

2022 Community Profile



Your Health. OUR PURPOSE.



Welcome

TO SOUTH TEXAS HEALTH SYSTEM

At South Texas Health System®, the health of you and your family is our top priority. It drives everything we do and inspires us to be among the nation's leaders in healthcare.

Our integrated network of care is comprised of five acute care and behavioral health facilities, six freestanding emergency departments, affiliated with 50+ physician practices and a broad variety of outpatient clinics and services. Year after year, we are recognized for the quality of care we provide. In fact, South Texas Health System has received accreditations and awards for excellence in a wide range of areas, including patient safety, heart, stroke, women's services, robotic surgery, and more.

While accolades like these are a welcome affirmation of the high level of healthcare we provide, our driving goal is not fueled by a desire for recognition, however well deserved. Instead, we remain steadfast in our commitment to a single goal – providing the people of the Rio Grande Valley with the quality and compassionate care they need, when and where they need it most. As the ongoing pandemic has shown, nothing is more important than our health and the health of those we love.

Whether helping deliver a new addition to one's family, performing a lifesaving cardiovascular procedure or neurosurgery, restoring limb circulation, treating a hard-to-heal wound or conducting robotic or pediatric spine surgery, we strive to achieve excellence in everything we do.

The physicians who choose to practice at South Texas Health System truly make us special. They have the talent and dedication that bring to life things like our surgical robots, our Level II trauma program, our 3T MRI, our comprehensive pediatric program, and our surgical services.

Through our many educational affiliations, we are helping to train the next generation of healthcare providers including physicians, nurses, therapists and others in the field of allied health sciences.

In addition to the nearly 850 physicians in specialties ranging from primary care and neurosurgery to behavioral health, our system is also comprised of more than 2,800 employees and nearly 100 volunteers, making South Texas Health System the largest healthcare system south of San Antonio.



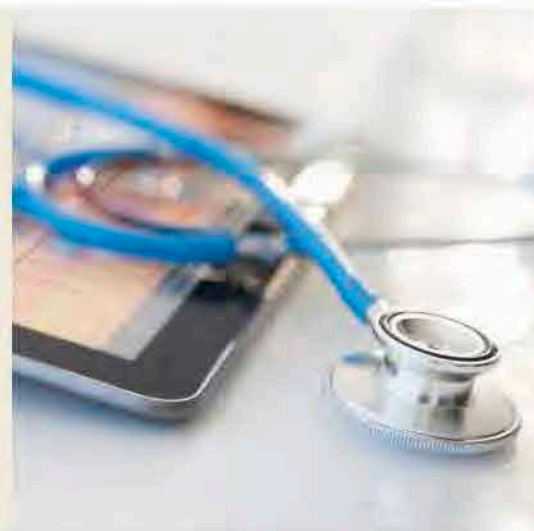
South Texas Health System

Your Health. **OUR PURPOSE.**

South Texas Health System is a regional multi-facility system that has earned a reputation for excellence in providing quality healthcare to residents of the Rio Grande Valley. We offer a comprehensive array of medical services including: behavioral health, cardiovascular, emergency, maternity/women's health, pediatrics, surgical care and trauma, along with specialty services in chest pain, diabetes, neuroendovascular care/neurosurgery, orthopedics, physical rehabilitation and wound care.

South Texas Health System has compiled a distinguished list of firsts:

- First to offer private behavioral health inpatient treatment in the Rio Grande Valley
- First neonatal surgery center in the four-county region
- First designated Level II Trauma Center in Hidalgo County
- First dedicated pediatric facility and pediatric emergency room in the Rio Grande Valley
- First and only dedicated heart facility in the Rio Grande Valley, complete with a dedicated cardiac emergency room
- First freestanding emergency departments (ERs) in Texas to be certified in emergency cardiac care and stroke care
- First ERs in Texas to be certified by The Joint Commission as Acute Stroke Ready Hospitals
- First Intensive Cardiac Rehabilitation Program in South Texas



South Texas Health System also provides community outreach programs. Call the STHS Marketing Department at 956-388-2020 for information on our health and wellness programs and events for individuals of all ages.

South Texas Health System is owned and operated by a subsidiary of Universal Health Services, Inc. (UHS) Headquartered in King of Prussia, Pennsylvania, UHS is one of the largest and most respected providers of hospital and healthcare services in the nation.

South Texas Health System Boosts Local Economy

In addition to its significant impact on the health of the community, South Texas Health System provides a boost to the local economy through a wide range of job opportunities.

In 2022, the system continued to meet the needs of the community:

Patient Medical Care

Admissions ^a :	30,366	Knee Replacement:	748
Bariatric Surgery:	82	Robotic-Assisted Surgery:	282
Births:	1,476	Special Procedures:	4,596
Emergency Visits:	166,404	Surgeries:	18,483
Hip Replacement:	177		



The System Family

Employees:	2,843
Military Veterans on Staff:	76
Physicians on Staff:	842
Volunteers:	100



Financial Impact

Capital Investment:	\$60.7 million
Local/State Taxes Paid:	\$9.4 million
Salaries, Wages, Benefits:	\$237.4 million
Uncompensated Care ^{a, b} :	\$584.7 million

^a 2022 Admissions per UHS Corporate Finance.

^b Uncompensated Care equals the sum of bad debt, charity care and uninsured discounts.

South Texas Health System At A Glance



South Texas Health System McAllen

With its Level II Trauma Center, South Texas Health System McAllen continues to advance trauma and critical care services for the community. As a certified stroke center, we treat the most critical stroke cases in our endovascular suite and provide nationally recognized neuroendovascular care and physical rehabilitation services. What's more, we offer a Level III Neonatal Intensive Care Unit to care for newborns with critical issues, as well as a Breast Imaging Center of Excellence and interventional radiology lab.

southtexashealthsystemmcallen.com



South Texas Health System Heart

With a commitment to investing in advanced technologies, South Texas Health System Heart features four catheterization laboratories, including a hybrid space that can be quickly converted to an operating room to best serve patients with more complex cardiac needs. Physicians use three-dimensional videoscopes to obtain a 360-degree view of the heart and vascular system during surgery. The facility offers advanced procedures like TAVR and CardioMEMS™ to help treat severe cardiac issues. The facility is also home to the first Intensive Cardiac Rehab program south of San Antonio.

southtexashealthsystemheart.com



South Texas Health System Edinburg

As a designated Level IV trauma center, accredited chest pain center, and certified stroke center, South Texas Health System Edinburg serves critical healthcare needs in our community. Here patients will also find the Maternity Center at STHS Edinburg, part of the facility's The Women's Corner, featuring an inviting environment, numerous amenities and family-centered maternity care. In addition to the community's 3T MRI imaging suite, we are proud to offer nationally recognized robotic surgery and other minimally invasive procedures, as well as advanced wound care and sleep study and treatment services.

southtexashealthsystemedinburg.com

Inpatient Physical Rehabilitation at STHS Edinburg and STHS McAllen

These programs — certified by The Joint Commission and accredited for stroke and cardiac care — provide comprehensive physical rehabilitation care for adults through intensive physical, occupational and speech therapy services. Working with a specialized physician, efforts are coordinated to help patients reach their highest level of function and independence.

Learn more at southtexashealthsystemedinburg.com and southtexashealthsystemmcallen.com



South Texas Health System Children's

Opened in March 2006, South Texas Health System Children's is the Rio Grande Valley's first pediatric facility offering the region's only dedicated Pediatric Emergency Department. It features pediatric subspecialists who provide advanced care in: cardiology, gastroenterology, infectious disease, neurology, otolaryngology (ear, nose and throat), radiology, and surgery. It is home to an in-hospital Ronald McDonald House suite, two pediatric playrooms, a virtual playroom and soon-to-be opened outdoor healing courtyard.

southtexashealthsystemchildrens.com



South Texas Health System Behavioral

South Texas Health System Behavioral serves the community with compassionate care and services tailored to children, teens and adults. Programs are designed to treat a wide range of behavioral health conditions and addictive behaviors. Staff members develop individualized treatment plans to lead patients on the path to recovery. Outpatient programs such as the partial hospitalization program and the intensive outpatient program can assist with an ongoing improvement of health, or help an individual through a specific crisis. In addition, the facility hosts various community outreach and mental health awareness events, including its monthly Let's Talk Mental Health webinar series.

southtexashealthsystembehavioral.com



South Texas Health System Clinics

Providers with South Texas Health System Clinics deliver high quality family medicine, health screenings and advanced specialized care — including cardiology, gastroenterology, obstetrics/gynecology, orthopedics and more — to the people of the Rio Grande Valley. Clinics are located throughout the region and offer both in-office and virtual visits, as well as a variety of appointment options, including evening and weekend hours and same-day and next-day appointments*.

sthsclinics.com

*Options may vary by provider.

South Texas Health System is a Value-Based Care Organization

What is value-based care and what does it mean for patients? Value-based care is a healthcare delivery model in which providers, including hospitals and physicians, are paid based on patient health outcomes. Value-based care seeks to advance the triple aim of providing better care for individuals, improving population health management strategies, and reducing healthcare costs.



Comprehensive Healthcare Services

- | | | | |
|----------------------------|----------------------------|------------------------------|----------------------------|
| Acute Care for the Elderly | Endocrinology | Maternity Services | Peripheral Vascular |
| Acute Inpatient Services | Endoscopy Services | Medical ICU | Diagnosis/Intervention |
| Air Ambulance/Helipad | Family Medicine | MRI | Pharmacy |
| Angioplasty | Residency Clinic | Neuroendovascular Care | Podiatry |
| Antepartum | General Surgery | Neurosurgery | Pulmonary Care |
| Asthma Center | Gynecological Surgery | Nuclear Medicine | Radiology |
| Bariatric Surgery | Inpatient Occupational | Oncology Care | Rehabilitation |
| Behavioral Health | Therapy | Oncology Surgery | Respiratory Care |
| Bi-ventricular Implants | Inpatient Physical Therapy | Orthopedic Surgery | Robotic-Assisted Surgery |
| Cardiac Catheterization | Inpatient Speech Therapy | Outpatient Pediatric Surgery | Sleep Studies |
| Cardiovascular Diagnostics | Intensive Cardiac Rehab | Outpatient Rehabilitation | Stroke Centers |
| Cardiovascular/ | Intensive Care Units | Outpatient Surgery | Surgical ICU |
| Open Heart Surgery | Intensive Outpatient | Pacemaker/Defibrillator | Telemetry |
| Case Management | Treatment/ | Pediatric Care | Thoracic Surgery |
| Chest Pain Centers | Behavioral Health | Pediatric Comprehensive | Transcatheter Aortic Valve |
| Congestive Heart | Intermediate Care Unit | Services | Replacement (TAVR) |
| Failure Program | Interventional Radiology | Pediatric Ear, Nose | Trauma Care |
| CT Scan | Intravascular Ultrasound | and Throat | Urology |
| Dialysis | Labor & Delivery | Pediatric ER | Vascular Surgery |
| Drug and Alcohol Medical | Laboratory/Pathology | Pediatric ICU | Women's Services |
| Stabilization Program | Level I Newborn Nursery | Pediatric Sedation/Imaging | Wound Care & |
| Ear, Nose and Throat | Levels II & III NICU | Services | Hyperbarics |
| Electrophysiology Studies | Mammography-Digital | Pediatric Surgery | X-Ray/Fluoroscopy |
| Emergency Care | Maternal Triage Services | | |

Specialty Services

South Texas Health System Outpatient Rehabilitation Centers

Patients recovering from an injury or illness can receive individualized care at the South Texas Health System McAllen Outpatient Rehabilitation Center or the South Texas Health System Edinburg Outpatient Rehabilitation Center. *Call the McAllen location at 956-971-5640 or the Edinburg location at 956-420-3800.*

South Texas Health System Intensive Cardiac Rehabilitation Program

South Texas Health System Heart has collaborated with Pritikin Intensive Cardiac Rehab to launch the South Texas Health System Intensive Cardiac Rehabilitation Program to provide the support and education patients need as they commit to a new, healthier lifestyle. *For more information, call 956-994-2770.*

South Texas Health System Wound Healing Center

With a specialized team and advanced treatment options including hyperbaric therapy (HBOT), the Wound Healing Center at South Texas Health System Edinburg enables patients suffering from slow or non-healing wounds to receive the important care they need. *To schedule an appointment, please call 956-388-2700.*

South Texas Health System Bariatric Weight Loss Surgery Center

The South Texas Health System Bariatric Weight Loss Surgery Center offers hope and support for a healthier lifestyle, with a dedicated team helping patients achieve and maintain their weight-loss goals. *For more information, call 956-644-1616.*

South Texas Health System Sleep Center

The South Texas Health System Sleep Center offers comprehensive sleep study sessions for both adults and children to help diagnose and treat a wide range of sleep disorders. *For more information, call 956-213-0403.*



South Texas Health System Reserve and Learn Line

To find a primary care physician or specialist and/or make an appointment, call **800-879-1033**.

For information about South Texas Health System services, facilities, classes, events and more, visit southtexashealthsystem.com.

Veterans' Program

South Texas Health System has a rich history as a VA-contracted hospital in Hidalgo County, proudly providing behavioral health, emergency, inpatient, and outpatient services to veterans since 2009. We consider it a privilege to offer healthcare services to our military veterans and their family members close to home.

Freestanding Emergency Departments (ERs)

South Texas Health System's ERs are open 24 hours per day, 365 days per year, unlike most urgent care centers that are open just eight to 16 hours per day. All are staffed with medical personnel and equipped with diagnostic technology similar to that available in South Texas Health System's larger facility ERs.

Our freestanding ERs treat emergency medical conditions typically beyond the scope of treatment for most urgent care centers or night clinics. They include, but are not limited to: abdominal pain, head injuries, heart attacks, orthopedic injuries, respiratory distress, and strokes.

Our neighborhood ERs can provide stabilizing treatment equivalent to any hospital-based ER. In addition, the facilities offer a comprehensive range of outpatient diagnostic and laboratory services including: bone density and computer tomography (CT) scanning, digital mammography (select sites), digital X-Rays, and laboratory tests.

Health Checks & Screenings with Limited Wait Times

Diagnostic, imaging and lab appointments are available on a same-day, walk-in basis or through advanced registration[®]. Discounted rates are available for cash payments.

Advanced Stroke Certification

Two of our freestanding ERs — South Texas Health System ER Mission and ER Weslaco — have demonstrated outstanding performance, earning them Advanced Care Certification for Acute Stroke Ready Hospital from The Joint Commission and the American Heart Association[®]/American Stroke Association[®].

Advanced Cardiac Care

All South Texas Health System ERs are certified in Chest Pain Management by The Joint Commission.

ER Just Got Easier

South Texas Health System provides online ER wait times and ER Reserve capabilities for non-life-threatening illnesses or injuries[®].

To find out wait times at each of our freestanding ERs or to request a time up to 12 hours in advance through ER Reserve (and wait in the comfort of your own home), visit southtexashealthsystem.com.



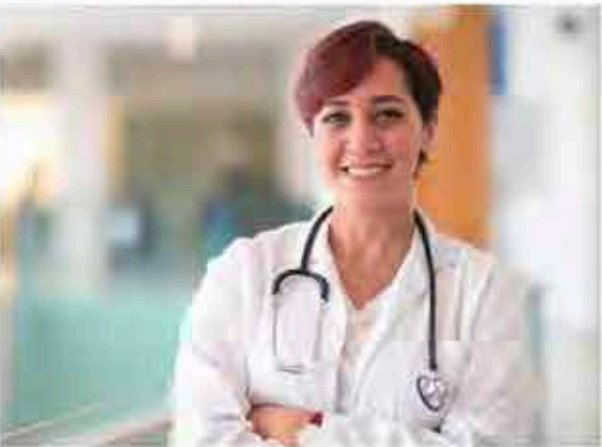
[®] Insurance requiring authorization may result in wait time for approval prior to completing the scan.

[®] ER Wait Time is an average provided for informational purposes only. ER Reserve should be used only if you decide your care can wait until the time you select. Do not wait if your symptoms or conditions worsen or if you need immediate care since delays may complicate your condition. If you are unsure of your condition or if your condition worsens, then please go to the nearest emergency room or call 9-1-1. Some insurance plans may not cover an ER visit if it is deemed urgent care or may apply a different copay. Please check your covered benefits with your insurance provider for details.

Community Impact Summary

Education

South Texas Health System maintains affiliation agreements with multiple institutions of higher learning, serving as a site for clinical rotations for students of nursing, medicine, physical therapy, nutrition, respiratory, radiology, pharmacy and other allied health sciences. Current affiliation agreements include: Abilene Christian University, Loma Linda University, South Texas College, Texas A&M, Texas State Technical College, Texas Woman's University, The University of Texas at Austin, The University of Texas Health Science Center at Houston, The University of Texas Health Science Center at San Antonio, and The University of Texas Rio Grande Valley, along with other colleges and universities nationwide.



McAllen Family Medicine Residency Program

For more than 40 years, the McAllen Family Medicine Residency Program has trained and educated over 240 family medicine physicians at South Texas Health System McAllen. Established in 1977, the program was sponsored by the University of Texas Health Science Center San Antonio. In 2015, it became part of a new sponsoring institution, the University of Texas Rio Grande Valley Family Medicine Residency Program.

Dedicated to the Community

South Texas Health System generously donates time and resources to multiple and varied organizations in the South Texas area including:

- Alamo Chamber of Commerce
- Boys & Girls Club of McAllen
- Capable Kids Foundation
- Catholic Charities of the Rio Grande Valley
- Children's Advocacy Center
- City of Edinburg Police Department
- City of McAllen Police Department
- City of Pharr Police Department
- Comfort House
- Edinburg Boys and Girls Club
- Edinburg Chamber of Commerce
- Edinburg Leadership Project
- Hidalgo County Wellness Program
- McAllen Chamber of Commerce
- McAllen Crime Stoppers
- McAllen Rotary Clubs
- Prominence Health Plan
- Quinta Mazatlan
- RGV Food Bank
- RGV Partnership
- Rio Grande City Rotary Club
- Rio Grande Valley Diabetes Association
- Rio Grande Valley Hispanic Chamber of Commerce
- Ronald McDonald House Charities[®] of the Rio Grande Valley
- South Texas College
- South Texas Literacy Coalition
- South Texas Juvenile Diabetes Association
- South Texas Trauma Symposium
- The Greater Mission Chamber of Commerce
- Unidos Contra la Diabetes
- United Way[®] of South Texas
- University of Texas Rio Grande Valley
- Valley Symphony Orchestra
- Weslaco Chamber of Commerce

Recognition: Accreditations and Awards

South Texas Health System & Its Leadership

All South Texas Health System facilities are accredited by The Joint Commission, the highest healthcare standards-setting organization in the nation, and licensed by the State of Texas.



Emergency & Trauma Care

- Both STHS Edinburg and STHS Heart are designated as Level IV Trauma Centers (Texas Department of State Health Services).
- South Texas Health System McAllen is verified as an Advanced Level II Trauma Center, the first in the Upper Valley.



Orthopedics

The Total Knee Joint Replacement Center at Cornerstone Regional Hospital is certified by The Joint Commission.

- Recognized by Healthgrades as a Five-Star Recipient for Hip Fracture Treatment for 2 Years in a Row (2021-2022)

Cardiac Care

South Texas Health System Edinburg and South Texas Health System McAllen have received Chest Pain Center Management certification by The Joint Commission.

South Texas Health System Heart received Chest Pain Center with PCI Accreditation from the American College of Cardiology.



All six South Texas Health System Freestanding Emergency Departments (FEDs) have received Chest Pain Management certification by The Joint Commission.

Healthgrades, a U.S. company that evaluates healthcare quality, has named South Texas Health System Heart:



Patient Safety

STHS Edinburg, STHS Heart and STHS McAllen received the Patient Safety Excellence Award from Healthgrades in 2021 for 3 Years in a row (2019-2021). In addition, they rank:

- Among Top 10% of Hospitals in the Nation for Patient Safety (2019-2021)



Laboratory Services

All South Texas Health System laboratories are accredited by the College of American Pathologists for meeting or exceeding the most scientifically rigorous customized checklist requirements.

Behavioral Health

South Texas Health System Behavioral received The Monitor's Reader's Choice Award for Best Behavioral Hospital for nine years.



Pediatric Asthma

The Asthma Program at South Texas Health System Children's is certified by The Joint Commission for providing quality care, treatment and services. It was the first in Texas and second in the nation to be designated as a Center of Excellence.

Rehabilitation Services

The stroke and cardiac rehabilitation programs at South Texas Health System Edinburg and South Texas Health System McAllen have been by certified by The Joint Commission.

Stroke Care & Treatment

As the largest provider of stroke care in the Rio Grande Valley, the South Texas Health System Neurosciences & Stroke Institute has received the following accreditations:

American Heart Association®/American Stroke Association®'s Get With The Guidelines Stroke Gold Plus with Honor Roll Elite Plus, Advanced Therapy and Target: Type 2 Diabetes Honor Roll Quality Achievement Award 2021.



South Texas Health System McAllen has received a Comprehensive Stroke Center designation from DNV and a Comprehensive (Level I) Stroke Facility designation from the Texas Department of State Health Services.

South Texas Health System Edinburg and South Texas Health



System Heart have been designated as Primary (Level II) Stroke Facilities by the state and each has been certified as a Primary Stroke Center by The Joint Commission.

South Texas Health System ER Mission and South Texas Health System ER Weslaco have each earned an Acute Stroke Ready Hospital certification by The Joint Commission.

Bariatric Weight Loss Surgery Center

- South Texas Health System Heart is designated as a fully accredited Bariatric Center by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) and also received the
 - Aetna Institute of Quality for Bariatric Surgery
 - Blue Cross® Blue Shield® Blue Distinction Plus for Bariatric Surgery
 - OptumHealth Bariatric Center of Excellence for Bariatric Surgery



Radiology Services

- South Texas Health System Edinburg is recognized by the American College of Radiology (ACR) for meeting strict certification standards.
- South Texas Health System McAllen is accredited in MRI and Nuclear Medicine by the ACR.



Robotic-Assisted Surgery

South Texas Health System Edinburg has been named a Center of Excellence in Robotic Surgery, Minimally Invasive Surgery and Hernia Surgery by Surgical Review Corp.



Surgery

- South Texas Health System McAllen has been recognized as a Five-Star Recipient for Gallbladder Removal Surgery for Two Years in a Row (2021-2022) by Healthgrades.
- South Texas Health System McAllen has been recognized as a Five-Star Recipient for Appendectomy for Eight Years in a Row (2015-2022) by Healthgrades.

Maternity Care

STHS Edinburg and STHS McAllen participate in the Texas Ten Step program. The Department of State Health Services (DSHS), in collaboration with the Texas Hospital Association, developed the program as a method to improve maternity care practices in birthing facilities. Policy development, education of staff and provision of discharge resources for breastfeeding mothers are key initiatives.

STHS Edinburg and STHS McAllen are also recognized by Healthgrades for women's services year after year.



Women's Services

South Texas Health System has received the following Women's Choice Awards:



South Texas Health System Edinburg: 2021 Best Hospitals for Minimally Invasive Surgery

South Texas Health System McAllen: 2021 Best Hospitals for Mammogram Imaging Center

South Texas Health System Edinburg: 2021 Best Hospitals for Heart Care



South Texas Health System 2021 MILESTONES

1 Inching Closer to Completing a New Patient Tower at South Texas Health System Edinburg

In October, less than a year after breaking ground on South Texas Health System Edinburg's new \$100 million, five-story patient tower, the construction project reached the halfway point of completion.

Thanks to the hundreds of skilled laborers involved in the project – 80% of whom are local to the Rio Grande Valley – the tower has continued to rise and remains on track for a Fall 2022 opening. Getting to this point has taken more than 151,000 hours of labor, 3.9 million pounds of concrete, 227 miles of electrical wire and many tons and miles more of materials.

2 Expanded Minimally Invasive Surgery at South Texas Health System Edinburg

In February, South Texas Health System Edinburg received a special delivery: its second da Vinci® XI surgical system. This advanced, minimally invasive robotic surgery system is used for a variety of gynecologic, urologic and general surgery procedures. The facility – which received its first da Vinci XI in 2015, making it the first medical facility south of San Antonio to use the system – has since been designated as a Center of Excellence in robotic, minimally invasive and hernia surgeries. With its magnified 3D HD vision system, surgeons benefit from enhanced vision, while patients benefit from reduced pain, faster recovery times, smaller incisions and a decreased risk of infection.

3 South Texas Health System's Wound Healing Center More than Doubles in Size

In April, the South Texas Health System Wound Healing Center celebrated its renovation and expansion – more than doubling in size. The specialty clinic first opened in 2016 and treats common, hard-to-heal wounds such as diabetic foot ulcers, arterial ulcers, trauma wounds, burns and more. With six new exam rooms and two additional hyperbaric oxygen chambers, patients continue to receive comprehensive, high-quality, individualized treatment and care with increased convenience and accessibility.

4 New Interventional Radiology Lab Improves the Patient Experience

In November, South Texas Health System McAllen celebrated the official launch of its Interventional Radiology Lab. Featuring the Canon Alphenix Sky+ system – the first machine of its kind in the Valley. Utilizing the Alphenix Sky+ system, doctors perform minimally invasive surgeries, including angioplasty and stenting, minimizing risks and improving health outcomes. The majority of patients who have a procedure completed in the Interventional Radiology Lab return home that same day.

5 Providing Critical Care Where and When It's Needed

In October, South Texas Health System launched the Trauma & Critical Care Institute, a network of four emergency rooms and six freestanding emergency departments (FEDs) that provide emergency care around the clock. Benefits of the FEDs include shorter wait times than traditional emergency department settings and proximity to neighborhoods. In addition to providing lifesaving procedures for those in immediate danger, facilities in the Institute are also involved in injury prevention education and advanced trauma research.

6 Peer Support for Trauma Survivors at South Texas Health System McAllen

In November, South Texas Health System McAllen commenced its partnership with the American Trauma Society, bringing the first Trauma Survivors Network Support Group to the region. The meetings are held monthly and support the comprehensive recovery of traumatic injury survivors by providing an outlet for them to share their experiences, connecting them to fellow survivors and teaching coping skills.

7 Expanded Cardiovascular Services at South Texas Health System Heart

In January, the first CardioMEMS™ heart failure monitoring device was implanted into a patient at South Texas Health System Heart. The miniaturized, wireless device allows physicians to monitor a patient's pulmonary artery readings and adjust their medications or treatment plan without requiring an in-person visit. It is the only FDA-approved monitoring device proven to significantly reduce hospital admissions.

In June, South Texas Health System Heart celebrated the one-year anniversary of its Pritikin Intensive Cardiac Rehabilitation (ICR) Program. The program combines exercise, nutrition counseling, stress management techniques and emotional support to help individuals with severe heart disease.

In November, South Texas Health System Heart marked the one-year anniversary of performing transcatheter aortic valve (TAVR) procedures, while also commemorating the 25th anniversary of the facility. TAVR is a minimally invasive option for patients dealing with the common yet serious heart issue of aortic stenosis, who are at moderate or elevated risk for complications from open-heart surgery.

Additionally, STHS Heart is the first facility in the Valley to use Edward's SAPIEN 3 Ultra transcatheter heart valve, which replaces an existing failing transcatheter aortic valve and has been proven to lead to an improved quality of life and fewer limitations on physical activity.

8 Chest Pain Ready at All South Texas Health System Acute Care Facilities

In December, South Texas Health System was recognized with The Joint Commission Seal of Approval in Chest Pain Management for achieving the highest national standards and outcomes for cardiac care across each of its five acute care hospitals and six freestanding emergency departments. Additionally, by meeting strict criteria for treating patients who arrive with symptoms of a heart attack, both South Texas Health System Heart and South Texas Health System Edinburg are accredited chest pain centers by the American College of Cardiology.

9 Breaking the Stigma at South Texas Health System Behavioral

In May, more than a year into the pandemic, as individuals of all ages increasingly reported struggling with mental health, South Texas Health System Behavioral launched a series of virtual "Let's Talk" mental health seminars to help break the silence and stigma. Hosted monthly and led by licensed therapists and mental health experts, the series aimed to educate and provide practical advice on how to tackle mental health challenges and know when it's time to seek extra help through treatment.

10 Eliminating Discomfort in MRI Scans at South Texas Health System ER Weslaco

In May, South Texas Health System ER Weslaco received a Hitachi Oasis 1.2T MRI system – the first of its kind in the region. With a wide patient table and open design, the MRI system was especially designed to give geriatric, bariatric, pediatric and claustrophobic patients a more comfortable experience.

11 Celebrating 15 Years at South Texas Health System Children's

In March, South Texas Health System Children's celebrated a milestone – turning 15. As the first dedicated pediatric facility in the region, the 107-bed facility offers quality, compassionate emergency and specialty care for little ones close to home. Thanks to Child Life Specialists dedicated to improving the emotional, social and developmental well-being of hospitalized children, patients and their families can feel more at ease when facing a major health event.

FACILITIES AND FREESTANDING EMERGENCY DEPARTMENTS:

- 1 **South Texas Health System McAllen**
301 W. Expressway 83 • McAllen, TX 78503
956-632-4000
southtexashealthsystemmcallen.com
- 2 **South Texas Health System Heart**
1900 South D St. • McAllen, TX 78503
956-994-2000
southtexashealthsystemheart.com
- 3 **South Texas Health System Edinburg**
1102 W. Trenton Road • Edinburg, TX 78539
956-388-6000
southtexashealthsystemedinburg.com
- 4 **South Texas Health System Children's**
1102 W. Trenton Road • Edinburg, TX 78539
956-388-6800
southtexashealthsystemchildrens.com
- 5 **South Texas Health System Behavioral**
2101 W. Trenton Road • Edinburg, TX 78539
956-388-1300
southtexashealthsystembehavioral.com
- 6 **South Texas Health System ER Alamo**
140 E. Frontage Road • Alamo, TX 78516
956-403-5100
sthseralamo.com
- 7 **South Texas Health System ER McColl**
4702 S. McColl • Edinburg, TX 78539
956-213-2600
sthsermccoll.com
- 8 **South Texas Health System ER Mission**
900 E. Expressway 83 • Mission, TX 78572
956-271-1200
sthsermission.com
- 9 **South Texas Health System ER Monte Cristo**
3615 N. Interstate 69C • Edinburg, TX 78541
956-259-2100
sthsermontecristo.com
- 10 **South Texas Health System ER Ware Rd.**
3700 Nolana Ave. • McAllen, TX 78504
956-213-2700
sthserwareroad.com
- 11 **South Texas Health System ER Weslaco**
330 W. Expressway 83 • Weslaco, TX 78599
956-975-2300
sthserweslaco.com



INPATIENT REHABILITATION:

Inpatient Rehabilitation Center (Edinburg)
1102 W. Trenton Rd.
Edinburg, TX 78539
956-207-7036

Inpatient Rehabilitation Center (McAllen)
301 W. Expressway 83
McAllen, TX 78503
956-566-4347

OUTPATIENT CLINICS:

McAllen Family Medicine Residency Center
205 E. Toronto Ave.
McAllen, TX 78503
956-687-6155

Bariatric Weight Loss Surgery Center (Heart)
416 Lindberg Ave. • Suite B
McAllen, TX 78501
956-664-1616

Pediatric Comprehensive Care Clinic (Children's)
4302 S. Sugar Rd. • Suite 205
Edinburg, TX 78539
956-381-0932

South Texas Health System Sleep Center
5416 S. Jackson Rd. • Suite A
Edinburg, TX 78539
956-630-2844

Intensive Cardiac Rehabilitation Program (McAllen)
500 E. Ridge Rd. • Suite 200
McAllen, TX 78503
956-994-2770

Outpatient Rehabilitation Center (Edinburg)
1200 S. 10th Ave. #5516
Edinburg, TX 78539
956-420-3800

Outpatient Rehabilitation Center (McAllen)
1800 S. 5th St. • Suite B
McAllen, TX 78503
956-971-5640

South Texas Health System Wound Healing Center
4302 S. Sugar Rd. • Suite 101
Edinburg, TX 78539
956-388-2700



For more information about our commitment to the South Texas community, please call the Marketing Department at 956-388-2020 or visit southtexashealthsystem.com