



May 2016

MONTHLY NEWSLETTER

HEALTH TIP

Book-of-The-Month **SPORTS SUCCESS Rx!** **Your Child's** **Prescription for the** **Best Experience**

Paul R. Stricker, MD, FAAP

“Dr. Stricker provides a unique perspective on the issues surrounding youth sports participation. His focus on how the process of growth and development affects a child's ability to acquire skills, and how this varies among children, is essential information for parents and coaches. Parents of children of all ages will find this book a valuable resource to help guide them in addressing the many questions that can arise as their children embark upon their journey in youth sports.”

Review by Dr. John DiFiori, Chief, Division of Sports Medicine, Department of Family Medicine, UCLA School of Medicine.

Sports Success Rx! was written by a pediatric and adolescent sports medicine specialist who is one of a small number of pediatricians board-certified in sports medicine. Copies are available in our office for \$11 while supplies last.



MAY IS NATIONAL PHYSICAL FITNESS & SPORTS MONTH

307Health is supporting the President's Council on Fitness, Sports & Nutrition in honor of National Physical Fitness and Sports Month. During the month of May, we challenge all adults to get 30 minutes of physical activity every day. Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer. Yet in Wyoming many adults don't get the recommended amount of physical activity.

The physical Activity Guidelines for Americans recommend that adults:

- Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, and raking leaves.
- Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week.

Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you. Together, we can get more active during May!



DOCTOR'S NOTE

NO NEWS IS NO NEWS

We have all heard the phrase “no news is good news.” While that may sometimes be true, it is not true when it comes to knowing the results of any labs or studies related to your health. You should always hear about any test result in a timely fashion. If you have not heard the results of a test, it may be because the results have not made it to our office. We are committed to letting you know the results of studies done locally within 24 hours, and usually on the same day.

We also invite you to let us know if you have had a test done by a specialist and do not know the results. The downside of not hearing the results can range from anxiety caused by not knowing the results to harm caused by not acting quickly on an abnormal result. We want our patients to be informed and understand that no news just means you do not yet know the news. If your test results are normal we can celebrate that, and if there is an abnormality we need to decide what to do together in a timely fashion.

When in doubt, call sooner rather than later.

307HEALTH
250 N. EVARTS STREET
POWELL, WY 82435
307HEALTH.ORG

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

FAMILIES, AWARDS & FIRST BANK OF WY ACCOUNTS

FAMILIES – The ability to care for the entire family is one of the great aspects of primary care through **307Health**. It improves our understanding of individual patients, reduces fragmentation of medical care, and results in improved communication and overall better individual care. Based on these factors, **307Health** has modified requirements for new child members. We now require at least one parent to sign up when a new child is enrolled.

AWARDS – We are excited to announce that Dr. Tracy has recently been selected as the Wyoming Medical Society 2016 Physician of The Year! Recipients are nominated and selected by their professional peers for their efforts in medical innovation, clinical decision-making or leadership within their own communities. We congratulate him on this well-deserved honor, and we thank all of our members and local communities for their continued support.

FBW Debit Card Conversion – If you are using a First Bank of Wyoming debit card to automatically pay your **307Health** membership, please call with your new card number before May 30. Cards should be good for payment processing until the conversion date of May 9. The **307Health** auto-charge date for all accounts is May 5th, unless otherwise requested. Thank you for your timely help with this transition.



MEMBER SERVICES FOCUS

WELLNESS PARTNERSHIPS – An Update

Wellness: *The quality or state of being in good health, especially as an actively sought goal (Webster's Dictionary).*

Wellness includes components beyond physical fitness, but tending to physical fitness is a good step toward whole-person wellness. This is why **307Health** has agreed to partner with local fitness programs to provide discounted access to wellness services. The first quarter of 2016 saw 18 people take advantage of the monthly \$10 membership special between Goettsche Wellness and the PVHC Physical Therapy Department. We would love to see these numbers grow, but did you know there is one partner we have yet to highlight is this pursuit of “wellness”? YOU.

Yes, you are our first partner in helping you achieve your wellness goals. Why you? It's simple, really, because ...

- You bring the motivation;
- You make the time;
- You invest the financial and emotional resources;
- You provide the determination and perseverance;
- You hold you accountable;
- You make it happen.

Are you ready to get started? Contact us today for a Wellness referral to the provider of your choice and let's get moving this May!

LEGISLATIVE UPDATE

KEEP UP THE LOBBY

Lobby (n) - a group of people seeking to influence politicians or public officials on a particular issue.

To Lobby (v) - seek to influence a politician or public official on an issue.

You can join the informal and unofficial DPC lobby.

A new bill – the Health Savings Act of 2016 (S. 2499) - was introduced in the United States Senate on February 4th and was referred to the Finance Committee. The Primary Care Enhancement Act (S. 1989), introduced in August 2015, is still in committee. Both of these bills would make DPC services HSA-eligible qualified health expenses under the tax code. We encourage you to contact your Senators in support of these bills.

Experience has proven that practical, meaningful change can happen when people have sustained and respectful conversations. We invite you to begin-or continue-conversations with your state and federal legislators about the value of direct primary care as a healthcare choice for Wyoming residents. Your Wyoming-elected legislators can be reached in the following ways:

U.S. Senator Mike Enzi
elizabeth_schwartz@help.senate.gov

U.S. Senator John Barraso
jay_eberle@barrasso.senate.gov