



May 2017

MONTHLY NEWSLETTER

## FITNESS FOCUS

### Weight Training

According to fitness experts and health professionals, weight training is an important part of any fitness program. Combined with aerobic exercise, weight training can increase your strength and muscle tone, improve your bone density and help you lose fat. Ready to start a weight training program?

If you're new to weight training, consider working with a fitness specialist or trainer to learn proper form and technique to help avoid the risk of injury and get the most benefits.

Warm up with five to 10 minutes of stretching or brisk walking. Then choose a weight or resistance level heavy enough to tire your muscles after 12 to 15 repetitions.

With the proper weight, a single set of 12 repetitions can build muscle efficiently in most people and can be as effective as multiple sets of the same exercise.

To give your muscles time to recover, rest one full day between exercising each specific muscle group, and remember to complement weight training exercises with aerobic activity.

More information on specific exercises and frequency of exercise can be found here - <http://www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/weight-training/sls-20076904?s=1>.

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## HEALTH TIP

### PREVENTING MOSQUITO-BORNE ILLNESS

The saying "an ounce of prevention is worth a pound of cure" summarizes the idea that taking steps to prevent illness when possible goes as far – or farther – than investing many resources in the treatment of an illness.

This is certainly true in the case of preventing illness transmission by mosquito bites. As spring rolls out its colors, weather warms, and the world around us greens up, these hungry critters are sure to show up and bring their appetite back into our lives. Unfortunately, mosquitoes can carry disease that may infect the host through their bite.

The best way to prevent the illnesses spread by mosquitoes is to minimize mosquito exposure. Tips to avoid the "bite" include...

- Wearing light-colored clothing to cover up.
- Putting mosquito repellent "bug spray" on your bare skin.
- Getting rid of places that water can collect around your home.
- Keeping water in pools and landscaping moving.
- Using screens on your windows or a mosquito net when sleeping outdoors

For more information about mosquito bite prevention, visit <http://blog.spcollege.edu/wellness/wp-content/uploads/sites/21/2016/02/Zika-prevention.png>

## DOCTOR'S NOTE

### THOUGHTS ON D.P.C. CONCERNS & FEARS

#### *Optimizing the Patient and Provider Experience*

As we near the second anniversary of providing patient care through 307Health, we are pleased with the improved quality of our relationships with you, our patients. Through direct primary care (DPC), we have had the time and freedom to focus on providing medical care in a way that maximizes our training and expertise. However, we occasionally hear statements that could use a response. Here are a couple....

"I Wish My Doctor Wouldn't Have Left" – 307Health not does not represent a "leaving", but actually a "gaining". When stepping away from the traditional system, we believed we could better serve our patients by offering care services through a predictable, budget-friendly, transparent fee structure. This hope and intention to better serve patients by improving care access at a predictable cost was clearly communicated to give all our patients the opportunity to join us in the DPC journey.

"There Won't Be Enough Doctors If All PCPs Do DPC" – The assignment of a patient name to a primary care doctor in the traditional system does not necessarily reflect care delivery or doctor access. Physician patient "panels" often reflect an impossible number of patients for one doctor to manage, thereby hindering the relational component of the doctor-patient relationship so important to the care of the whole person.

Thank you for joining us on this journey into better access that leads to better care.

**BETTER ACCESS = BETTER CARE.**

**PRACTICE NEWS**

**Practice Nears Capacity - New Members Still Welcome**

*Optimizing the Patient and Provider Experience*

A central tenant of our motto “Better Access = Better Care” is capping membership at a manageable level for each doctor. Limiting the number of patients treated by our physicians ensures that all active 307Health members receive access to 307Health physician care services as needed. Providing unencumbered access to physician care and consult services requires careful management of enrollment levels.

As 307Health nears capacity, we want to assure you that we remain committed to serving the Powell and surrounding communities with quality primary care services at a predictable, affordable price. If you know of someone who could benefit from Direct Primary Care membership, please give them information about 307Health, direct them to our website, or ask them to stop by our office. 307Health is still accepting new members and maintains prospective member wait lists as needed.

**Give Us An Update – In Your Words, Please**

*Leveraging technology and service*

If you have a non-urgent medical update for your doctor, you can put the update directly in your chart and inform your doctor at the same time. This direct information relay can be accomplished by writing your update in a text to your Physician Access phone number, or by emailing a note to the email address given you at enrollment. Your written update will be sent directly to your doctor and usually read by him on the same day. Communicating non-urgent information in this manner ensures accurate and timely information relay from you to your physician. If you have questions on how to do this, please ask.

**MEMBER SERVICES FOCUS**

**SPORTS PHYSICALS – A Member Benefit**

*Lowering the Overall Cost of Primary Care*

As parents and students prepare for the end of the school year, we want to remind our members that the annual school-required “sports physical” is included in your membership benefits. The benefit means you do not need to purchase a “sports physical voucher” or attend a pre-scheduled sports physical clinic. To schedule a sports physical that is convenient for your summer schedule, simply give us a call. We will also provide the school-required form ahead of your appointment for completion at home upon request.

**TRAVEL & PRESCRIPTION MAIL SERVICE**

*Leveraging Technology and Service*

Members using the in-house wholesale prescription services of 307Health will be happy to know their medications can be mailed to them when traveling away from home for an extended time period. To request this service, please let us know your temporary mailing address when submitting a refill request. The mailing cost will be seen on your monthly membership statement as a separate charge. Now refilling your prescriptions while away from home has a simple solution – just ask for 307Health prescription mail service.

**UPDATING YOUR PAYMENT METHOD**

*Leveraging Technology and Service*

Automatic payments make membership easy! To enable auto-pay or update your payment method, just give us a call. Alternatively, you can click on the link in your monthly invoice notice or open the billing preferences feature in the mobile app.

**Benefits of Membership**

**BREAKING THROUGH “BARRIERS TO CARE”**

A quick review of the services offered by 307Health reveals that active members receive value that continually exceeds the traditional fee-for-service primary care model and breaks through the “barriers to care” so often found in the traditional healthcare system. These barriers to care include unpredictable costs, long wait times, minimal care continuity, and layers of bureaucracy between the patient and physician.

307Health members find these barriers to care are removed from their relationship with their doctor. In exchange for the predictable monthly fee, members may directly access physician care, consult, and specialty referral services as needed through modern communication tools and office visits for no additional co-pay. Our motto “Better Access = Better Care” captures this idea.

Other benefits enjoyed by members include access to many maintenance prescription medications at wholesale pricing, and some common tests and procedures are included in the monthly fee, or are offered at cost to our members.

The 307Health partnership with local wellness programs takes personal health to the next level by offering our members a \$10 monthly membership fee to two wellness programs – Gottsche Wellness and PVHC Physical Therapy Wellness. This partnership opens doors to structured fitness & wellness programs at a predictably affordable level.

To learn more about any of these membership benefits, please talk with your doctor or stop by to visit with our staff.