitioning from bottle to breast
- Breastfeeding and lifestyle balance
- Pain and discomfort when breastfeeding

### Need help or have questions?

Click [here](#) to sign up for our breastfeeding support group today!

To sign up, from our website click on community resources, select classes and events and sign up for any of our FREE classes.



**Agnes**



**Rilla**



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# FACT SHEET

Southern Hills Hospital provides the communities of southwest Las Vegas with emergency and pediatric emergency services with three ER locations, a behavioral health program, an accredited Chest Pain Center, a Certified Comprehensive Stroke Center, a dedicated orthopedic and spine unit, OB-GYN, diagnostic imaging, oncology, surgical services and a Level III Neonatal Intensive Care Unit (NICU) opening soon. Southern Hills Hospital & Medical Center's advanced care and superior service make for better outcomes and exceptional patient experience.

## Awards

- Awarded two Orthopedic Certifications from The Joint Commission (Hip and Knee Replacements)
- "Get With The Guidelines" — Stroke Gold-Plus Quality Achievement Award from American Heart Association
- Three-time Winner of Best Hospital in Las Vegas
- Healthgrades Five-Star Recipient for Total Hip Replacement for 3 Years in a Row (2019-2021)
- Healthgrades Five-Star Recipient for C-Section Delivery for 3 Years in a Row (2018-2020)
- Named Among the Top 10% in the Nation for Overall Pulmonary Services in 2021

## Joint Commission Certifications

- Chest Pain
- Joint Replacement - Hip
- Joint Replacement - Knee

## Cardiovascular Services

- Designated STEMI Center for heart attacks
- Care Assure Nurse Supervisor on staff to guide patients through their heart care pathway
- Comprehensive Diagnostic and Intervention Procedures

## DNV Certifications

- Certified Comprehensive Stroke Center

## Diagnostic Imaging

- 3-D digital mammograms, revolutionary technology for early detection of breast cancer
- Two 64-slice CT Scanners, providing faster, more detailed images
- Larger 70cm 1.5T MRI means more space, less restriction, greater comfort
- X-ray department equipped with all digital technology
- Ultrasound uses structured reporting for more accurate measurements

## 24/7 Emergency Services

- Accredited Chest Pain Center
- Certified Comprehensive Stroke Center
- Pediatric trained Nurses for childhood emergencies
- Three family friendly ER choices: Main Campus ER, ER at the Lakes, and ER at S. Las Vegas Blvd.
- ER at Desert's Edge opening Spring 2024

## Graduate Medical Education (GME) Programs

- Family Medicine
- Psychiatry
- Transitional Year
- Gastroenterology Fellowship
- Neurology
- Addiction Medicine

## Intensive Care

- 22-bed Unit
- State-of-the-art equipment and monitoring capabilities
- All ICU staff Advanced Cardiac Life Support Certified

## Neurology/Neurosurgery

- Certified Comprehensive Stroke Center
- Stroke prevention and treatment
- Spine procedures
- Minimally invasive thoracic surgery

## Oncology

- Chemo certified nurses
- Voted Best Cancer Treatment Center - Silver Award
- Outpatient infusion clinic

## Orthopedic

- 46-bed unit Orthopedic/Spine Unit with all private rooms and physical therapy gym for post operative joint care
- Spine surgery, joint replacement and fracture care
- Dedicated joint and spine P.A. who works with doctors on patient pain control
- Joint program is certified by the joint commission



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# FACT SHEET

## Behavioral Health

- 80-bed inpatient unit dedicated to behavioral health treatment for people ages 12 or older
- Patients meet daily with a board certified psychiatrist
- Industry-leading patient safety features
- Therapeutic comfort rooms for deescalation
- Offer seven interactive groups per day, geared toward each individual's treatment goals
- 24/7 assessments available by calling (702) 916-5100

## Surgery

- Robotic-assisted General/Spinal/ Gynecological/Orthopedics/ Urological surgeries
- Total Joint, Sports Medicine & Orthopedic/Spine Procedures
- Minimally invasive procedures in many specialties including endovascular
- Gastroenterology services
- Minimally invasive thoracic surgery
- Bariatric surgery for weight loss
- Neurosurgery

## Women's & Children's Services

- 24/7 Laborist Program, providing specialized care for laboring moms
- High-risk OB
- All private birthing suites
- Free Breastfeeding Support Group
- Childbirth preparation classes
- Luxury Recovery suites available
- Lactation Consultants Onsite
- Maternity tours
- Community classes
- Newly remodeled floor and birthing suites
- 15-bed Level III NICU opening soon



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# LABOR & DELIVERY SERVICES

CARING FOR YOUR FAMILY AS IF THEY WERE OURS

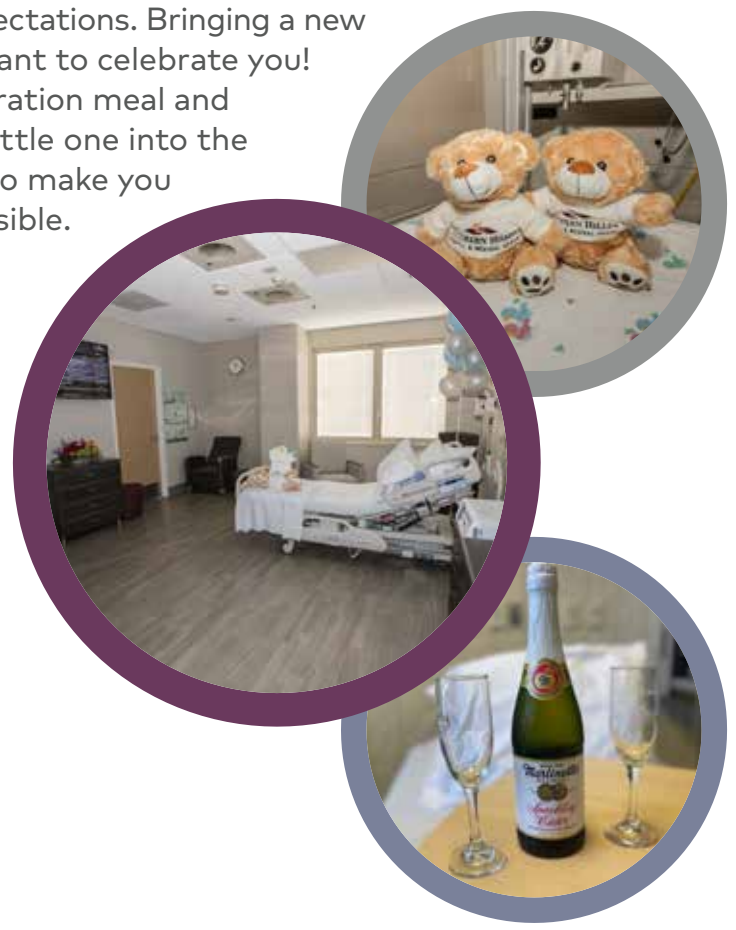
We are so thankful you're considering Southern Hills Hospital and Medical Center for this wonderful time in your life. We are a three time 'Best Hospital in Las Vegas' winner and are here to provide you and your family with a high quality, family centered atmosphere. With our 24/7 laborist program, we have OB/GYN physicians at the hospital for whenever that special time comes. Should any emergencies occur, our onsite laborist will be ready to care for you and your baby and assist until your physician arrives.

Having a baby is an exciting time in your life and perhaps a bit confusing if it's your first time. A very important part of your planning is choosing the hospital you will deliver at. **We believe Southern Hills Hospital is the right choice for you.** When you choose Southern Hills, we treat you as family. We encourage you to ask questions about your care, the services we offer and encourage feedback about your experience.

Our hospital also offers the amenities, care and expertise you and your baby need and deserve. The compassionate and caring staff at Southern Hills Hospital go above and beyond to exceed our patients' expectations. Bringing a new baby into the world is a celebration and we want to celebrate you! We do that with a special three-course celebration meal and special gift for your family to welcome your little one into the world! We also offer luxurious suite options to make you and your family's stay as comfortable as possible.

## EXPERIENCE SOUTHERN HILLS HOSPITAL FOR YOURSELF

At Southern Hills Hospital, we believe the best way for us to provide exceptional care is to make sure you are informed. This is why we provide a wide array of FREE classes and support before, during, and after your pregnancy.



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Click **here** for a full list of our FREE classes and events and sign up today!

# LABOR & DELIVERY SERVICES

CARING FOR YOUR FAMILY AS IF THEY WERE OURS

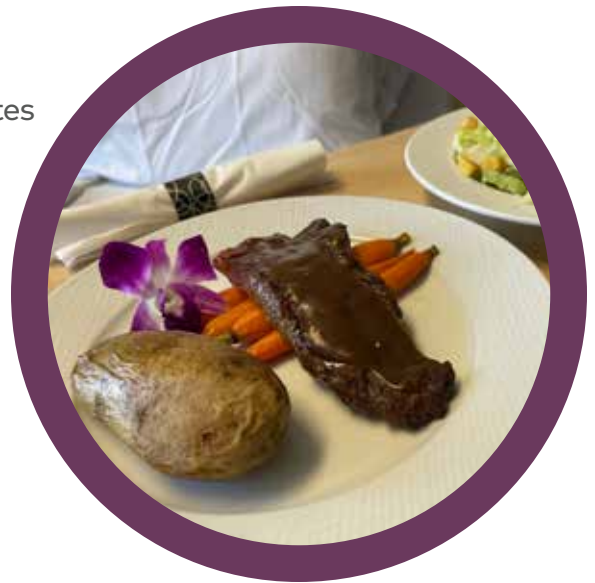
Please check on-line at [southernhillshospital.com](http://southernhillshospital.com) under the **Community Resources** tab select **Classes & Events** or call (702) 916-5023 for up to date class schedules.

## CLASSES OFFERED FOR FREE:

- Childbirth Classes
- Breastfeeding Support Group
- Prenatal Yoga
- Baby & Me Yoga
- Maternity Tours offered in-person

## OUR WOMEN'S SERVICES DEPARTMENT FEATURES THE FOLLOWING:

- 24/7 Laborist Program providing the specialized care that you and your baby need when that special time comes
- Luxury Recovery Suites
- Newly remodeled Private Labor, Delivery and Recovery suites
- Low Intervention Birth Options including Nitrous Oxide
- 25 Postpartum Rooms
- Dedicated Case Managers for NICU Families
- State-of-the-Art incubators and Warming Beds
- 15-bed Level III NICU opening soon
- Birthing Balls
- HUGS infant security System
- Onsite Certified Lactation Consultants
- Two Full Service Operating Rooms
- Three Course Celebration meal
- Overnight Accommodations for Significant Other
- Gifts for Holiday Babies
- Coffee Cart and Cafeteria available for family members
- Room Decoration Options for Postpartum and Selfie Wall
- Surrogacy and Adoption Accommodations Available
- Prenatal and NICU Postpartum Support Classes



  
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# WE'RE HERE TO DELIVER



When you need it most, you can trust us to provide a safe and nurturing environment to welcome your baby. If your pregnancy is considered high-risk or you have complications, you can rest easy knowing the expert team at Southern Hills Hospital & Medical Center is here to support you with advanced maternity care.

## Comprehensive care for our tiniest patients and their families include:

- 24-Hour Coverage by Board-Certified Neonatologists, Anesthesiologists and On-Site OB/GYNs
- Dedicated Case Managers for NICU Families
- Highly-Secure Unit with Infant Security System and Secure Web Cam Access
- State-of-the-Art Incubators and Warming Beds
- Surrogacy and Adoption Accommodations Available
- Prenatal and NICU Postpartum Support Classes
- And, Much More

## OPENING THIS WINTER EXPANDED LEVEL III NEONATAL INTENSIVE CARE UNIT (NICU)

7,062 square feet designed to accommodate the new generation of family needs.

Our mission is to care like family and with this expansion we will be able to care for all babies and provide physical and emotional support to families.

[LEARN MORE](#)

Take a virtual tour of our state-of-the-art facility and learn more about the care and comfort you can expect.



# THE LUXURY RECOVERY SUITE

AT SOUTHERN HILLS HOSPITAL

## MORE PRIVACY

Southern Hills Hospital and Medical Center recently unveiled a two million dollar renovation of their Women's Services Department. Part of the renovation included the creation of two Luxury Recovery Suites for our families looking for a more elevated experience.

## MORE SPACE

Our beautifully appointed recovery suite boasts two rooms which are conjoined. The extra space provides mom privacy if she needs it and a sofa bed for her support person.

## MORE AMENITIES

The suite features flat-screen televisions, wireless Internet access, personal refrigerators, customized robe and complimentary spa quality products. You'll also receive a celebratory meal from our chef with customized champagne flutes. We also offer a special luxury menu for more personalized meal options.

Recovery suites are on a first come first serve basis and can not be reserved in advance.

**For more information on pricing and how to book our luxury recovery suite, call (702) 916-6600.**



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# BABY'S FIRST PORTRAIT SESSION

CAPTURE THIS LIFE CHANGING MOMENT

Southern Hills Hospital is proud to partner with Mom 365 to provide families with beautiful newborn portraits.

## HERE'S HOW IT WORKS:

- Mom365 will come to your hospital room for a free private photo session with no obligation to purchase
- Free digital keepsake - our gift to you
- You can view your images immediately and select portraits, announcements, keepsakes and more from the comfort of your bed
- Digital Packages allow you to enjoy and share your beautiful portraits right away

**You can visit [mom365.com](http://mom365.com) for more information.**



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# RECOVERY ROOM DECORATING

MAKE YOUR ROOM AS SPECIAL AS THIS MOMENT

At Southern Hills Hospital, we strive to provide exceptional care during every aspect of your delivery experience. We understand the importance of creating a warm and personalized environment. This is why we offer customizable room decorating services that include a variety of options such as color schemes, balloons, blankets, flowers, and more.

**Partners, this is a sweet gift she'll remember forever!**

Additionally, to help capture the precious moments of your little one's arrival, we have a photographer on staff who is available to take photos of both your baby and your room. Please note that there is no obligation to purchase these photos.

**We are committed to making your delivery experience as comfortable and memorable as possible.**

Loved ones won't be there for the delivery? This is a great way for them to get involved. Want this to be a surprise? Let us know!

**Scan the QR code to provide information and someone will reach out.**



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# SELFIE WALL

## THE SELFIE WALL IS HERE!

Snap a picture when you arrive showing off your precious bump! On the way out, take another with baby to commemorate the special occasion. The before and after photos always make for a precious keepsake.



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# EMERGENCY ROOM SERVICES

WE CARE FOR KIDS

With three locations in the valley, Southern Hills Hospital is there for you and your family.

- Specific rooms for children
- Pedialyte pops for kids
- Skin glue for cuts so you don't have to worry about stitches later
- Pain free stitches and kid friendly numbing cream for pain
- Safe medications to calm kids
- Pediatric emergency trained nurses and docs



ER at the Lakes  
3325 S. Fort Apache Rd.  
Las Vegas, NV 89117



ER at S. Las Vegas Blvd.  
10770 Las Vegas Blvd. S  
Las Vegas, NV 89183



Southern Hills Hospital and  
Medical Center  
9300 W. Sunset Rd.  
Las Vegas, NV 89148



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Coming Spring 2024 - ER at Desert's Edge

**ER** SUNRISE HEALTH SYSTEM  
at **Desert's Edge**

A Department of Southern Hills Hospital & Medical Center

9075 Blue Diamond Rd.  
Las Vegas, NV 89178