



December 2016

MONTHLY NEWSLETTER

Pilates* FITNESS FOCUS

Pilates is a series of movements that will stabilize and strengthen your core, sculpt muscles, improve flexibility and posture and provide a sense of well-being. Similar to yoga, Pilates can be as simple as using an exercise mat and a home DVD, though gym classes with more specialized classes are also available in some areas.

Pilates movements usually occur in a systematic order that develop precision and technique the more they are practiced. The movements use your own body weight to develop strength and require concentration and focused breathing, but usually do not raise heart-rate.

Pilates should be done 3x/week, but is not considered aerobic exercise so regular cardio / aerobic workouts should still be included in your weekly exercise plan.

*This information and more was found in the WebMD article, <http://www.webmd.com/fitness-exercise/a-z/what-is-pilates>.

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

HEALTH TIP

LIFT WITH YOUR LEGS, NOT YOUR BACK

Here are a few tips to minimize problems with your back when lifting.

- Stand with your feet shoulder-width apart - one foot slightly ahead of the other.
- Bend at the hips and the knees when lifting, not from the spine.
- Keep your upper back straight and only a slight arch in your lower back. Keep your chest out and shoulders back while you look straight ahead.
- Straighten your hips and knees, NOT your back, to lift.
- Hold the item you are lifting close to your body.
- Lead with your hips, using your feet to change direction.
- Take small steps and keep your hips and shoulders in line.
- Squat with the knees and hips, keeping your back straight, to lower your load.

Keep in mind:

- Do not attempt to lift or set something down by bending forward. Bend your hips and knees to squat down to your load, keep it close to your body, and straighten your legs to lift.
- Never lift a heavy object above shoulder level.
- Avoid turning or twisting your body while lifting or holding a heavy object.

These tips are taken from the WebMD article - www.webmd.com/back-pain/proper-lifting-technique.

DOCTOR'S NOTE

DOCTOR-TO-DOCTOR COMMUNICATION – YOUR ROLE

We want to hear from your other health care providers about their assessment of your health and plan of care following your visit to their office. This communication will help us coordinate your care, avoid overlap or contradictory care plans, and provide you with the best support approach to your medical concerns.

Surprisingly, this feedback of information to your 307Health doctor does not automatically happen, even if we were the original referral source to the care specialist. You can help improve this communication flow between doctors by always asking your specialty provider - at every visit - to send a copy of their visit notes and test results to your doctor at 307Health. This information can be sent via fax to 307-764-1865 or via mail to 250 North Evarts Street, Powell, WY 82435.

The patient is his or her own best advocate. Be bold to clearly communicate your expectations to your physicians – both to us and to your specialty care providers. We, in turn, will strive to do likewise as we seek to provide you with the best care possible.

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

HOLIDAY CLINIC HOURS

- Christmas - Dec. 23, Friday - Open 8 a.m. - Noon
- Dec. 26, Monday - Closed
- New Years - Jan. 2-6, All Week - Regular Hours

2016 ANNUAL HOLIDAY OPEN HOUSE - FRIDAY 12/9 3-6 PM.



LEGISLATIVE & NEWS UPDATE

The Primary Care Enhancement Act of 2016

The Primary Care Enhancement Act (HR 6015 and S1989) expands access to high-functioning primary care services for Americans of all ages and income levels. This important piece of legislation could remove a major federal barrier that keeps some patients and employers from using the Direct Primary Care (DPC) medical home to improve care delivery and decrease the overall cost of healthcare. It will address the IRS rules regarding health savings accounts, particularly as they relate to Direct Primary Care.

The *Direct Primary Care Coalition* outlines the issue as follows:

“H.R. 6015 and S. 1989 clarify the tax code, making it clear that patients with HSAs and HDHPs have access to great primary care with a DPC medical home.

Department of Health and Human Services (HHS) regulations on Essential Health Benefits (EHB)* define DPC medical homes as primary care services offered outside fee-for-service insurance. HHS rules note that they are an important delivery reform being defined in state laws. **However, IRS rules have not kept pace with HHS regulations.**”

Please contact your Wyoming Senators and Representative regarding this legislation which would allow individuals and employers to use health savings accounts in the way they were intended to be used - by the patient and for the patient.

MEMBER SERVICES FOCUS

TEXT and EMAIL – TIPS TO HELP EVERYONE

Digital communication can be an effective and efficient way to keep your doctor informed and quickly get your questions answered. Here are a few tips...

- One patient = one text or email. To ensure clarity and good record-keeping, please send separate communications threads for each patient, e.g. a parent should send separate texts when communicating about separate children.
- Limit night-time texts to urgent concerns. The doctors have their phones on all the time – even when sleeping. Non-urgent informational texts will awaken the doctor just like an emergency text. If your message can wait, please send texts between 7 a.m. & 10 p.m. Emails can be sent anytime as these are only checked during daytime hours.
- Call if no response. If you have not heard a response from your doctor within an hour of your text, or within 24-hours of your email, please call your physician access number. Sometimes, text or email delivery is delayed by service carriers.
- Avoid multiple-text conversations. If your medical situation requires multiple texts, request a voice conversation to discuss your concern.

Thank you for helping us keep our digital conversations clear, efficient, and helpful.

CONTRACT UPDATE – VERSION 4

By now you should have received a letter from us via the U.S. mail service explaining the new *307Health Patient Member Agreement* that will become effective on January 1, 2017. The changes described in the notice are retroactive to all previous member contracts. Please read the cover letter and accompanying notice carefully, then call us if you have any questions. We look forward to serving you in 2017!