



MONTHLY NEWSLETTER

FITNESS FOCUS

Read Package Labels To Reduce Salt Intake

In the accompanying article on heart disease and sodium we joked about table salt when really, it is the sodium used in food preservation and taste enhancement that burdens the American diet. Reading food labels is an important skill to develop as outlined by the American Heart Association -

- Start with the serving information at the top of the label. Manufacturers only have to label the contents like sodium, calories, etc. PER SINGLE SERVING. So, if the package in your hand actually has two or three servings then consumption of that full package actually contains two to three times the amount of listed sodium, calories, etc.
- % Daily Value. This percentage shows how much of the total daily amount you are taking in of a certain nutrient with this one serving. For example, if the Sodium content is 50% of the % Daily Value then you are HALF of the way to taking in your day's recommended allotment.
- Sodium. Back to the topic of salt, the recommended daily intake used for package labels is 2,400mg/day which is a reasonable goal considering the average American diet contains 3,600mg/day.

For more information, read this [Low-Sodium Diet](#) patient education article from Up-To-Date.

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September 2018

HEALTH TIP



HEART DISEASE AND SODIUM: WATCH OUT FOR SALT!

“Please pass the salt” is uttered at many a dinner table...countered by your doctor likely recommending a decrease in salt intake. On average, Americans consume 3600mg/day of salt which far exceeds the maximum 2300mg/day recommended by the U.S. Department of Health and Human Services and especially exceeds the 1500mg/day as recommended by the American Heart Association. So, why is cutting back on salt intake so important?

High Blood Pressure: Elevated blood pressure is an age-related disease as 90% of older Americans will develop hypertension if they live long enough.... I tell my patients that it is just a badge of honor for getting to live so long! But, sodium intake is an important factor in the severity of hypertension and the amount of medications needed to reduce the blood pressure. In one study, the DASH Diet with a daily sodium intake of 2300mg decreased blood pressure by 7.0 mmHg in those older than 45. That is as good as some of our medications for lowering blood pressure.

Congestive Heart Failure: Several professional organizations have issued evidence-based guidelines for sodium intake of less than 2300 milligrams for persons with high blood pressure. People with other conditions such as congestive heart failure may be advised by their doctor to consume even less (1500 to 1800 mg / day).

So what do high blood pressure and congestive heart failure have in common... shortened lifespans! It is time we all learn how to say “Please, I’ll pass on the salt.”



DOCTOR'S NOTE

HEART HEALTH AND BLOOD PRESSURE

Our heart is – literally – the heart-beat of our lives. This is why your doctor always takes a blood pressure (BP) reading at the beginning of any office visit. Monitoring and managing your blood pressure is a simple way to help extend your life. For persons with high blood pressure, this is very important. There is good evidence that roughly 50% of heart attacks and 50% of strokes occur in patients with high blood pressure. Many people need to be on more than one medication to keep their blood pressure in the goal range.

In addition to medication, diet and exercise play a major role in lowering blood pressure. If you have high blood pressure, it's a good idea to monitor and track your blood pressure at home and then regularly share your readings with your doctor. Some members send readings to their doctor by text or email, and some prefer to bring their blood pressure log to our front desk for delivery to their doctor. There are also apps available for iPhone and Android that can help with this, which allow you to digitally send a list of readings to your doctor as a PDF file. We also have a simple home blood pressure log on which you can make handwritten entries. Let us know if you would like a copy of this printable blood pressure log.

If you have high blood pressure, please ask your doctor about your target BP, how frequently you should monitor your BP at home, and how often he/she would like to review your home readings.

Monitoring your BP and your sodium intake are excellent steps toward heart health.

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

FLU SHOT CLINIC DAYS IN OCTOBER

The 2018 influenza vaccine is available to members age 6 months and older for \$20/dose on an appointment basis. This year's vaccine covers four flu virus strains. Nurse appointments can be made now for the October 307Health flu-shot clinic days.

307Health members age 65 and older may also get their influenza vaccine free-of-charge using their Medicare benefits through their preferred pharmacy or a local flu shot clinic offered by Park County Public Health. Members choosing this option are asked to let us know they have received their flu shot so we can update their vaccination record.

DPC MEMBERSHIP AS AN EMPLOYEE BENEFIT

After three years of serving the Big Horn Basin with quality primary medical care services, 307Health is ready to reach out to local employers to explain the role of DPC membership in the employee healthcare benefits continuum. If you are a business owner or manager, you are invited to join us for an informative evening. Watch your mail for more information or call us at the number below.

2018 Employers' Healthcare Symposium "Cracking The Healthcare Nut"

Thursday, October 4th, 5:45 p.m. - 7:45 p.m.
Yellowstone Building at Northwest College in Powell
Dinner Provided – RSVP Required as Space Is Limited
307-764-3721

MEMBER SERVICES FOCUS

PRESCRIPTION PACKING AND TRANSACTION RECEIPT

Members who use the 307Health medication-fill service for their pharmaceutical prescriptions will have noticed their medications now come with a packing receipt. This change provides two important and familiar components to any transaction process between a business and a customer – the order fill packing slip and the customer receipt.

- **Packing Slip** – Helps the person filling the prescription order verify that all purchased items have been packed into the bag and provides an order record against which the customer can verify the bag contents upon delivery.
- **Transaction Receipt** – The price charged for each prescription to the member's account is clearly listed, along with their realized savings as compared to the GoodRX pricing. This transaction receipt can then be compared to your monthly invoice to verify accuracy and provide answers should any questions arise.

The following list includes other benefits of the purchase receipt.

- An easy-to-track prescription history.
- A record-keeping system for your 307Health medications and their dosing instructions separate from all the bottles in your medicine cabinet.
- Larger type than the prescription label for reading dosing instructions.
- For bagged prescriptions, secure and confidential packaging for customers who ask someone to pick-up medication on their behalf.
- A place for your doctor to write customized notes or instructions regarding your medication(s).

We hope you find this a helpful change to the 307Health medication fill service.

Why 307Health? Members' Stories

Too Good To Be True!

Access, Education, Caring

- By Sandy, 307Health Member -

I cannot say enough wonderful things about 307Health and Direct Primary Care. I asked my friend which doctor she recommended. She told me Dr. Chandler. Everyone was very friendly when I called and made an appointment. They told me about 307Health and all I could think was "this is way too good to be true". To pay for a monthly membership whether I go one time or a 1,000 times a month— all for the same price.

My first appointment with Dr. Chandler was like 1 ½ hours – I mean he truly cared – Dr. Chandler taught and explained to me about my health. Here is just one amazing example of his insight. He asked me if I had ever had a colonoscopy. I told him I could not afford it. Dr. Chandler wanted to know about my family. He had learned that two of our children lived in Colorado Springs and he said, "You know, you could go see your children and while there get a colonoscopy done – it is only about \$1,000 in Denver." WOW – he put my family first and then my budget and my health. What a wonderful concept.

After a few months Dr. Chandler recommended that I get my blood work done again so we could monitor my prescriptions. Once again my office visit was over an hour and Dr. Chandler explained everything to me. The prescriptions are affordable. I love making one monthly payment and that includes all office visits, prescriptions, texts, and follow up telephone calls.

Direct Primary Care is what I call affordable healthcare. With Doctors that truly care about you. Direct Primary Care needs to be available for everyone. This is the way Medical Care should be.