



April 2017

MONTHLY NEWSLETTER

FITNESS FOCUS

The Health Benefits of Mindfulness

Research demonstrates that practicing Mindfulness-Based Stress Reduction (MBSR) has health benefits that go beyond perception.

Improvements have been measured in persons practicing MBSR in their blood sugar and blood pressure levels. Improved coping mechanisms and quality of life have been observed among persons with chronic pain, anxiety, stress, rheumatoid arthritis, heart disease, and type 2 diabetes.

Miriam-Webster's dictionary defines "mindfulness" as 1) the quality or state of being aware of something; and, 2) a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

One way to practice MBSR in your everyday life – focus fully on one thing at a time, taking time to fully observe details in the moment, for example – sitting outside and carefully observing the environment around you without any judgments or action thoughts.

For more ideas and overview explanation on MBSR, visit this WebMD article - <http://www.webmd.com/balance/tc/mindfulness-based-stress-reduction-topic-overview#2>

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HEALTH TIP

GOING ON THE DEFENSE – FIGHTING ALLERGIES AT HOME

Allergy season is just around the corner and you can take steps today to minimize allergens in your everyday environment. Common causes of allergy symptoms and asthma include mold or dampness, dust mites, pets with fur – including cats and dogs, cockroaches, rodents, secondhand smoke, and strong fragrances.

To reduce allergens and irritants in bedrooms, cover mattresses and pillows in "dust proof" covers, wash all bedding in very hot water (130° F) once a week, always keep stuffed animals off the bed and pets out of the room, and remove carpets to make floors easier to clean. Clean all surfaces regularly, including shelving, fixtures, artificial foliage, window covering, fan blades, walls, and ceilings.

Remove moisture sources in the home to prevent mold growth. Clean up any water spills or leaks right away and quickly repair any leak sources. Run the bathroom fan or open a window for at least 20 minutes after a shower. Monitor the humidity level in your home to keep the level between 30 and 50 percent.

Keep pests out of your home by fixing leaks in sinks and toilets, storing food in closed containers, cleaning up crumbs and spills right away, and putting screens in your windows and doors. Seek expert advice to remove allergen-carrying critters if you suspect a problem in your home.

Need more info? Let us know and we will link you to some helpful resources.

DOCTOR'S NOTE

RESPONDING TO MEMBER SUGGESTIONS

Providing truly meaningful use of primary care.

307Health is now pleased to offer Department of Transportation (DOT) certified physicals at no additional charge to our members. As of 2014, the Federal Motor Carrier Safety Administration (FMCSA) requires providers be certified and registered with the National Registry of Certified Medical Examiners in order to perform DOT-certifying physicals. Only medical examiners that have successfully completed training and testing on FMCSA's physical qualification standards will be listed on the National Registry. The Registry's mission is "to improve highway safety by producing trained, certified medical examiners who can effectively determine if a commercial motor vehicle driver's health meets FCMSA standards."

Many doctors have chosen not to pursue this service because of the extra time involved with performing the exam and entering data on the FMCSA website. We are happy to take the time needed to offer this service to our members to do our part in making Wyoming and American highways safer.

If you know when your next DOT re-certification physical is due, call our office today to schedule your examination.

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

COWBOY ETHICS INSPIRES 307HEALTH

Business man Jim Owen, founder of the Cowboy Ethics Center, believes that individual character and personal principle ~ not more laws and regulations ~ are the keys to building a better world, and that these traits are informed by a personal code or creed. Out of this thinking, he developed the “Code of the West” - a set of principles to live and do business by every day. This “Code” greets us and our visitors as we walk through our front doors, and serves to remind us that we are part of something bigger than ourselves.

The Code of the West – 10 Principles To Live By

1. Live each day with courage.
2. Take pride in your work.
3. Always finish what you start.
4. Do what has to be done.
5. Be tough, but fair.
6. When you make a promise, keep it.
7. Ride for the brand.
8. Talk less and say more.
9. Remember that some things aren't for sale.
10. Know where to draw the line.

THE INITIAL MEMBER VISIT – Why It's Important

The first doctor visit for a 307Health member is offered shortly after enrollment to meet your doctor, orient you to 307Health communication methods and services, and help your doctor build your baseline record before a medical concern arises. If you have not yet seen your 307Health provider, call today to schedule this visit.



MEMBER SERVICES FOCUS

ONE PATIENT = ONE TEXT (or EMAIL) PLEASE

Leveraging Technology and Service

When you text or email your doctor, please send separate communications for each person. Digital messages from 307Health members are captured in their medical record, but this can only be done when separate messages are received for each patient. If your doctor receives a combined patient message, he may ask you to separate the message by patient and re-send.

Digital communications via text and email are a valuable component of the 307Health doctor-patient relationship. We appreciate your help in making the most of this service.

STICKERS & SAFETY POPS – Reinforcing Relationship

Optimizing the Patient and Provider Experience

Making a visit to the doctor a pleasant experience for even our youngest members is one way we try to make a trip to 307Health a good one for both parent and child. Kid-friendly publications in the waiting room and the positive reinforcement of a sticker or safety pop (let us know your preference) can help children feel positive about visiting their doctor. This positive experience can help children view the doctor as their friend and ally, rather than a person to be seen only when they are hurting or sick. This is one reason we offer an initial intake visit with each family member – so children and adults can have the opportunity to have a thorough doctor visit that sets a positive relational baseline before a medical concern arises. Call today to schedule your initial intake visit if you have yet to be seen by your 307Health doctor.

Legislative Update

Federal HSA Legislation Still Hopeful

Although there continues to be a significant amount of partisan politics in Washington, D.C., there has been good bipartisan support for Direct Primary Care as an option in healthcare delivery.

That said, there is nothing new to report on the Primary Care Enhancement Act. The Senate version of the bill (S. 1989) was introduced in August 2015 and was referred to the Committee on Finance, where it remains. The companion House bill (H.R. 365) was introduced in January 2017 and was then referred to the House Committee on Ways and Means, where it remains. Although there has not been any recent action on these bills, there has been good bipartisan support, and we are still optimistic that progress will be made in the coming months.

We continue to get frequent questions about using HSA funds to pay for membership at 307Health. These legislative bills seek to clarify the tax code to allow for payment of DPC membership with HSA funds. We appreciate your ongoing support of 307Health and of Direct Primary Care in general. As this model continues to grow rapidly and people are able to see the value in direct care, we expect that barriers, like the HSA issue, will be removed.