



June 2016

MONTHLY NEWSLETTER

Book-of-The-Month

SLEEP

What Every Parent Needs to Know

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As we move into the long days of summer, bedtime can seem far away when it really should be sooner. Is it really that important? Does sleep play a special role in child development? Are there certain things parents can do to facilitate good sleep hygiene in their children? In their own lives?

This book addresses these questions and more in a readable and accessible way. Topics include – the functions of sleep and how much your child needs; newborn sleep patterns; sleep theories and strategies for success; bedtime routines and rituals; coping with fears and nightmares; tips for solving common problems; changes during adolescence.

SLEEP: What Every Parent Needs to Know is available through your preferred book seller. A sample copy is available for preview in our office.

Cover Price: \$18.95
Amazon Price: \$14.41
Kindle Price: \$10.99

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HEALTH TIP

JUNE IS NATIONAL SAFETY MONTH

Injuries are a leading cause of disability for people of all ages — and they are the leading cause of death for Americans ages 1 to 44. The good news is everyone can get involved to help prevent injuries. During National Safety Month, we encourage you to learn more about these important safety issues -

- **Prescription painkiller abuse:** Prescription painkiller overdoses are a growing problem in the United States, especially among women. About 18 women die every day from a prescription painkiller overdose — more than 4 times as many as back in 1999. Learn more here: <http://1.usa.gov/1e2fvvR>.
- **Transportation safety:** Doing other activities while driving — like texting or eating — distracts you and increases your chance of crashing. Almost 1 in 5 crashes (17%) that injured someone involved distracted driving. Learn more here: <http://1.usa.gov/1FSrFVo>.
- **Slips, trips, and falls:** One in 3 older adults falls each year. Many falls lead to broken bones and other health problems. Learn more here: <http://1.usa.gov/Xln77u>.

You CAN make a difference. Copies of the articles above are available for members upon request at our front desk.

DOCTOR'S NOTE

WYOMING MEDICAL SOCIETY INVITES A DPC DIALOGUE

Dr. Tracy and Dr. Chandler will be discussing Direct Primary Care (DPC) at the annual Wyoming Medical Society (WMS) meeting in Jackson on June 5th. There has been growing interest in DPC around the country and Wyoming is no different. We have had regular conversations with citizens, medical providers, and community and state leaders around Wyoming who are eager to learn more about this model of care delivery and how it is working in the Big Horn Basin with 307Health. We are honored with the WMS invitation to have a meaningful discussion with our colleagues.

Since beginning this journey into Direct Primary Care, we have learned a great deal. As we have adapted to the changes in our patient care and practice needs, we have been constantly reminded of the reason we made this change – relationships with patients, their families and their care providers. Our relationships with our patients have been strengthened through the time we have with them, and our ability to assist in their overall health has increased exponentially. We appreciate all the support and encouragement we continue to receive from our patients, families, communities and others. We look forward to further discussions about meaningful changes in health care to improve the lives and health of the citizens of our great state.

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

MEMBER UPDATE – NEW PRESCRIPTION FILLING POLICY

One of the 5 key features of 307Health is “Lowering the overall cost of primary care” for our members. Toward this end, the wholesale prescription benefit available to every member is a cornerstone of the 307Health Direct Primary Care practice. We are encouraged whenever a member shares with us the savings they have realized through this membership benefit.

The 307Health prescription service volume continues to grow as our membership base grows. With this growth, we have learned how important timely payment for all dispensed medications is to the success of this program, especially as we have carefully priced membership to convey an affordable expense to our members and carry no profit-margin on the medications.

As those who are using the service know, we encourage members to place their prescriptions on account for billing at the close of the service month in anticipation of the member's monthly payment. But we know sometimes a bill gets overlooked. Because of this, 307Health has established a new policy – 307Health members may only receive in-house prescriptions when their account is less than 30 days due, i.e. in-house scripts in June are available to those members who are paid through their May 1 invoice. Members with a balance-due of more than 30 days will have their prescriptions sent to the retail pharmacy of their choice by our physicians.

Please call to talk with Karrie or Tanja if you have any questions about the new prescription filling policy.



MEMBER SERVICES FOCUS

SPORTS PHYSICALS – A MEMBERSHIP BENEFIT

“Proactively engaging patients” is a 307Health hallmark that is evidenced in the annual sports physical available to all 307Health member students. This scheduled office visit often serves as the annual physical for the student and can be scheduled during regular office hours by calling your physician access number.

During a typical sports physical, your doctor will review a comprehensive history completed by the patient, then conduct a thorough exam – including height, weight, vision, blood pressure, and pulse. This exam is often an assurance to students and parents that he/she is ready for the increased physical demands of sports training and competition. If there is some underlying health concern, such as asthma, heart murmur, vision impairment, or a missing immunization, this concern will likely surface during the exam and a plan to address it will be developed with your doctor.

To prepare for the sports physical visit, please stop by our office to pick-up a WHSAA sports physical form to complete ahead of the visit. This form requires completion before seeing the doctor and – when signed by the doctor – will meet the school sports physical requirement. Please also bring your student's immunization records and any eye-correction he/she wears regularly.

The school district's annual sports physical requirement is included in your student's 307Health membership and does not require a school-purchased “Sports Physical Voucher”.

LEGISLATIVE UPDATE

SMALL BUSINESSES and EMPLOYEE INSURANCE

In July 2015, the Senate Health, Education, Labor and Pension Committee's subcommittee on Primary Health and Retirement Security held a bipartisan round table discussion of small business options to provide employee health insurance. While companies with fewer than 50 employees are not required to purchase health insurance for their workforce, their employees are still required by law to carry health insurance coverage under the Affordable Care Act.

According to Senator Mike Enzi's report on “Small Business Health Care Options”, many small employers do offer insurance as they see the offering of health insurance as an expectation from their employees, as well as a good business decision that maintains a healthy workforce. Wyoming workers may benefit from the opportunity for small businesses to pool together to share risk for health insurance purposes. Three proposed options are highlighted here ...

Expand HSA Flexibility

This option proposes the removal of restrictions that limit HSAs to only those with a high deductible health insurance plan and permit the use of HSA funds for the payment of insurance premiums.

Small business pooling

This option explores the idea of states permitting small employers to pool their employee populations for the purposes of purchasing health insurance through a private exchange providing large group health plans. These cooperative plans would be considered a single large-group plan and would be able to be formed by companies in multiple states.

Multi-State Insurance Regions

This option would create a grant to help states form interstate agreements for the regulation of insurance products that could be purchased and serve individuals across state lines.