

NEMONT *TODAY*



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WIN
16**GET NEMONT &
GET CONNECTED****Crow Agency, MT**Monument Center, Suite 1
8 a.m. - 5 p.m. Mon-Fri**Glasgow, MT**702 2nd Ave S
8 a.m. - 5 p.m. Mon-Fri**Plentywood, MT**115 W 2nd Ave
8 a.m. - 5 p.m. Mon-Fri**Poplar, MT**604 Assiniboine Ave
8 a.m. - 5 p.m. Mon-Fri**Scobey, MT**61 Hwy 13 S
8 a.m. - 5 p.m. Mon-Fri**Williston, ND**1135 2nd Ave. W. Suite 206
8 a.m. - 5 p.m. CST Mon-Fri**Wolf Point, MT**220 Benton St
8 a.m. - 5 p.m. Mon-Fri**Worden, MT**2457 Main St
9 a.m. - noon, 1 p.m. - 5 p.m. Mon
8 a.m. - noon, 1 p.m. - 5 p.m. Thurs**Visit our website at****www.nemont.net or check
out our Facebook page at
[www.facebook.com/
NemontCountry](http://www.facebook.com/NemontCountry).****NEMONT WILL BE CLOSED**

- 11/24 & 25 – Thanksgiving
- 12/26 – Christmas
- 01/02 – New Year's Day
- 02/20 – Presidents' Day



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Nemont recently sat down with department heads at Sheridan Memorial Hospital Association (SMHA) to discuss how much technology is required for HealthCare today. As technology evolves, so does HealthCare and its many facets.

At SMHA, we discussed many areas where technology is needed and used daily. To be compliant with the American Recovery and Reinvestment Act, all healthcare providers were required to implement of electronic medical records. This needed to be in effect by January 1, 2014. By mandating this, Nemont stepped up to provide service that could handle the load due to these changes.

SMHA provides many healthcare services to its community members and its surrounding areas. Some of these services include TeleHealth, Radiology, eEmergency, ePharmacy, Laboratory and Health Information Management.

TeleHealth allows the specialist to come to the patient. SMHA can connect to providers from all over the nation via TeleHealth; however most are through Billings Clinic and the U.S. Department of Veterans' Affairs (VA). Through the VA Primary TeleHealth Outreach Clinic at SMHA, Veterans' are able to connect with VA services without driving long distances to a VA Clinic. TeleHealth also has the functionality of using TeleMedicine. TeleMedicine is used for a variety of specialties such as Cardiology, Nephrology, Dermatology, Mental/Behavioral Health and much more. SMHA also utilizes the TeleHealth connection for employee trainings.

SMHA does not have a staffed Radiologist so they send all radiology studies out to be read. The evolution of technology helps make this possible. In the past, an x-ray would be printed on film and read against a light. Today, the entire process is digital. Any x-ray, CT scan, Mammogram, Ultrasound, MRI, etc. are performed at the facility and sent via the PACS (Picture Archiving and Communications System). The off-site Radiologist will read the image and digitally report the results directly into the patient's chart.

TECHNOLOGY'S GROWING ROLE IN HEALTHCARE

Continued from page 2

eEmergency offers immediate, real-time support for providers in the Emergency Room and CCU. This service can be used for emergent or non-emergent situations, such as a second opinion or medical questions. A simple push of a red button will connect SMHA to Avera in Sioux Falls, SD where they can provide medical services, offer advice, coordinate Med Flights, or anything the provider needs at that moment.

ePharmacy helped SMHA answer another federal mandate for patient safety, which stated a pharmacist had to review all dosages given to a patient. As there is no full-time, on-site pharmacist at SMHA, ePharmacy connects SMHA to distant pharmacists who review medications before distributed to the patient. Each remote pharmacist confirms the "5Rs" which are: right patient, right medication, right dose, right time and right route. They also check to make sure there will be no adverse reaction to the patient with any additional medication they are taking.

SMHA has several instruments in the laboratory that aid in the diagnosis and treatment of patients. These instruments are directly connected to SMHA's electronic health record system, Cerner. Once the lab is complete, the results are transferred to the patient's electronic medical record.

Cerner is the electronic medical record system used at SMHA. It allows physicians, mid-levels, nurses and other authorized users to share data and streamline processes across an entire organization. An online, digital chart displays immediate, up-to-date patient information. It retains a footprint of each user who pulls the chart to view the patient's health information.



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Health Information Management reports to different entities to confirm that SMHA is improving quality of care and providing safe, efficient care to its patients. Data is reported to the Performance Improvement Network and QualityNet using standardized measures of care. The facility's performance is benchmarked with peers across the state and across the nation measuring the processes of care in different areas of healthcare based on diagnosis, patient safety, emergency room and inpatient care.

All of this is due to the evolution of HealthCare and Technology. Please take a look at your nearest healthcare facility and see what they can do for you.



ROKU PLUS OUR INTERNET SERVICE ADDS UP TO AMAZING TV ENTERTAINMENT

This is an exciting time in the world of entertainment. You have so many more options on how to access TV programs, movies, and music to enjoy at home. No longer are you restricted to the choice of either a cable TV subscription or a satellite dish as you have been in the past.

For example, with a Roku streaming player and Nemont internet service, you have the opportunity to enjoy a vast array of streaming entertainment on your TV. Hundreds of free channels are available for viewing through Roku including Netflix, Hulu Plus, Amazon Instant Video, HBO Go, Pandora, and Disney. Roku also offers easy searches through channels and titles with its quick interface.

Think Roku might be for you? You'll need internet download speeds of at least 6 Mbps to fully enjoy this TV option. Call Nemont at 800-636-6680 for more details on our high-speed internet plans.



WHAT DO RAILROAD TRACKS, HIGHWAYS, AND FIBER NETWORKS HAVE IN COMMON?

All three of the above infrastructures are considered life-changing projects for the United States. By 1900, much of our nation's railroad system was in place; it cleared the way for the settlement of the West, provided new economic opportunities, and stimulated the development of communities. In the 1950s and 1960s, the new Interstate Highway System brought business to the towns it went through while towns far from the new faster roads struggled to survive. Today, fiber networks have become as essential to business growth, and everyday life in general, as railroad tracks and highways were in the previous century.

The huge impact of fiber is even more amazing when you consider just how tiny fiber is; each strand of glass is only about the size of a human hair. Fiber uses light to transmit data and is unique in its ability to transport virtually unlimited bandwidth over long distances. It's the only technology that delivers enough bandwidth — reliably and at a low enough cost — to meet the ever-increasing demand for more robust internet, video, and voice services as well as other applications.

When fiber networks come to smaller cities and rural communities, it helps level the playing field and close the urban-rural technology gap. Existing businesses can access the internet speeds and reliability needed to expand e-commerce. Economic development organizations have an easier time attracting new businesses. Telemedicine programs can expand patient access to specialists. And educational opportunities for students, once only found in large schools, can now be delivered to rural classrooms via online education.

Nemont has invested in a fiber network to make sure our customers have access to the high-speed internet required to take advantage of tomorrow's technologies. To learn more, visit www.nemont.net.

FOUR TECHNOLOGY RESOLUTIONS TO MAKE FOR THE NEW YEAR

Don't forget about your computer and other devices when making New Year's resolutions. The suggestions below could save you tons of time and trouble in the coming year.

1. I will back up my data.

Consider the vast amount of personal data (some of it irreplaceable) stored on your devices — photos, videos, music files, documents, contacts, calendars, and more. What happens to these files if someone steals your laptop, your hard drive fails, or there's a nasty virus? It's imperative to back up your data regularly, either through a local solution such as an external hard drive or a cloud storage option.

2. I will responsibly manage my digital reputation.

Think twice before you post photos on Facebook and other social media sites, since your digital reputation may be a factor in a variety of situations. Do you want a party photo of you to be seen by potential employers or clients, extended family, or school admissions officers? Remember, what you post online may be accessed virtually forever through online searches.



3. I will keep my software and operating system updated.

Software makers continually update their programs to fix problems or add more functionality. If you have the option for "automatic" updates — in software such as your operating system, internet security programs, and Web browser — click to accept this feature. By doing so, updates will be automatically downloaded whenever they become available.

4. I will fight back against spam.

Spam is a thorn in the side of most computer users, since it clutters up your inbox and wastes time. You can greatly reduce the amount of spam you receive by employing a combination of strategies. Check your email or Web mail program to see what your options are for junk mail filters, and bump up your filters so they keep more spam out of your inbox. You can also block specific senders or flag words that might suggest the message is spam (such as "Viagra").

If another New Year's resolution of yours is to get faster internet service, call Nemont at 800-636-6680 and ask about the speeds available in your area.



circle
WITH DISNEY

Keep Your Kids
Safe Online

Filter

Set individual filter levels
for each family member.

BedTime™

Create a BedTime™ for
each family member and
their devices. Set a sleep
time when the devices will
disconnect and a wake time
for morning when they
can reconnect.

Now
Available
at Nemont!



ALL BUT THE TINIEST HOUSES NEED BIG INTERNET SPEEDS

Houses made of gingerbread, frosting, and candies can get by on their sweet looks alone. But the houses we actually live in are filled with all kinds of technology requiring big internet speeds.

To help determine if your house could use an internet speed upgrade, consider these factors:

- **Number of internet users in the household**

Include not only your family members but frequent house guests if applicable.

- **Typical online activities**

For each user, note their online activities including social media, streaming music, streaming video, file download and storage, online gaming, and online video chat. How many activities occur simultaneously on an average day?

- **Number of internet-connected devices**

Add up the number of computers, tablets, smartphones, gaming consoles, TV receivers, smart appliance, smart home devices, home security equipment, and so on.

After you've looked closely at your current internet usage, stop by Nemont or call us at 800-636-6680 for help picking the right internet speed.

TURN YOUR MOBILE DEVICE INTO A TV

WatchTVEverywhere streams some of your favorite channels and programming — including live TV and full episodes of current TV shows — to your tablet, smartphone, or laptop. It works from anywhere with a Wi-Fi signal so you can stay entertained when you're on the go or in a room without a TV. Best of all, watchTVEverywhere is FREE when you subscribe to NemontVision.

Frequently Asked Questions

Q: How is watchTVEverywhere different from Hulu or Netflix?

A: Unlike Hulu or Netflix, watchTVEverywhere is free and includes live TV and has full episodes of current TV shows.

Q: Which devices can I use with watchTVEverywhere?

A: Almost all programs are available on all devices (PC, laptop, iPad, iPhone, and Android phone).

How to use watchTVEverywhere

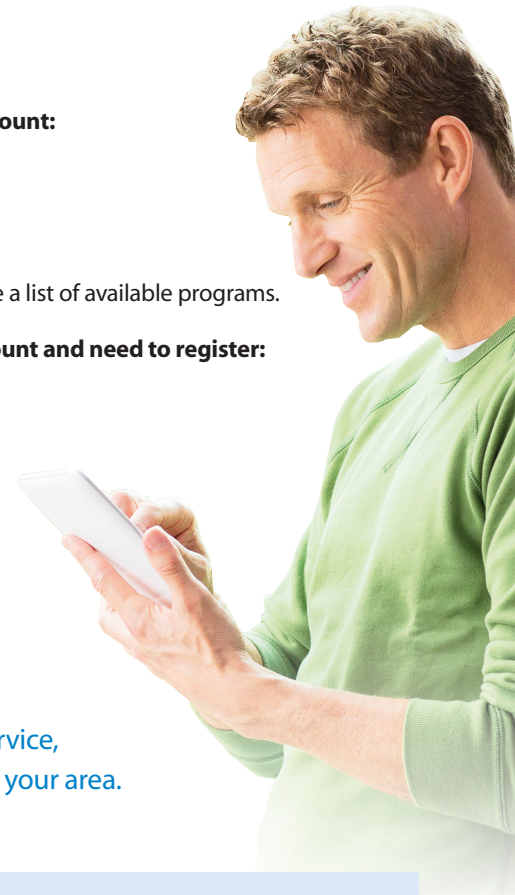
If you already have a watchTVEverywhere account:

- Go to www.watchteverywhere.com.
- Click the Log In link.
- Enter your username and password.
- Select the TV network you want to watch to see a list of available programs.

If you do not have a watchTVEverywhere account and need to register:

- Go to www.watchteverywhere.com and select Nemont in the drop-down menu.
- Click the Register link.
- Complete the registration form.
- Check your email. You will receive a message with an activation link.
- Click on the link to complete the registration process.

If you're not yet enjoying Nemont's TV service, call 800-636-6680 to see if it's available in your area.



CONNECTING WITH FRIENDS ON FACEBOOK

You're invited to visit Nemont on Facebook to stay updated on our community activities and special values on our communications services. Like what you see? Give us a "thumbs up" with a Like! www.facebook.com/NemontCountry

COMMUNITY CALENDAR

Area events listed are free of charge. Submit your events by the 6th of March so that they may appear in our next issue. Send to: PO Box 600, Scobey, MT 59263-0600, Attention: Community Calendar or email to nemonttoday@nemont.coop

DECEMBER

- **11/25 Holiday Lights Parade**
Williston, ND
- **12/02 Reindeer Game**
Family Fun Night
Williston, ND
- **12/03 Annual Festival of Trees Gala**
Williston, ND
- **12/20 Chamber Leadership & Education Committee Meeting**
Williston, ND

JANUARY

- **01/20 Chamber Annual Banquet**
Williston, ND

MARCH

- **03/17 Shamrockin' the Bakken Taste of Williston**
Williston, ND

WIN A \$25 CREDIT!

You could win a \$25 credit on your Nemont account. To enter, answer the trivia questions and fill out this official form, then drop it by one of our offices or mail it to: **PO Box 600, Scobey, MT 59263-0600 Attn: Drawing**. Faxed, duplicated, emailed or photocopied entries will not be accepted. Winners will be contacted by phone and listed in the Spring 2017 issue.

Congratulations to the winners from the Summer 2016 issue in our three service areas: Cheryl Rahorn and Dorothy Brakken (MVC), Earl Stenne and Fenna Klingberg (Project), and Dan Brandt and Bernard Long (Nemont).

\$25 CREDIT OFFICIAL ENTRY

Fiber uses what to transmit data?

To use Roku, you need internet download speeds of at least how many Mbps?

Name _____

Phone _____

Email _____



PO Box 600
 Scobey, MT 59263-0600
 1-800-636-6680 or 406-783-2200

Holiday Open House
 December 1st 1-5 pm
 Williston Retail Office
 Games • Prizes • Refreshments



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Bump to a higher speed for
3 MONTHS FREE

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 800.636.6680

Speed bump offer ends January 31, 2017. Not all speeds available in all areas. Contact Nemont for availability and to receive this offer. You must call in to request a downgrade at the end of the three month promotion or your broadband package will be billed at the higher speed price. This offer is for business and residential customers.

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 800.636.6680 | nemont.net

**NEMONT WELCOMES
 NEW EMPLOYEES**

- Bernard Olshausen**
Wireless Engineer
- Stacey Pewonka**
Financial Analyst
- Stewart Pratt**
IP Engineer
- Alex Erpenbach**
Customer Service Specialist

**WANT TO JOIN
 OUR TEAM?**

- Outside Plant Engineer**
Williston, ND
- Network Engineer**
Scobey, MT
- Visit www.nemont.net** to view more details about all open positions and fill out an application form.