



MONTHLY NEWSLETTER

FITNESS FOCUS

Meeting The Polypharmacy Challenge

Polypharmacy - when a person is taking multiple medications to manage various health conditions – presents a unique set of drug interaction dangers that can pose health threats of its own. When multiple medications are prescribed at separate times and for separate conditions, the risk of adverse (unwanted and sometimes dangerous) drug interactions increases.

In order to prevent problems such as missing doses or accidentally doubling up on medication doses, and to limit the chance of adverse interactions between medications, it is important to develop and maintain a good medication management plan.

Here are some ideas to get you started ...

- Use a pill box.
- Incorporate medications into your routine.
- Give yourself reminders.
- Use an alarm.
- Use a medical alert device.
- Enlist help from another adult.
- Keep a detailed medication list.
- Communicate with your doctor about any questions or reactions.
- Minimize medications.
- Use one pharmacy.

Links to helpful web-based articles on this topic can be found in the Member Services column.

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HEALTH TIP



MEDICATION SAFETY – SECURE STORAGE

Who is the “safety” person in your home? This information is for you both. Secure medication storage is always important, especially if there are children or grandchildren in the home – even as occasional visitors – or if you have an adult with memory challenges. Accidental ingestion of medications is often a preventable incident that can have tragic consequences. Store medications....

- In one central location all together.
- In bottles with child-protective safety caps.
- High - out of reach and out-of-sight.
- In a locked container – see your pharmacist or do an internet search for options.

Keep an updated list of your medications for a helpful reference tool if you suspect something is missing or misplaced. At your request, 307Health can print this list from your medical record.

Simplify your medicine cabinet and life by securely disposing of any unused or expired medications through your local police department or pharmacy.

FREE “Safer Lock” medication storage bottles are available upon request in the 307Health office. Here is a video of how these bottles work - [Safer Lock Video](#)

Finally – keep this number on your fridge or other visible location -

National Poison & Drug Centers Hotline 800-222-1222



DOCTOR'S NOTE

KEEPING YOUR RECORD UP-TO-DATE ON YOUR MEDICATIONS

Patients often take multiple prescription and non-prescription medications. Having an accurate and up-to-date list in your 307Health record of all medications you take regularly helps us take better care of you and helps you take better care of yourself. Here are some ways you can partner with us in the pursuit of the shared goal of maximizing your health.

Medication Changes - If a med is started or stopped or if a dose is adjusted by another healthcare provider, it is important that we be aware of the change. We can help monitor for drug interactions, dosing adjustments, or other precautions.

To keep your medication list accurate and up-to-date, text or email your doctor a photograph of your new prescription label from the bottle and ask the prescribing health care provider to send a copy of his/her visit note detailing the change. A simple text, email, or phone call to your 307Health doctor describing the details can also provide change information. Please double-check the medication spelling, dosing amounts, and reason for the medication. Providing us a copy of the pharmacy receipt for a new medication can also be an effective way to update your medication list.

Medication List - It is important that you have an accurate medication list when you see other providers or if you end up in an ER or are admitted to the hospital. We can easily email or print a copy of your medication list from your 307Health chart- just request this list from your doctor anytime.

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS



AN EDUCATIONAL EVENING AT NORTHWEST COLLEGE

This Thursday, October 4, we will meet with local employers to share what we've learned over the past three years and explore how Direct Primary Care can help Wyoming businesses. We are looking forward to the conversation.

If you own a business, contact us anytime for more information about how 307Health can be part of your employee benefits package.

FLU SHOT DAYS

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 – Tuesday October 2; Friday October 12 and Thursday October 25th. This vaccination may also be given at any regular office appointment.

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.

OCTOBER IS BREAST CANCER AWARENESS MONTH

It is here again – the national breast cancer awareness campaign. Stay tuned to our Facebook page and your email for resources we will posting and sharing throughout the month of October related to this important subject. If you would like more information, click here - [American Cancer Society - Breast Cancer](#).



MEMBER SERVICES FOCUS

MEDICATION SAFETY AND ORGANIZATION TOOLS

Research for this month's featured focus on all-things medications resulted in the identification of a number of helpful tools and products. Some of these resources are listed here for your benefit and direct-sourcing.

MEDICATION DOSING BOX

The "pill box" comes in a variety of shapes and sizes and configurations. An internet search revealed everything from simple boxes with one compartment per day, to tiered multi-week systems. We are always happy to see members use any system that works for them. Check with your pharmacy, local drugstore, or internet retailer to compare box styles and find one that works for you.

MEDICATION LOGS

We have found two understandable, easy, and free downloadable and printable medication dosing logs. A written dosing log can be a helpful tracking tool for patients and caregivers.

- 31-Day Log with 4 Time Periods - [Medication Administration Record](#) (a form developed by a family and shared through their blog and website).
- 7-Day Log with 3 Time Periods - [Weekly Medications Chart](#) (see p. 6 of this useful care management booklet of forms, checklists, and charts).

Contact us if you would like a printed or emailed version of one or both logs.

REFERENCE ARTICLES

The following articles are helpful reads for more information.

- [Medication Management: 10 Helpful tips & Tricks](#)
- [More Care-giving Time Savers: Medication Management](#)

**Why 307Health?
Members' Stories**

Facebook Reviews

Rated 5 Out Of 5

on Facebook

Denise Shuler - September '17

Amazing!!! This year, we were essentially "priced-out" of any insurance options other than catastrophic. Dr. Chandler was our primary care physician years ago and the 307Health model made sense with the changes to our health insurance. Soooo happy to be under his care again! I have an asthmatic son and am a nurse. Dr. Chandler and his staff have been amazing and this model of care is still flooring me. We are able to text Dr. Chandler for any health care concerns and he just DELIVERED medication to my son, at our house, on a week-end!! Thank you so much! Also, the cost-savings we have through their pharmacy was immediate and directly impacted our budget in a positive way. I cannot endorse the doctors and staff, and their services enough!

Cliff Claudson – July '18

This is the first time in a very long time that I had a doctor appointment at 1:00 and the nurse came and got me at 1:00 and the doctor saw me at 1:03! This is unheard of. He spent as much time as I wanted for the appointment. I highly recommend Dr. Bartholomew. It reminds me of what healthcare was like when I was a kid. You had a family doctor and you actually saw your doctor, not some random walk-in or in 3 months. As great of an experience as can be had seeing a doctor.

Rachel Rodriguez Williams

-May '18

307 Health is amazing! The best healthcare decision we have made for our family.

THANK YOU! WE ARE GRATEFUL TO SERVE OUR COMMUNITY.