



October 2017

MONTHLY NEWSLETTER

FITNESS FOCUS

Viral Infection Prevention

Receiving the flu vaccine is an important piece of the annual flu-prevention effort, but protecting your health from the transmission of flu and other viruses does not stop with a vaccination.

Other steps you can take to prevent virus infection include....

- Avoid close contact with sick people.
- If sick, stay home for 24-hours after the fever is gone, except for receiving medical care.
- If sick, avoid contact with other persons.
- Use a tissue to cover your nose and mouth when coughing or sneezing. Throw away the tissue after use.
- Wash your hands with soap and water frequently or use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect germ-contaminated surfaces and objects.
- Follow public health advice if an outbreak occurs.
- Routinely clean frequently touched objects and surfaces to help remove germs.

For more infection prevention see [CDC Protective Health Habits](#).

Click the link below for more information on this year's flu season and vaccinations [2017-2018 Flu Season CDC Info](#).

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

HEALTH TIP

WHY VACCINATE AGAINST INFLUENZA?

The annual arrival of Fall brings with it the annual Flu Shot clinics offered by 307Health, Powell Hospital, Park County Health Department, and national pharmacy chains. This simultaneous, but uncoordinated effort, among health care providers across the nation is spurred on by the United States Centers for Disease Control (CDC) education and outreach effort to pro-actively protect the health of its citizens against the sometimes deadly virus which changes and adapts through the annual seasonal cycles around the world.

In the 20th century this changing virus caused recorded "pandemics" (worldwide outbreak) of infection, sometimes resulting in death. The most deadly of these pandemics was the Spanish Flu - a misnomer since the virus did not originate in Spain - in 1918 which was estimated to have taken the lives of 50-100 million people, or 3-5% of the world's population at the time. Because the Spanish flu hit healthy young adults the hardest, US life expectancy - an averaged calculation across the population - dropped by 12 years. Since then, other influenza pandemics have included the 1957 Asian flu, the 1968-69 Hong Kong flu, and the 2009 Swine flu.

Are we susceptible to another pandemic? Dr. Sanjay Gupta, CNN's Chief Medical Correspondent, focuses on this question and a possible prevention step in this September editorial - [CNN Flu Pandemic](#).

DOCTOR'S NOTE

DOCTOR-TO-DOCTOR COMMUNICATION

Having direct and timely access to your physician is part of optimizing your care. Medical care for many patients involves a primary care physician and one or more specialists. Communication between physicians involved in your care can affect the patient experience and quality of care. Unfortunately, it is less common today for physicians to talk directly with each other about a patient over the phone or in person.

The term used to describe the majority of communications between healthcare providers today is "asynchronous communication," which includes the assumption that copies of notes and discharge summaries will be properly routed to the patient's primary care physician. However, information such as a hospital discharge summary will often arrive after the patient has already been seen or contacted by us following hospital discharge.

Studies show that direct verbal communications between a hospitalist and a primary care physician occur in less than 1 in 5 hospital stays. It is our goal at 307Health to maximize your care by having good communication with your other treating physician(s). Please help us by letting your other doctors know you also feel this doctor-to-doctor communication is important.

Side Note - A heartfelt "thank you" to everyone who attended the Open House to welcome Dr. Bartholomew or who sent him a congratulatory greeting. Your efforts are one more reason why we love working with the people of Wyoming!

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS



OPEN HOUSE FILLS THE HOUSE and OUR HEARTS

Our September Open House opened our doors and building to friends and visitors, allowing us to share our staff and facilities with the community. Our members were given the chance to personally meet and welcome new physician Dean Bartholomew and gave the general public a chance to tour 307Health and find out what we are all about. After two years of serving the Big Horn Basin, we still find that many do not know about 307Health or wonder about that place next to the orthodontist by the middle school. What a fun and encouraging afternoon we had with our old and new friends!

OUTREACH

Dr. Bartholomew is available to talk with your small group or employee gathering on a variety of health topics or to explain how direct primary care fits in the broader health care picture. Call us today at 764-3721 to schedule Dr. Bartholomew for your next gathering.

AFFORDABLE LABS – EXPANDING CHOICES

Membership benefits continue to expand with 307Health. A partnership with Quest labs has been implemented which, over time, will allow members access to additional lab tests through 307Health. Labs currently performed in-house for active 307Health members include....

In-House Complimentary Tests

- Blood Sugar
- Urine Dip
- Strep Test
- EKG
- Spirometry
- Pregnancy (urine)

In-House Fee Tests

\$10 - INR (Pro-Time)



MEMBER SERVICES FOCUS

FLU SHOTS

Proactively Engaging Patients

This year, 307Health will be offering flu vaccine to members age 6 months and older for \$20/dose on an appointment basis. This is a small increase in price from last year as we have chosen to offer the vaccine which covers four flu virus strains instead of three strains. Supplies are limited, so please call ahead to make your vaccination appointment.

Community Flu Clinics offered by the Park County Public Health Office are also available around the area.

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|-------------|------------------------|--------------------------|
| • Clark | 9/28 from 9am-11am | Clark Pioneer Rec Center |
| • Powell | 10/04 from 8:30am-6pm | Park County Fair Grounds |
| • Meeteetse | 10/16 from 11am-1pm | Senior Center |
| • Meeteetse | 10/16 from 2pm-4pm | Meeteetse School |
| • Cody | 10/18 from 8:30 am-6pm | Cody Auditorium |

Cost of the flu vaccination through Park County Public Health is \$25 for adults and \$20 for kids.

IPHONE APP ALLOWS APPOINTMENT SCHEDULING

Leveraging Technology and Service

Members using the 307Health app on their iPhone are able to digitally request appointments through the app. Contact our front desk with questions about how to use this convenient 307Health tool.

Hallmarks of Direct Primary Care

Proactively Engaging Patients

Personal health is a person's most valuable asset. The doctors at 307Health come alongside our members in partnership with them – recognizing that the patient is the first and foremost agent in the management and care of his or her health. This partnership “proactively engages patients” in the following ways....

- Empowering direct doctor-patient conversations through communication avenues most effective for the patient – phone call, text, email, and/or face-to-face office or home visits;
- Providing same-day or next-day follow-up to immediate health concerns;
- Offering in-house educational videos on medical conditions or specialty procedures;
- Offering EMR connectivity with patient-controlled digital health tools such as blood pressure and blood sugar monitors, weight-measuring scales, fitness apps, and EKG apps through the Validic Device Ecosystem or the Fitbit platform;
- Offering medication review and daily management training with the patient and a family member for persons on multiple medications;
- Coordinating care between medical specialty providers and informing the member of those conversations;
- Offering a monthly newsletter featuring a health tip and fitness focus with digital links to source documents;
- Providing members with a copy of their doctor's visit notes upon request.

Have an idea on how we can better partner with you? Let us know!