



MONTHLY NEWSLETTER

FITNESS FOCUS

Work-Life Balance Ideas

The following ideas are from an informal poll of 307Health staff.

- **Practice “Mindfulness”**

Whether at work or at home, be present. Put away distractions and engage with the moment and the people with you.

- **Plan and Use Breaks**

Most employers build breaks into their work cycles. Coffee breaks, lunch breaks, vacation breaks. Whether you work at home or for a paycheck, “breaks” give us a chance to breathe, refocus, smell the roses, soak in some sunshine.

- **Eat**

Prevent the work day “hangry”. Combine meals and family time to improve individual and family health.

- **Sleep**

Use an alarm clock, a phone app, or a timer to tell you when to go to bed and when to rise.

- **Exercise**

Improve the brain while moving the body. Positively affects creativity, mindfulness, and blood pressure.

- **Play**

Actively engage with others in anything other than “work” that is enjoyable to you and those you are with.

- **Sing**

An easy thing to do wherever you are to lift the mind from the cares of the moment.

- **Celebrate**

Remember and celebrate your reasons to be thankful.

- **Laugh. Often.**

March 2018

HEALTH TIP



WORK-LIFE BALANCE

This month we use this space to focus on that nebulous concept of “work-life balance” with a sample of understandings. Whatever it means for you, we encourage you to take some time to reflect and take one positive step toward “balance”.

- “Work–life balance is a concept including the proper prioritization between work (career and ambition) and lifestyle (health, pleasure, leisure, family). ... Paul Krassner, an American journalist, observed that anthropologists define happiness as having as little separation as possible between your work and your play.” - Wikipedia
- “At the core of an effective work-life balance definition are two key everyday concepts that are relevant to each of us. They are daily Achievement and Enjoyment, ideas almost deceptive in their simplicity.” - [WorkLife Balance](#)
- “Work-life balance is a daily effort to make time for family, friends, community participation, spirituality, personal growth, self-care, and other personal activities, in addition to the demands of the workplace.” - [the balance](#)

A final thought - according to [HRZone](#), “the increase in mobile technology, cloud-based software, and the proliferation of the internet has made it much easier for employees to be ‘permanently’ at work, blurring the distinction between the professional and personal.” This constant “on” can be difficult on our “health” in all areas of life.”



DOCTOR’S NOTE

RECLAIMING JOY IN MEDICINE

Burn-out in any profession occurs when the positive aspects of the profession are overshadowed by other forces which erode joy. Research on the topics of burnout and joy in medicine includes an article called [In Search of Joy in Practice: A Report of 23 High-Functioning Primary Care Practices](#). The fundamental take home point is that in order to find joy, we need to fundamentally redesign the medical encounter to restore the healing relationship of patients with their physicians and healthcare systems.

Direct Primary Care is a fundamental redesign of the medical encounter. Why does joy in practice matter? The answer is that physician burnout, also known as “joy depletion”, has consequences which include the following - increased mistakes, decreased patient adherence, and decreased patient and provider satisfaction. Lack of joy is the reason that a significant number of primary care general internists leave their first practice setting within five years - 21% of general internists as compared to 4% of sub-specialists. Research from this study shows this attrition from the profession happens for three main reasons: little control of practice setting (75%), chaotic practice environment (50%), and burn-out (30%).

Dr. Chandler, Dr. Bartholomew, and Dr. Tracy - thank you for giving us an opportunity to fundamentally redesign the medical encounter to restore the healing relationship we can have with patients.

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

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS



DUAL-MONITOR WORKSTATIONS COME TO 307Health

We are taking the “next step” away from a paper-based work environment with the implementation of a cloud-based digital facsimile (fax) system. Much of the exchange of information in the healthcare world happens through the time-tested fax machine. Since opening nearly three years ago, 307Health has moved from the traditional fax machine, to a multi-tasking office copier/scanner/fax, to the newest technology – a HIPPA-compliant digital fax service.

You may have noticed the second monitors for our computer workstations. Dual monitors allow every staff member to watch our fax-service inbox real-time and seamlessly direct the incoming information to the appropriate medical provider through a connected interface between multiple programs that can be opened simultaneously – all without leaving the work we are engaged in at the moment. For outgoing faxes, the digital service allows our doctors to get all the appropriate information to specialists or other providers without ever printing a page.

This hardware upgrade allows 307Health to continue delivering the quality care and service you have come to expect. We are celebrating another milestone of growth as we serve our Wyoming neighbors!

FLU-SHOTS – Still available for Members

This year's influenza cycle is projected to continue into the later Spring months. 307Health still has available inventory of the 4-strain flu shot for both pediatric and adult members for \$20 per vaccination. Please call for a nurse appointment to schedule a flu vaccine shot.



MEMBER SERVICES FOCUS

SWIMMING POOL OFFERS CORPORATE DISCOUNTS

307Health members are now eligible to take advantage of corporate discount pricing on Powell Aquatic Center annual membership packages.

Located in Homesteader Park, the PAC offers year-round lap and free swim from 5:30 a.m. to 8:00 p.m. Monday through Friday and Noon to 5:00 p.m. most Saturdays and Sundays.

A variety of fitness and learn-to-swim programs for all ages are also offered by the PAC. A schedule of classes and detailed hours is available at their front desk or on the PAC website here - Powell Aquatics.

PAC Annual Member Rates with the Corporate Discount

- Corporate Adult \$200 (regular price \$225)
- Additional Adult \$125 (regular price \$140)
- Youth \$125.00 (regular price \$150)
- Additional Youth \$75 (regular price \$85) - requires one member Adult
- Corporate Senior \$150 (regular price \$175)
- Senior Couple \$225 (regular price \$260)

Monthly payment plans with an automatic charge to a credit or debit card are also available to PAC members. The monthly amount depends on membership package, for example - a corporate adult would be \$16.67 per month.

A 307Health Member Wellness Referral form is required when purchasing your annual PAC membership to receive the PAC's corporate rate. This form can be picked up at our front desk during regular business hours.

**Out-And-About
in Wyoming**

OPEN HOUSE A SUCCESS!

A shout out of “thanks” to the 100+ members, friends, and visitors who took time out of their week to drop by and say “hi” during our “sweet” Open House on February 15th. We always enjoy spending time with our members.

**DOCTORS ATTEND CODY
HEALTHCARE FORUM**

The physicians of 307Health attended an evening community healthcare forum in Cody on February 15, 2018. The evening event was sponsored by Wyoming Rising-Northwest.

This gathering was a panel discussion by local healthcare professionals who described and advocated for different models of healthcare in the Bighorn Basin.

Approximately 35 community members attended the evening. Panelists included the physicians of 307Health, as well as representatives from Powell Valley Healthcare, the Heart Mountain Volunteer Medical Clinic, Heritage Health, and Northwest Family Planning.

According to the Powell Tribune article of 02/22/18, event organizer Harriet Bloom-Wilson noted this effort was intended to help fill the consumer healthcare knowledge gap, noting that “...what's been missing locally [are] forums and venues to bring in experts and educate ourselves on what's available.”

307Health doctors appreciated the opportunity to interact with their colleagues in healthcare and with the audience to present direct primary care - a unique model of medical care that resonates well with many in Northwest Wyoming and beyond.