



## MONTHLY NEWSLETTER

December 2017

### FITNESS FOCUS

#### Can Diet Reduce Colon Cancer Risk?\*

Research is underway to find out if changes to your diet can reduce your colorectal cancer risk. Medical experts don't agree on the role of diet in preventing colorectal cancer, but often recommend a diet low in animal fats and high in fruits, vegetables, and whole grains to reduce the risk of other chronic diseases, such as coronary artery disease and diabetes. This diet also may reduce the risk of colorectal cancer. Also, researchers are examining the role of certain medicines and supplements in preventing colorectal cancer.

The U.S. Preventive Services Task Force found that taking low-dose aspirin can help prevent cardiovascular disease and colorectal cancer in some adults, depending on age and risk factors.

Some studies suggest that people may reduce their risk of developing colorectal cancer by increasing physical activity, limiting alcohol consumption, and avoiding tobacco.

Overall, the most effective way to reduce your risk of colorectal cancer is by having regular colorectal cancer screening tests beginning at age 50.

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 \*Note: This information was taken from the CDC website - [Colorectal \(Colon\) Cancer](#) - where additional information and hyperlinks can provide more in-depth educational information.

### HEALTH TIP



#### Got Polyps? The Value of Colon Cancer Screening – Part 1

Did you know that colon cancer is the third most common cause of cancer death in both men and women? According to the American Cancer Society, an estimated 220 Wyoming residents will be diagnosed with colon cancer in 2017 and another 80 will die from colon cancer. Sobering numbers for sure!

The good news is that colon cancer can be prevented and often successfully treated if caught early. Colon cancer usually starts as a benign growth called a polyp. If left unchecked, approximately 10% of these benign polyps can convert to cancer in time. Finding and removing these benign polyps may “prevent” colon cancer. However, if cancer is found through screening...the earlier the better! In cases of colon cancer found early (stage I), 92% of these people are still alive five years after treatment. If the cancer is found in a late stage (stage IV) where the cancer has spread to other parts of the body, then only 11% of these patients are still alive after five years.

Colon cancer screening starts at age 50. The “gold standard” test is a colonoscopy in which the full distance of the colon is visualized internally for polyps. If the screen is normal, another colonoscopy should be repeated in 10 years. For an overview of this topic, click here - [Colorectal Cancer Screening](#).



### DOCTOR'S NOTE

#### 2017 – An Exciting Year at 307Health!

2017 has been an exciting year at 307Health. We continue to grow our practice with the addition of Dr. Bartholomew. In addition to serving more patients and families, we are also focusing on population health – identifying care and screening benchmarks according to national standards-of-care and then reviewing our members' records for compliance with these standards. This additional care focus will allow us to make sure that 307Health is providing appropriate care for chronic conditions and identifying care improvement and screening opportunities for individual members.

We continue to work with employers and interested insurance providers to develop the role of direct primary care in the overall health care industry picture. A high functioning primary care system can improve the overall health of a population while helping to control the national rising costs of healthcare by meeting care needs downstream from high-dollar medical interventions. Many employers in our area are recognizing this fact and working with us to provide care to their employees. We are confident that insurance companies will eventually recognize the key role that primary care plays in individual health and in the overall national healthcare industry.

We continue to monitor legislative efforts at the state and federal level designed to improve consumer access to direct primary care through pre-tax HSA, HRA, FSA and medical expense deduction dollars. Our doctors are committed to being part of this broader conversation and welcome your thoughts and ideas to further this effort.

We look forward to helping you make the most of your health in 2018!

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## BETTER ACCESS = BETTER CARE.

**PRACTICE NEWS**



**307Health Joins Alternative Healthcare Benefits Discussion**

*Lowering the Overall Cost of Primary Care*

Just in time for Open Enrollment, the doctors of 307Health joined Wyoming employers and self-funded insurance providers for an evening discussion of **Alternative Healthcare Benefits** on Tuesday, November 28. The evening was facilitated by Christine Bekes of PEP and sponsored by the Powell Economic Partnership, the Powell and Cody Chambers of Commerce, Forward Cody and the NWC Center for Training and Development.

The evening featured an overview of alternative options for providing employees with health benefits.

- 307Health Direct Primary Care described the fixed-cost model of direct primary care that can serve individuals privately or as an taxed employer benefit. Employer Heart Mountain Farm Supply shared their experience with this service.
- The Wyoming Chamber Trust described their self-funded health insurance product options for business members of local Chambers of Commerce. Employer Blakeman Propane shared their experience with this product.
- Continental Crest Insurance, representing a partially self-funded health insurance product in partnership with Allied National, shared the potential savings realized with this product over traditional health insurance when partnered with a Direct Primary Care service like 307Health.
- SBW & Associates accounting firm explained the pros and cons of using the HRA, HSA, and FSA in the employee benefits package. Employer GDA Engineers explained how they use the HRA as part of their benefit package.

Other health insurance and service providers in the audience were recognized. Watch the Powell Tribune for a write-up of the evening's discussion.



**MEMBER SERVICES FOCUS**

**The Value of Colon Cancer Screening – Part 2**

*Lowering the Overall Cost of Primary Care*

In addition to the colonoscopy screening described in the Health Tip section, a new non-invasive screening test for colon cancer called Cologuard is now on the healthcare market. This test is performed on a stool sample looking for blood and abnormal DNA deposited from polyps or cancers. If normal, this test is good for three years. Annual stool blood tests performed at home can also be used as a colon screening tool. To decide which type of screening test is right for you, talk with you 307Health doctor.

**New Year Open House To Come In January**

*Optimizing The Patient and Provider Experience*

Busy is the word of the day for everyone – including all of us at 307Health! We wish you a joyful and healthy Christmas season. Watch for our Winter Open House details in the January newsletter.

**Book Club Jan. 25 For Our Member Readers and Thinkers**

*Proactively Engaging Patients*

307Health members are invited to meet over coffee and snacks for a small group discussion of the book "Ending Medical Reversal: Improving Outcomes, Saving Lives" at 6:30 p.m. Thursday, January 25, 2018. Participants are asked to have read the book by Prasad and Cifu before the group discussion and bring a few highlights from the reading to share with others. Books are \$23.70 on Amazon.com. Space is limited. Reservations are required. Call 764-3721 to reserve your spot.

**Direct Primary Care As an Employee Benefit**

Local Employers Partner with 307Health

During the past 30 months, 307Health has been privileged to partner with eleven local employers to offer 307Health membership as an employee benefit.

While direct primary care is NOT an insurance product, the easy doctor access and fixed predictable cost of direct primary care removes the barriers to care of high visit costs and appointment time delays. Removing these "barriers to care" encourages employees to intentionally and proactively manage their health, thereby reducing their risk of developing an expensive health crisis. This reduced risk is good for employee productivity and retention, and lowers health insurance claim risk for self-insured employer plans.

Employer FAQs about Direct Primary Care

How do I set-up an employer account?

- *Complete a 1-page employer application to select service coverage levels and place a payment method on file.*

Will I receive a monthly detailed invoice?

- *Yes. Invoices are sent on the 1<sup>st</sup> of every month and include line-item details that are HIPAA-compliant.*

Is the benefit taxable?

- *Yes. Payroll taxes will be charged on the additional payroll benefit as DPC is not tax-exempt.*

If an employee leaves, can he/she keep their 307Health membership active?

- *Yes. He/She can simply tell us they would like to transfer their account to self-pay in order to continue as a member.*