



MONTHLY NEWSLETTER

BACK-TO-SCHOOL FOCUS

Bullying Prevention

- Awareness Is Critical -

A concern for parents and teachers in communal school settings is monitoring student interactions for bullying behaviors and providing early intervention. Bullying behaviors can be very stressful - and possibly damaging - for the target, unhealthy for group dynamics, and interfere with the mission of the group. In addition to the in-person harassment today's adults may have experienced in school, bullying among today's students has taken on a new dimension with cyber-bullying through social media platforms.

For in-person bullying, the American Academy of Pediatrics recommends parents help their student learn how to respond by teaching him or her how to:

- Look the bully in the eye.
- Stand tall and stay calm in a difficult situation.
- State their position clearly and firmly with words like these – "I do not like what you are doing." AND "Please do NOT talk to me like that."
- Walk away.

To monitor online bullying, parents must be aware of their student's online activity. Parents can seek help from their student's school if a concern arises. A call to the **national bullying hotline 1-800-399-PEER** can also help identify more resources.

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HEALTH TIP



BACK TO SCHOOL – DRIVER AWARENESS & CAUTION MATTER

School days bring congestion: Yellow school buses are picking up their charges, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work. It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are 4 to 7 years old, and they're walking. They are hit by the bus, or by a motorist illegally passing a stopped bus. A few precautions go a long way toward keeping children safe:

- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- Always stop for a school patrol officer or crossing guard holding up a stop sign
- Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas
- Don't honk or rev your engine to scare a pedestrian
- Never pass a vehicle stopped for pedestrians
- Always use extreme caution to avoid striking pedestrians wherever they may be.



DOCTOR'S NOTE

EDITOR'S HIGHLIGHTS and WEBSITE LINKS

Summer brings vacations, family time, and – hopefully – rest from busy-ness to enjoy the beautiful Wyoming outdoors. This month's newsletter has lots of good information with not much room for the embedded web links that usually accompany our articles. This space is therefore being used this month for web links if you want more information on this month's topics.

Back-To-School Safety with a helpful articles and videos for students on walking and bus safety families can watch and read together -

- Link One - [Back-To-School Safety Checklist](#)
- Link Two - [Slow Down: Back-To-School Means Sharing The Road](#)

Bullying Prevention is an adult and student community effort. Learn more here -

- Link One - www.stopbullying.gov
- Link Two - [What You Can Do To Prevent Bullying](#)

Health Savings Account Eligible Expenses (2017) – This IRS publication details what expenses were considered deductible on the 2017 itemized tax return.

Deductible expenses may be paid for with a qualified Health Savings Account.
Link One - [IRS Pub. 502 - Medical and Dental Expenses \(deductible\)](#)

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

HSA LEGISLATION IS MOVING – YOU CAN HELP

Previous newsletters have discussed federal legislation including the Primary Care Enhancement Act HR 365, which would have clarified that health savings accounts (HSAs) can be used to pay for direct primary care (DPC). 307Health had conversations with our Wyoming Legislators in Washington, DC in May of this year expressing our support for HR 365. There was a flurry of activity in the U.S. House of Representatives about this topic last month. The night before the House Ways and Means Committee discussed the bill, HR 365 was combined with a few other bills that addressed issues related to HSAs. A new number was assigned – **HR 6199** - and we tracked the new combination bill which changed a couple of more times.

In late July, the House passed **HR 6199 – Restoring Access to Medication and Modernizing Health Savings Accounts Act of 2018**, which included language from the Primary Care Enhancement Act sponsored by Rep. Eric Paulsen (R-MN) and Earl Blumenauer (D-OR), by a vote of 277-142.

It is refreshing to see bipartisan support of any issue in DC and we would like to help this bill pass through the Senate, as well. If you have any questions or would like to know more about this legislation, please contact us.

How You Can Help

Contact Senator Enzi and Senator Barrasso to express your support of the Restoring Access to Medication and Modernizing HSAs Act of 2018 using the following Washington DC numbers and/or email addresses:

Senator Enzi: (202) 224-3424
www.enzi.senate.gov

Senator Barrasso: (202) 224-6441
www.barrasso.senate.gov

MEMBER SERVICES FOCUS

SPORTS PHYSICAL TIME!

Your 307Health membership includes the annual WHSAA student sports physical. The physician-signed form is required by Park County School District 1 before your student will be allowed to practice with their sports team. Plan ahead by scheduling an appointment today and avoid that last-minute crunch that can cause stress for parent, student, and coach.

ONCE A MEMBER, ALWAYS A MEMBER

You enjoy many benefits as an active 307Health member. The majority of our members stay with us long-term - 90% retention since 2015! However, membership inactivation is occasionally necessary. In this case, membership benefits are suspended and the member status is changed to "inactive". The patient and account history of the inactive member will always reside with 307Health, as will their unique member identifier. Persons desiring to re-activate their membership are subject to the current "Patient Member Agreement" and doctor approval prior to reactivation.

TRANSPARENCY AS PRACTICE - INVOICES AND RECEIPTS

Good business practices are part of 307Health. A detailed invoice is sent to each household on the first day of the month reflecting a summary of the household's monthly subscription fees and any incidental charges for purchases made through 307Health during the preceding month. Incidental charges could be for medications, medical supplies, and/or in-office lab work. A receipt for medications or supplies is always available to you at time of product delivery to verify your purchase and corresponding charge, and to cross-check against your monthly invoice.

**Why 307Health?
Members' Stories**

Patient Advocate

Caregiver Support

This story is probably more about me, the caregiver, rather than my wife, the patient. With the change in hospital care in all hospitals going to hospitalists to care for patients, I felt a little lost when it came to being an advocate for my wife Emily.

Emily was with 307Health under Dr. Tracy's care. It helped that I could be in contact with her doctor at all times to be better informed on the right questions to ask her care team. Dr. Tracy knew her condition, but in the hospital and nursing home I had to educate the new caregivers of Emily's problems. Being in contact by text, I communicated on a regular basis with Dr. Tracy on her progress both in the hospitals and nursing home during the 108 days of stay in therapy. I felt this kept Dr. Tracy better informed and gave me an outlet and guidance to better understand what was going on. The nurses, CNAs, and therapists in the nursing home were amazed that her hometown doctor would come to Billings and even make an effort to show up and see Emily in the nursing home. I think that helped, knowing that her doctor was concerned about her progress. I believe this fact, and my constant presence, were the only reason they let Emily return home to Powell. I and Emily felt she had a good quality of life the last 10 months at home where Dr. Tracy would come to the house to see her whenever we had a concern. Although Emily and I knew what the final outcome would be, we felt blessed to have Dr. Tracy in the picture at all times, even when Emily was placed in hospice care. Although the Hospice professionals said they would be the direct contact with the doctor and I did not need to be, I was still able to contact Dr. Tracy during those last few weeks and it made me, the caregiver, feel much better.