



October 2016

MONTHLY NEWSLETTER

STRENGTH TRAINING* Fitness Focus

Strength training is a key component of a person's fitness program. With only two 20-30 minute sessions per week, strength training can help you reduce body fat, improve your lean muscle mass and help you burn calories more efficiently. Strength training can also help you -

- Develop strong bones;
- Manage your weight;
- Enhance life quality;
- Manage chronic conditions;
- Sharpen your thinking skills.

There are a variety of strength training methods along the expense and equipment scale, including -

- Body weight, i.e. sit-ups;
- Resistance tubing;
- Free weights;
- Weight machines.

Tips on getting started and when to expect results can be found in this online article from the Mayo Clinic – “Strength Training: Get stronger, leaner, healthier.” Visit our website for a link to this and other useful articles.

Bottom line - if you incorporate strength training exercises into your fitness routine, you may notice improvement in your strength over time. You'll likely be able to lift weight more easily and for longer periods of time and improve your fitness baseline.

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

HEALTH TIP

FLU SEASON. AGAIN.

Influenza season is here again. Influenza is a viral illness which affects millions of Americans and hundreds of millions of people worldwide annually. Over 20,000 Americans typically die from influenza every year, mainly people over age 65 or those with other health issues. The best ways to prevent influenza are to get vaccinated, avoid people who are ill, and practice good hand washing techniques.

The *US Advisory Committee on Immunization Practices* recommends the flu vaccine for everyone over six months of age. Additionally, children younger than 9 who are getting the vaccine for the first time need a booster dose one month after the first dose. The vaccine is based on prevailing flu virus strains from prior years and, thus, some flu seasons involve strains not included in the vaccine. However, if someone gets influenza despite the vaccine, it is usually a milder illness than in those who didn't get vaccinated.

Now is the time to get vaccinated. Vaccine options include the typical influenza vaccine - an inactivated flu vaccine given as an intramuscular injection; and a nasal mist vaccine - a live virus vaccine commonly used in children. However, the CDC does not recommend using the nasal mist vaccine for the 2016-17 flu season as it is less effective. A high-dose flu vaccine is recommended for people over age 65, as it appears to be more effective in this age group and a good option when available.

DOCTOR'S NOTE

YOUR ROLE IN CARE COORDINATION

It is really easy to overlook key communications within a family. For example, a son tells one parent he is getting an award on sports night and thinks that both parents know because he told one, only to find out later this was not the case. The same is true in health care – a patient may engage with the health care system outside our office and assume we will know what happened with that engagement only to find it is a surprise to us when we learn something new has happened with their health or care.

The relationship between a patient and a physician is a partnership. It's worth verifying with us that all care providers have the most current information and are on the same page with coordinating your care. Here are key areas where we want to hear from you -

- We like to hear your impressions following visits to a specialist;
- Changes in medications or treatment plans by specialists;
- Lab or other testing results ordered by other care providers;
- Any visits to an emergency department (ideally before you go if time permits)

Clear communication across the provider care spectrum results in better integrated, informed care between your doctors that builds a care plan best suited to your specific needs. Clear communication can save you money, time and heartache as we seek to help you find and navigate the medical solutions right for you. Whenever there is a change in your health or care, send us an update by phone, email, or text.

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

PARTNERING WITH EMPLOYERS

Many employers agree that providing affordable health care options to their workforce is good for business. Healthy employees and healthy employee families improve job stability and work performance whether in the service or production industries. However, like individuals, many employers are choosing to drop limited, expensive coverage plans and pay the corresponding federal penalty.

This is unfortunate. Employees without care coverage have a higher financial burden should they seek health care services, and employers are at greater risk for increased employee absence and turnover due to health-related concerns. Absentee-ism and turnover translate into higher costs for employers who have to seek, hire and re-train replacement staff. No care coverage can translate into employees who wait longer to seek medical care for pressing concerns that may balloon into expensive long-term and life-threatening issues.

Enter Direct Primary Care.

The DPC membership model can help solve this problem for employers. The employee with a DPC-doctor relationship will have their primary healthcare needs managed for a fraction of the traditional insurance cost. Employee absence and turnover risk due to health care concerns will stabilize or decline.

Does employer-covered DPC meet the ACA health insurance mandate for employers of 50 or more employees? No. Is the DPC-benefit tax-deductible? No. Is DPC-employer coverage good for business? Yes. With improved staff access to medical care, productivity and retention should be steady or improved. If you are an employer, call us today to learn how 307Health can partner with you in bringing personalized primary care to your workforce.

MEMBER SERVICES FOCUS

FLU SHOT at 307HEALTH AVAILABLE NOW

As we aim to assist our members in staying as healthy as possible during this flu season, we now have flu vaccine at 307Health. We are offering it to our members for \$15 while our limited supply lasts. In order to optimize staff time and decrease member wait times, we ask that members schedule a nurse visit with Amanda for their flu shot. 307Health will be offering two full-day flu clinics from 8 am to 5 pm — Thursday, October 6th, and Thursday, October 20th. Vaccines can be given at other appointment times, as well, so please contact us soon to schedule your flu shot.

FLU SHOT CLINICS in the AREA

Does your insurance pay for the flu shot? There are several other local options for you to receive flu vaccine - many of which will bill Medicare, Medicaid, and the VA for you. Here are a few -

- Park County Public Health will be holding their flu shot clinic at the **Powell Fairgrounds** on Wednesday, October 5th from 8:30 am to 6:00 pm, and in **Cody** on Wednesday, October 12th from 8:30 am to 6:00 pm.
- Powell Valley Healthcare will be offering flu shots in the community on Thursdays from 3:30 to 6:00 pm— at **Blair's Market** on October 6th and 20th, and at **Ace Hardware** on the 13th and the 27th.
- A number of pharmacies also offer flu shots on a walk-in basis, including Shopko, Osco, and Walgreen's.

LEGISLATIVE & NEWS UPDATE

ACP Board of Governors Annual Meeting

During September, Dr. Tracy had the opportunity to explain and advocate for the Direct Primary Care (DPC) physician movement during the annual 3-day gathering of the state governors of the American College of Physicians in Austin, Texas.

During the meeting, he found strong and growing support of DPC among the ACP physician leadership. Among the many other healthcare issues discussed by approximately 200 attendees during the policy and planning sessions, DPC-related topics touched on included care access and delivery ethics, affordability, integration into the larger healthcare delivery system and third-party payer options.

We are encouraged to see how DPC is continuing to gain momentum and recognition in respected professional medical circles.

Currently, Dr. Tracy is in his first of four years as Governor of the Wyoming chapter of the ACP. The American College of Physicians is the largest specialty organization - and the second largest physician organization - in the United States, representing over 143,000 internal medicine-trained doctors and specialists.