



November 2016

MONTHLY NEWSLETTER

## YOGA\*

### Fitness Focus

Yoga is a total mind-body workout that has been around for over 5,000 years. Yoga is a low-cost, low impact form of stretching, deep breathing and relaxation that ranges from beginner to advanced, gentle and relaxing to fast-paced and intense. Yoga is primarily an individual discipline or practice that improves flexibility and strength, and has been known to help reduce joint and back pain. There are over 100 different forms of yoga. It is not considered a competitive sport.

Yoga's appeal crosses all age ranges and is good for working on your core, arms, legs, glutes and back. Yoga can be done individually or with a group. Yoga relies on your own body weight for resistance so equipment usually involves only a yoga mat and blocks, yoga socks or bare feet, and comfortable, close-fitting clothing.

Many fitness centers offer beginner, intermediate and advanced yoga classes. At-home versions can also be done using guided video sessions as needed.

\*This information and more was found in the WebMD article, "Yoga", by Stephanie Watson.

Read it here –

<http://www.webmd.com/fitness-exercise/a-z/yoga-workouts>.

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

## HEALTH TIP

### KITCHEN SAFETY OVER THE HOLIDAYS

Familiar home cooked foods and family kitchen bustle are often hallmarks of holiday gatherings. Before the kitchen creativity begins, it is a good idea to review some basic safety tips that will reduce the risk of turning an anticipated family gathering into a family crisis.

1. Keep kids and pets out of the kitchen.
2. Don't rush.
3. Stir away from your body.
4. Know your equipment & handle it properly.
5. Know your lifting limits.
6. Learn how to extinguish fires.
7. Don't leave food unattended.
8. Keep a first aid kit in the kitchen.
9. Wear shoes & safe clothing.
10. Always use hot pads.
11. Learn how to use knives.
12. Clean up spills promptly.
13. Watch out for steam.
14. Be careful around stoves.
15. Stop, drop and roll.

For more ideas and details on each of the above tips, Please visit the online article *Top 15 Kitchen Safety Tips* at <http://busycooks.about.com/od/organizingandbasics/tp/Kitchen-Safety.--PU.htm>

## DOCTOR'S NOTE

### RESPONDING TO YOUR PHONE CALLS, TEXTS and EMAIL

**307Health** is proud to provide members with physician access 24-hours/day, seven days a week. Here are some useful communication tips:

**Phone Calls** – During office hours, members calling on their 271 physician access number will route through our office line and usually be handled on the same day of the call. After office hours, 271 phone calls will route directly to a physician and be answered in person whenever possible. If your call is not answered right away, please leave a voice message. Your call will usually be returned within the hour.

**Texts** – Members' 271 texts will usually receive a reply on the same day. If you expect an answer within a specific time-frame, please include that time frame in the text itself so your physician is aware of your expectation.

**Emails** – Member emails sent to their physician access email address will usually receive a reply within one business day. If your question requires a quicker response, please call your 271 physician access number.

**Please note** - If you are contacting us about more than one family member, please send us separate texts and/or emails for each family member so we can route them to the appropriate member's chart. This will also allow any physician replies to be captured in each individual patient's chart.

Also, if you have not received a response to your text or email as you expected, please contact us again to make sure we received the message.

**BETTER ACCESS = BETTER CARE.**

**PRACTICE NEWS**

**HOLIDAY OPEN HOUSE & CLINIC HOURS**

**Holiday Open House** – You are invited to the *2016 307Health Holiday Open House* in honor of the Christmas season on Friday, December 9, from 3 to 6 pm. Stop by during this festive event to say “Hi” to the 307Health staff and doctors, share the practice with a friend, and enjoy some tasty treats. Please join us!

**Holiday Clinic Hours** – During the upcoming holiday season, 307Health will adjust its regular clinic hours as listed below. Physician access contact methods for members will work as usual should a medical need arise during the holidays.

- Thanksgiving – Closed Thursday and Friday, November 24<sup>th</sup> and 25<sup>th</sup>.
- Christmas – Closed Monday, December 26<sup>th</sup>.
- New Year’s – Open as usual the week of January 2<sup>nd</sup>.

**PARDON OUR DUST - VESTIBULE CONSTRUCTION**

As we prepare for our second Wyoming winter, a clinic entrance vestibule will be constructed over the next few weeks. The enclosed entrance will improve entrance safety, add ADA-compliant automatic doors and improve lobby temperature regulation. During construction, clinic hours will be unchanged.

**FAMILY DISCOUNTS**

Does 307Health have a “family rate” different from our published prices? The answer – 307Health builds-in a family rate in its pricing. The rate for children is lower than adults to encourage families to join the practice. Despite the lower child rate, caring for children does not take less time or resources. In fact, children under age four are more frequently seen in the office and generate more care-related phone and text interactions with their caregivers. For this reason, children new to the practice will only be enrolled if at least one parent is also a 307Health member.



**MEMBER SERVICES FOCUS**

**FLU SHOTS AVAILABLE**

The 2016 flu vaccine is still available for \$15 to 307Health members by appointment only. Please call today to schedule your flu shot if you have not yet received this recommended vaccine.

**CONTACT UPDATES – PHONE, EMAIL, MAILING ADDRESS**

Do you have a change to your phone number(s), email or mailing address? Please call us right away with your updated contact information. The easy-access communication tools offered by 307Health are a membership benefit that help 307Health deliver our services to you quickly and efficiently. Please help us continue providing you with timely and efficient service by keeping your contact methods up-to-date.

**AUTOMATED PAYMENTS**

The convenience of automated payments has always been a hallmark of 307Health. Automated payments are available through either an electronic bank transfer or charge to your debit or credit card. Over time, we have come to prefer electronic bank transfer. Why? Using automated bank transfer, a.k.a. EFT or ACH transfer, reduces payment failures when your card expires or is closed because of fraudulent activity, thereby lowering staff management time. Bank transfers also carry a lower processing fee, thereby lowering our operating expenses. Your automated monthly bank transfers can be setup over the phone. Call us today.

**PATIENT AGREEMENT UPDATE**

We have learned much during our first 18 months of operations. It is now time to update our Patient Member Agreement. Watch your U.S. Mail over the next few weeks for a summary of the updates. Thank you for choosing 307Health.

**LEGISLATIVE & NEWS UPDATE**

**DPC and HSA Funds  
The Primary Care  
Enhancement Act of 2016**

At the Congressional level, Rep. Erik Paulsen (R-MN) and Rep. Earl Blumenauer (D-OR) introduced the Primary Care Enhancement Act of 2016 to the House Ways and Means Committee on Sept 13, 2016. The bill was then referred to the Subcommittee on Health. This is a companion bill to the Primary Care Enhancement Act of 2015, which was introduced in the Senate in August 2015. That bill is still under review in the Senate Finance Committee.

As you may recall, this bipartisan legislation will clarify that DPC services are qualified health services under the tax code. This will enable individuals with health savings accounts (HSA) to use their HSA funds to pay for DPC services. This legislation will also create a pathway for an alternate payment model in Medicare, which would open the door for Medicare to consider paying for DPC services for its beneficiaries.

At a time when partisan politics seem to dominate all our news sources, the strong bipartisan support for the Primary Care Enhancement Act is refreshing to see. It is clear that our Congressional delegations see the value of DPC and that they can work together to help ensure that this common sense approach to primary care will be available to many more people in the years to come.