

# 307Health

DIRECT PRIMARY CARE



## WELCOME

## MONTHLY NEWSLETTER

### Our Members' Wellness

"Wellness" is the quality or state of being in good health especially as an actively sought goal, according to Merriam-Webster. We agree.

Here are the ways 307Health strives to support your pursuit of personal wellness ...

- An informative monthly newsletter with a couple of wellness information nuggets;
- Easy access to your physician for questions, medical consults, and health management;
- A \$10/month membership option at two local wellness programs – PVHC Wellness and Goettsche Wellness;
- Digital integration of your medical devices with your 307Health record for real-time information to your doctor;
- An iPhone app to connect you to all things 307Health-related;
- occasional informative resources at discounted prices as opportunity allows.

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### HEALTH TIP

#### WATER – An Easy Wellness Step

We raise our glass to you. Our glass of water, that is. We are the first to say we don't drink enough water as we navigate through our daily routines. Encouraging better hydration behavior for ourselves and our clients is why we have a hot and cold beverage station in our waiting room, and offer free bottled water in our lobby to our visitors and members.

Here are just a few benefits of this often overlooked health gem.... water increases energy, decreases hunger, removes wastes, maintains tissues, lubricates joints and is overall good for a person's health.

For a more detailed look at all the reasons to drink water – and the problems of dehydration – read this article "**Hydration. Why It's So Important**" <http://307health.org/resources/health-tips/>.

So pick-up that water bottle, clink some ice in a glass with a squeeze of lemon and get hydrated!

### DOCTOR'S NOTE

#### Welcome to 307Health!

We are encouraged and energized by the level of support among patients, businesses and community leaders for this new model of health care in the Big Horn Basin.

The practice of medicine is quickly changing. We believe that Direct Primary Care will allow the doctor and patient to be part of this change together. The use of technology - especially **Smartphone** technology – is a large part of this change in the health care landscape. We invite you to share with us any new apps that you find helpful to your wellness goals and health management.

A recent book by Eric Topol, M.D. - **The Patient Will See You Now** - offers exciting insights into many of these changes. We are looking forward to hearing how our practice app – **Atlas.md** - is helping you manage your health care and wellness goals.

**BETTER ACCESS = BETTER CARE.**

**PRACTICE NEWS**



**307Health Direct Primary Care** opened on July 27, 2015 as the first practice of its kind in the Big Horn Basin. We are proud to join the nationally growing movement of DPC practices as primary care physicians around the country seek to find a way back to the profession's roots of delivering personal care in a long-term, mutual relationship between doctor and patient.

What is "Direct Primary Care"? Here is the current definition from the *American Academy of Family Physicians* website.

**DPC: An Alternative to Fee-for-Service - The Direct Primary Care Model**

The direct primary care (DPC) model gives family physicians a meaningful alternative to fee-for-service insurance billing, typically by charging patients a monthly, quarterly, or annual fee (i.e. a retainer) that covers all or most primary care services including clinical, laboratory, and consultative services, and care coordination and comprehensive care management. Because some services are not covered by a retainer, DPC practices often suggest that patients acquire a high-deductible wraparound policy to cover emergencies.

Direct primary care benefits patients by providing substantial savings and a greater degree of access to, and time with, physicians.

**The Academy's Position on DPC**

The American Academy of Family Physicians supports the physician and patient choice to, respectively, provide and receive health care in any ethical health care delivery system model, including the DPC practice setting.



**MEMBER SERVICES FOCUS**

**307Health Staff Introductions**

While Dr. Chandler and Dr. Tracy are the center piece of **307Health**, their services come to you with the support of a team working hard to make your experience comfortable and welcoming. Here's a spotlight on the other staff members....

**Amanda – Nurse**

Amanda will get you ready to see the doctor with a welcoming "Come on back" as if you were here just in time for a special event.

**Cassie – Receptionist**

Cassie's calming voice is likely to be the first you hear when you call our office, or the first face you see when walking through the door.

**Tanja – Purchasing Manager**

As our in-house purchasing agent, Tanja orders and organizes all our supply details and maintains an in-depth pharmacy of wholesale generic medications.

**Karrie – Membership & Accounts Manager**

If you have a question about your account or other membership detail Karrie will help you find the answer.

**LEGISLATIVE UPDATE**

At 307Health, we are interested in growing and protecting opportunities for other doctors and their patients to engage with the Direct Primary Care health care delivery model. This newsletter section will focus on local and national efforts in this area that may improve patient funding resources and protect providers.

Overview

Legislators are evaluating Direct Primary Care at the national and state levels. Drs. Chandler and Tracy attended the Direct Primary Care rally at the Capitol in Washington, D.C. in 2015 where they met with Senators, Representatives, and staffers from the Wyoming delegations, as well as other states.

Passage of a bill introduced to the U.S. Senate in August 2015 would allow HSA funds to pay for Direct Primary Care membership fees. There is also interest in piloting effectiveness studies that will use Medicare to pay for direct primary care.

At the state level, legislation was approved in 2015 which excludes DPC practices from insurance regulations.