



MONTHLY NEWSLETTER

FITNESS FOCUS

Wyoming Tick Bites

Illness Risk

Rocky Mountain Spotted Fever

This bacterial infection spread by ticks will typically show up as a fever, headache, muscle/joint aches, and a rash within the first 5 days. This disease can be fatal if left untreated but does respond to antibiotics.

Colorado Tick Fever

A virus-induced infection causing fever, headache, and fatigue. No specific treatment for this virus is available.

Prevention

The following tips will minimize tick bite and illness risk when spending time outdoors.

Cover Up

Long sleeves and pants, socks and closed shoes reduce bite opportunities. Strap pant-legs closed at the ankle

Light-colored Clothing

Whites, tans, and yellows make ticks easier to spot and remove.

Bug Repellents

A variety of products can be used on clothing and skin to create an unpleasant host environment. Repellents with DEET are most effective.

Tick Check

Monitor skin at least once daily. Include ALL body surfaces, especially scalp, neck-line, underarms and groin. Ask a friend for help. Parents do this for your children.

Tick Removal

Within 24-hours of bite is best.

July 2018

HEALTH TIP



HOW TO REMOVE AN EMBEDDED TICK

Now that summer is here and we are enjoying the outdoors...ticks are happy to tag along for the ride. We receive multiple calls each summer asking about proper tick removal, what to watch for, and what treatments are needed.

Ticks should be removed as soon as possible via a simple technique:

- Use tweezers to grasp across the tick's body as close to the skin as possible. Do not intentionally crush or squeeze the tick body. Fingers can be used if tweezers are not available.
- Pull upward and away from the skin with a steady, even pressure. Don't twist or jerk the tick. If mouth parts appear to be left behind, they can be removed with the tweezers.
- After tick removal, clean the area with alcohol or soap and water.

Prophylactic antibiotics are not necessary after tick removal for Wyoming-acquired ticks as this is reserved for tick bites occurring in states with documented Lyme Disease. On the other hand, we do need to watch for Rocky Mountain Spotted Fever and Colorado Tick Fever. If you have concerns or difficulty removing a tick or develop ANY symptoms in the first several weeks after removing a tick, please contact your doctor immediately.

Enjoy the rest of your summer but don't forget the bug spray!



DOCTOR'S NOTE

DIRECT PRIMARY CARE ALLOWS DOCTORS TO BE DOCTORS

The American Academy of Family Physicians (AAFP) states that "direct primary care benefits patients by providing substantial savings and a greater degree of access to, and time with, physicians." We expand upon this idea here.

What We Are. We are doctors trained to care for people. Prepared-to-care by four years of medical school after four years of undergraduate study, followed by three or four years of supervised residency training. We are professionals highly-equipped with knowledge and tested experience to serve as trusted patient consultants and practitioners in the science and art of medicine. We are certified by our respective national professional boards which require re-certification every 10 years and annual proof of ongoing education in the form of "maintenance of certification". We are licensed by the Wyoming State Board of Medicine to practice medicine in Wyoming.

What We Do. We will listen to our patients – their goals and hopes, their concerns, their lifestyles. We will counsel our patients real time – bringing the breadth and depth of our knowledge to their health concerns when the need is present. We will know our patients – developing a healthy, professional relationship over time that offers the security and comfort of knowing their doctor knows and cares about them.

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BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

307HEALTH CELEBRATES 3 YEARS AND 1,775 MEMBERS

Three years after opening our doors in July of 2015, 307Health is thriving and growing. We are making a real difference in the lives of our members. We are bringing relationship and choice back to the healthcare table. We are finding ways to empower our physicians to maximize and grow their professional skills (see Doctors Note column for related thoughts on this topic).

As part of this newsletter, in the upcoming issues we will feature our story in your words. If you would like to share your story with us for publication, please write it down and send to us or visit with Karrie.

Third Doctor

In August 2017, we were thrilled to welcome fellow Wyoming doctor Dean Bartholomew from Saratoga to the 307Health line-up. Just in time to keep us growing as the practice had recently reached its target member panels of 600 patients per doctor. Dr. Bartholomew has room to add patients and is happy to visit with anyone considering 307Health as part of their healthcare services mix.

By The Numbers

- 20 Employers sponsor employee memberships
- 1,775 persons served since 2015
- 49% Females and 51% Males
- 72% Adults and 28% Children
- 3 doctors and 4 support staff

A heartfelt “thank you” to our members, employer groups, and community who have trusted us with the your care and the care of your loved ones. We are grateful, humbled, and encouraged.



MEMBER SERVICES FOCUS

ONCE A MEMBER, ALWAYS A MEMBER

307Health has served 1,775 persons during the past three years. Active 307Health members enjoy many benefits. They choose to stay with us long-term and value the security and stability of knowing they have real-time access to a doctor who knows them as the expected and unexpected health concern arises.

However, there is the occasion when membership inactivation is necessary. In this case, membership fees and benefits are suspended and the member is considered inactive. The patient and account history of the inactive member (up to the date of inactivation) will always reside with 307Health, as will their unique member identifier. Inactive members desiring to re-activate their 307Health membership are subject to doctor approval and the “Patient Member Agreement”.

KEEPING FAMILIES TOGETHER

We love families. So much so, that we almost always keep whole families with the same doctor. This “one family = one doctor” allows for better physician connection and continuity-of-care in our record and communication systems. Regardless of how many members a doctor has on his roster, we almost always work new family members in with the doctor with whom their family already is connected.

REGISTRATION FEE INCREASE

The new member registration fee has increased from \$25 to \$50 per person with a maximum of \$150/family for all family members registering during the same month. The \$25 fee holds through 2018 for add-on family members of existing members. Ask us for more details if this fee increase affects you.

For Veterans and Their Families

Local Veterans Assistance Available Through July

For our members who have served our country through military service, or for family members who care for a veteran, we are reprinting this article from the June 28, 2018 edition of the Powell Tribune.

A veterans service officer from the Wyoming Veterans Commission will offer community outreach services throughout July.

Josh Schmidt, a former U.S. Marine, is available to meet with veterans and their families to discuss state and federal veterans' benefits, Department of Veterans Affairs claims or VA healthcare. Schmidt can also help veterans and their families apply for benefits, file claims or request healthcare.

His office is staffed in Cody, at 1026 Blackburn Avenue, Suite 1. He'll also be available in communities around the Big Horn Basin at specific times.

Schmidt will be at the Powell Valley Clinic from 10 a.m.-2 p.m. On Monday, and at the North Big Horn County Senior Center in Lovell, 757 Great Western Ave. from 11 am – 1 pm on July 10.

Schmidt is also available to meet with veterans and their families from Park, Big Horn, Washakie and Hot Springs counties by appointment. Call Schmidt at 307-250-3890 for more information.

Closed Fourth of July

The 307Health office will be closed July 4th. Physicians will be available via their Access Number for urgent concerns. Please email or call if you need this number.