



July 2016

MONTHLY NEWSLETTER

SWIMMING Fitness Focus

During the next year, this monthly column will focus on one fitness activity that can fit in your wellness plan. This month's focus is swimming.

According to WebMD*, swimming is just about as good as it gets for a whole-body workout. Plan to swim 2.5 hours per week to realize fitness benefits. Workouts can be individualized by adjusting the pace and duration of your workout.

Swimming Benefits

- Full body workout.
- Low-Impact.
- Easy on joints.
- Individualized workout.
- Aerobic exercise.
- Effective at all skill levels.
- Low equipment cost.
- Low participation cost.
- Group or individual workout.
- Available year-round at indoor pools.

*For more information about the fitness benefits of swimming, read WebMD's article here -

<http://www.webmd.com/fitness-exercise/a-z/swimming-for-fitness>

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HEALTH TIP

SWIMMING & WATER SAFETY – LIFE-SAVING KNOWLEDGE

Drowning ranks 5th among the leading causes of unintentional injury death in the United States, according to the Centers for Disease Control (CDC). Drowning prevention tips from the Red Cross & CDC -

- Learn to swim well;
- Always swim with a buddy;
- Always monitor children near or in water;
- Only swim in life-guard supervised or monitored areas;
- Prevent unauthorized access to water;
- Learn CPR;
- Avoid alcohol when swimming or boating;
- Wear life-jackets when boating;
- Know what to do in an emergency – seconds count!

For more info and safety ideas read this helpful Red Cross article – <http://www.redcross.org/get-help/prepare-for-emergencies/types-of-emergencies/water-safety> and/or this CDC article <http://www.cdc.gov/HomeandRecreationalSafety/Water-Safety/waterinjuries-factsheet.html>

DOCTOR'S NOTE

LISTENING = OUR FIRST PRIORITY

You have a lot going on in your life and you rely on us to be a timely and efficient problem solver in your health concerns and wellness questions. Direct Primary Care allows us to talk with you in ways beyond the traditional office visit. Here are some ways we try to make it easy to listen to you....

- **Phone Call** – The communication tool most familiar to people over 50, the phone is an excellent way to hear from you and start a conversation about your health concerns or questions.
- **Email** – Sending an email to your doctor allows your words and story to be clearly communicated to him - usually that same day - and allows for an easy reply with an answer or next step.
- **Text** – Texting is the primary communication method of adults in their 20s and 30s. Like email, texting allows your concern, question or medical update to be quickly communicated directly to your doctor who can then read and respond to your message in a timely way.

Have a question or update for us? Call, text, or email us today using your Physician Access contacts. We are ready to listen.

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS



307Health and Atlas.MD: USING DIGITAL TOOLS TO IMPROVE CARE

As the end of 307Health's first year approaches, we are pleased to announce the initiation of on-line enrollment for new members. While still in the test phase for 307Health, our electronic record provider - Atlas.md - has provided online enrollment to their member practices for years and offers an understandable online enrollment process. Online enrollment makes enrollment much easier for employed persons and for those living in outlying towns.

Other digital aspects of the Atlas.md record system designed to maximize your experience with 307Health include email billing; automated payments; in-chart documentation of texts, email, and phone call logs; uploading of your personal health data from various digital fitness or medical devices; and the iPhone app that gives you access to so many great features of the Atlas.md EMR right at your fingertips. Together, let's keep exploring how to make the most of this partnership.

Notice of Change to the 307Health fee schedule

The \$25 registration fee cap of \$50 per family will end on July 31, 2016. This \$25 fee will apply to all new persons registering for 307Health membership beginning August 1, 2016.



MEMBER SERVICES FOCUS

YOUR DEVICES CAN "TALK" to YOUR DOCTOR

Did you know that your blood pressure monitor, scale, fitness monitor, blood glucose monitor and other digital health devices can "talk" to your 307Health doctor by uploading your health data to your medical record? Today's sophisticated communication technology can help you and your doctor stay on top of your health information in real time and enable you to work together more efficiently through phone calls, emails and texts while helping you manage your health and wellness goals.

The following brands and devices are some of the modern tools that can upload your health statistics to your medical record -

FITBIT	Basis	Body Media	Glooko
iHealth	Jawbone	Lumo	Nike
Omron	Vitadock	Withings	

Call us today to determine if your device can link to your record or if you have more questions about this 307Health membership benefit. We will personally work with you to help begin communication between your fitness/medical device and your medical record.

LEGISLATIVE UPDATES & NEWS

307Health Delivers Care Despite Changes

News of state-wide economic downturns, local hospital troubles and price increases in the health insurance market can make a person uncertain about their primary care provider's stability.

The doctors and staff of 307Health want to assure you that – despite the ups-and-downs in the world around us – 307Health is holding to a steady course where our mission has been - and continues to be – to....

- Provide truly meaningful use of primary care;
- Optimize the patient and provider experience;
- Leverage technology and service;
- Proactively engage our patients; and to
- Lower the overall cost of primary care.

We firmly believe that "Better Access = Better Care" and will seek to provide timely and easy-access care to our members as we enter our second year.

Please send us your suggestions and thoughts anytime. We would love to hear from you!