



OCTOBER 2015

MONTHLY NEWSLETTER

SPORTS SUCCESS Rx!

Today's children have many sport choices that can generate unintended and intense performance pressure. This month's book – **Sports Success Rx!** by Dr. Paul Stricker – brings some clear and encouraging thinking to the field of sports and children.

This book offers “your child's prescription for the best experience”; “how to maximize potential and minimize pressure”; and “an in-depth look at a child's physical development as it relates to sports ... and how to create an environment that encourages true personal growth and self-accomplishment.”

Dr. Stricker is a sports medicine pediatrician and Olympic physician with excellent professional credentials. An online preview of the book can be found at Amazon.

A limited number of copies are available at 307Health for the discounted price of \$11.

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

HEALTH TIP

FLU SEASON IS HERE - AND SO ARE FLU SHOTS

Are you vaccinated for this flu season? According to the Centers for Disease Control, flu season occurs in the winter and can last as late as May. Flu outbreaks can begin happening as early as October. Flu is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness and is different from a cold. “Flu causes millions of illnesses, hundreds of thousands of hospitalizations and thousands of deaths,” according to the CDC website <http://www.cdc.gov/flu/index.htm>.

Flu shots are given at the Cody and Powell Park County Public Department, Shopko in Powell and Walgreens in Cody. For Public Health sponsored Flu Clinics and walk-in hours, check with your local Public Health office. Stop by our office for a complete listing of local flu clinics and walk-in locations.

DOCTOR'S NOTE

TIME and BREAST CANCER AWARENESS MONTH

We have been very encouraged by the ongoing support for our new practice model from so many different people and organizations around the Big Horn Basin, the state of Wyoming, and beyond! It has been wonderful to have the time to help our patients find the best treatments for their health issues and to find the best value for their money.

Preventive health care is also important to us, and we know it is important to you. October is **Breast Cancer Awareness Month**. All of us at **307Health** would like to remind our patients about the benefits of early detection through the appropriate use of screening mammograms. Please contact us if you need an order for this test or if you have questions.

We look forward to our continued partnership to help you address your health care needs.

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS



MEMBER MONTHLY BILLING

On the first of every month, the previous month's membership fee and any incidental charges for medications or other health supplies are billed to your account and an invoice is generated. This invoice is emailed or mailed to you, depending upon your chosen delivery method. For those choosing an automatic payment method, payments will process on the 5th of every month unless you have requested otherwise.

Available payment methods include automatic charge to your debit or credit card, electronic fund transfer (EFT) from your bank account, check or cash. If you have chosen an automatic card charge or EFT, you do not have to take any further action when you receive your invoice and can ignore the cover email invitation to "pay online". If you do choose to "pay online" and have an automatic card charge on file with us, your account should not double charge when payments process on the 5th of the month.

Still have questions? Call us anytime & we will be happy to help.



MEMBER SERVICES FOCUS

MOBILE PHONE APP - TALK WITH YOUR DOC & MORE

As many of you already know, the **Atlas.md** app for your iPhone or iPod Touch can be a useful tool to contact us. Through the app, you can quickly and easily call the office, call your doctor, or conveniently send us a text or email. The app also allows you to request an appointment or change an existing appointment! For even more integration and data sharing, the app can sync information from your **FitBit** and **Human API** directly with your **307Health** medical record. The **HealthKit** integration is an extra feature that increases the app's fitness tracking capabilities. This data will assist us all in getting you to your fitness goals.

The **Atlas.md** app also keeps security and safety at the top of the list with the **Touch ID** feature - available on all products that support **Touch ID** (iPhone 5S and up). **Touch ID** security decreases your vulnerability by requesting a fingerprint authentication every time you access the app. This security feature is much more difficult to crack than typical passwords, allowing us to collaborate safely and effectively with you. And for those of you using Android-powered devices, there may eventually be an app for you, as well. We will keep you posted!

LEGISLATIVE UPDATE

THE CADILLAC TAX

The Cadillac Tax - an important component of the Affordable Care Act - is set to take effect in 2018.

This tax was included in the ACA legislation for a few reasons, including an attempt to decrease the overall cost of health care and as a critical funding mechanism for the legislation. The Sept. 3rd edition of the Powell Tribune covered a legislative discussion in Lovell about the tax.

The Cadillac tax is a 40% excise tax for premiums that exceed \$10,200 for individuals and \$27,500 for families. Those amounts include the total cost of the premium, and are paid by the insurer. In the case of employment that provides insurance as a benefit, the tax will be paid by the employer. The tax will encourage employers to move to higher deductible insurance plans, shift costs to employees or consider dropping insurance as an employment benefit for those with 30 or fewer employees.

Those affected by the tax will include state employees. It is estimated that the tax bill in 2018 will be \$4.3 million for the State of Wyoming.