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### I Choose Spring Valley Hospital Medical Center



Find out why **Nikki Bedrosian**, **Fred Reynolds** and many others choose the hospitals of The Valley Health System for quality care.

### Meet the CEO



**Leonard Freehof**  
Chief Executive Officer

### Search Jobs Online



### Know Your Risk of Heart Disease and Stroke



**Learn your risk** of developing heart disease, a preventable disease that can be fatal if left untreated.

Stroke is a leading cause of disability. Learn if you are at risk with this **easy assessment tool**.

If your assessment shows you are at risk for heart disease or stroke, you will be able to schedule a free follow-up screening and consultation with a clinician.

### Download the Heart Attack Survival Guide



### Senior Advantage (55+)



### Kids Advantage

### New Interactive Health Information Library

Learn about these health and wellness topics and more!

	Heart Health		Digestive Disorders
	Bones, Joints & Muscles		Fitness & Exercise
	Brain & Nerves		Food & Nutrition
	Cancer		Injuries & Wounds
	Manage Diabetes		Mental Health



The Valley Health System  
Learn about the many benefits of our Kids Advantage Program...

**REGIE Online Registration**



Click here to preregister now!

**Accredited Chest Pain Center**

**CHOOSE**  
Heart care respected by an authority



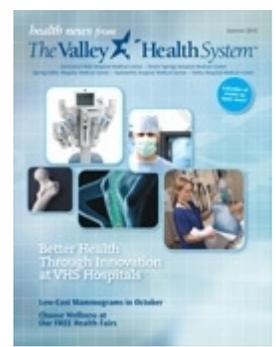
When it comes to acute coronary early assessment, diagnosis and treatment, choose wisely. Choose Spring Valley Hospital Medical Center, a hospital that's been accredited by a respected authority. **Find out more...**

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**Health News Magazine Online**



View the current issue of Valley Health System's Health News Magazine online.

With our new Online Bill Pay, you can easily and quickly pay your hospital bill online, from the comfort of your home.

Just click on Online Bill Pay on the left of this page and use your credit or debit card to pay your balance. It's safe and easy, and you can do it from the convenience of your home or office.

No stamps. No envelopes. No hassles.

### Tobacco Free -- July 1, 2010



To create a healthier environment for everyone who comes here to work, receive care or visit a friend or family member, the entire campus of Spring Valley Hospital Medical Center became tobacco-free on July 1, 2010.

Tobacco use of any kind is prohibited anywhere on the campus including parking lots and privately owned vehicles. This policy applies to patients, visitors, vendors, employees, physicians and anyone else on the Spring Valley Hospital campus.

We're dedicated to healthcare so it only makes sense to be tobacco-free. While we are not requiring employees to quit using tobacco products, we're committed to helping them if they want to quit.

Free information, telephone counseling education and an individualized quit plan with ongoing support are all available from the Nevada Tobacco Users Helpline. **Call 702-877-0684 or 1-800-QUIT-NOW (1-800-784-8669) to learn more.**

Note: The information on this Web site is provided as general health guidelines and may not be applicable to your particular health condition. Your individual health status and any required medical treatments can only be properly addressed by a professional healthcare provider of your choice. Remember: There is no adequate substitution for a personal consultation with your physician. Neither Spring Valley Hospital Medical Center, or any of their affiliates, nor any contributors shall have any liability for the content or any errors or omissions in the information provided by this Web site.

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Spring Valley Hospital Medical Center is owned and operated by a subsidiary of Universal Health Services, Inc. (UHS), a King of Prussia, PA-based company, that is one of the largest healthcare management companies in the nation.

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