



July 2017

MONTHLY NEWSLETTER

FITNESS FOCUS

Caregiver Health

According to the Mayo Clinic, "As the population ages, more caregiving is being provided by people who aren't health care professionals. These informal caregivers provide 80 percent of long-term care in the United States.

A caregiver is anyone who provides help to another person in need, such as an ill spouse or partner, a disabled child, or an aging relative. However, family members who are actively caring for an older adult often don't self-identify as a "caregiver." Recognizing this role can help caregivers receive the support they need.

Caregiving can have many rewards. For most caregivers, being there when a loved one needs you is a core value and something you wish to provide. But a shift in roles and emotions is almost certain. It is natural to feel angry, frustrated, exhausted, alone or sad. Caregiver stress — the emotional and physical stress of caregiving also known as "caregiver syndrome" — is common. People who experience caregiver stress can be vulnerable to changes in their own health." The full Mayo article with symptoms and coping strategies can be read here -

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784?pg=1>

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

HEALTH TIP

THE BEST GIFT – YOUR WISHES IN WRITING

Life is busy. Finding the time to think about the end of our earthly life is the best gift we can give our care providers and loved ones. However, it can be overwhelming to know where to start or what documents are needed. The following is a list of tools that may help begin thinking through end-of-life wishes and goals for loved ones and caregivers to follow. These documents can be a gift during this stressful time of life.

- **WILL** - A document in which a person specifies the method to be applied in the management and distribution of his estate after his death.
- **POWER OF ATTORNEY (POA)** - Power of attorney is granted to an "attorney-in-fact" or "agent" to give that individual the legal authority to make decisions for an incapacitated "principal."
- **LIVING WILL or ADVANCE DIRECTIVE** - A document that lets people state their wishes for end-of-life medical care, in case they become unable to communicate their decisions. Standardized forms are available in the multi-state 5-Wishes document and the Wyoming-specific WyoPOLST document (see Doctor's Note below).

Because laws vary from state to state, we recommend seeking the counsel of a Wyoming-licensed attorney to ensure the documents you put in place comply with Wyoming law. If you do have a Living Will and/or POA, please provide us with a copy for your 307Health record.



DOCTOR'S NOTE

WyoPOLST and LIVING WILLS

Proactively Engaging Patients

The Wyoming Department of Health "Providers Orders for Life Sustaining Treatment" (WyoPOLST) is a legal document introduced to Wyoming in 2016 through the combined efforts of Wyoming physicians, the Wyoming Medical Society, and the Wyoming state legislature in an effort to improve patient-directed care during a medical crisis and end-of-life care. The WyoPOLST does not replace the patient's Living Will.

The WyoPOLST is an approach to keep the patient and their provider at the center of one's care at the end-of-life. The WyoPOLST form is an actual medical order form signed by a provider and the patient or his/her representative. The WyoPOLST form is an effort to take a patient's wishes as expressed verbally or outlined in a living will (advance care planning documents) and place them into an actionable medical order to be followed by healthcare providers throughout the state.

The WyoPOLST document can be completed for a qualified patient regardless of age. It is designed for patients who have irreversible conditions and whose life expectancy is less than one year, or who are frail and elderly. The mission of the WyoPOLST movement is to improve end-of-life care in Wyoming by honoring the health care wishes and goals of care of those who have life-limiting illnesses.

Visit <https://www.wyomed.org/wyopolst> for more information and helpful videos on the purpose and value of the WyoPOLST or talk with us anytime.

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

CLINIC HOURS NOTICE

Please note that the 307Health clinic will be closed on July 3rd and 4th in honor of Independence Day. Also - until Labor Day - the 307Health clinic will close at 4pm on Fridays. Physicians are still available to their patients via their Physician Access phone number.

BEAR AWARENESS – A FULL ROOM & HANDS-ON INFORMATION

Proactively Engaging Patients



Dusty Lasseter of the Wyoming Game and Fish Department spoke with approximately twenty 307Health members about bear awareness and safety on Tuesday, June 22. A diverse cross-section of 307Health members took advantage of this educational seminar. In addition to the slide show and talk, attendees practiced bear spray firing and heard about the different bear behaviors that may or may not warrant bear spray.

Hallmarks of Direct Primary Care

Providing Truly “Meaningful Use” of Primary Care

Six years ago, the federal U.S. government introduced an incentive program to hospitals and medical professionals intended to encourage the digitization of the individual patient medical record. In the words of CMS.gov...

- *In 2011, the Centers for Medicare & Medicaid Services established the Medicare and Medicaid Electronic Health Record Incentive Programs to encourage eligible professionals, eligible hospitals, and critical access hospitals to adopt, implement, upgrade, and demonstrate meaningful use of certified EHR technology.*

Since this introduction, the term “meaningful use” is often used by health care administrators and medical providers when discussing the tools used in this new era of digitized health care.

307Health has incorporated the phrase “meaningful use” to emphasize within health care conversations the value of the primary care physician-patient relationship to the spectrum of patient care.

Truly meaningful use of primary care will result in patients who have a medically-trained partner and advocate to help them choose healthy lifestyles, navigate life's health challenges, and – when necessary – access the broader health care system of specialists and technology in a way that efficiently and cost-effectively utilizes personal and third-party payor resources. A patient's main source for regular medical care, the primary care relationship will ideally provide continuity and integration of health care services while providing the patient with a broad spectrum of preventive and curative care and coordinating all the care that the patient receives.

MEMBER SERVICES FOCUS

THE HSA – Best Used for Specialty & Hospital Care

Lowering the Overall Cost of Primary Care

If you have a Health Savings Account through your employer, it is wise to think carefully about how to use these funds. The following definition of this savings account from Wikipedia is helpful -

- “A health savings account (HSA) is a tax-advantaged medical savings account available to taxpayers in the United States who are enrolled in a high-deductible health plan (HDHP). The funds contributed to an account are not subject to federal income tax at the time of deposit. Unlike a flexible spending account (FSA), HSA funds roll over and accumulate year to year if not spent.”

Because HSA funds accumulate from year to year, saving these funds for the unexpected health crisis of a family member can help alleviate a devastating blow to household finances. For this reason, we recommend that Direct Primary Care (DPC) memberships be paid from the personal household budget of our members, rather than from the member's HSA. The 307Health DPC monthly membership fees are a predictable, fixed monthly expense to allow for easy budgeting, and in line with many other common monthly service plans such as cell phones, media subscriptions, or the daily trip to the coffee shop.

Additionally, the current IRS regulations have not been clarified regarding the use of HSA funds for DPC membership fees. The proposed federal legislation to specifically allow HSA funds for DPC membership fees is still under consideration in the respective committees of the House of Representatives and Senate. Please discuss any questions you may have about IRS regulations and the appropriate uses of your HSA account funds with your accountant or financial advisor.