



MONTHLY NEWSLETTER

FITNESS FOCUS

Keeping Those New Year's Resolutions

Resolutions in the new year usually start with the best intentions. We want to make changes that will improve our lives. If good habits are to be started – or sharpened – with a resolution, it is good to have goals that will be both achievable and sustainable. New Year's resolutions often involve lifestyle changes that lead to weight loss and improved health.

Weight loss involves both dietary changes and exercise. Before making wholesale diet changes, it is helpful to first take inventory of one's current eating habits and then make simple changes. Decreasing food portion sizes and sugar-sweetened beverages are good starting points.

One approach to a healthy lifestyle developed by a pediatric specialist is called 5-2-1-0 + 10. This approach involves eating five helpings of fruits and vegetables daily, limiting non-school related "screen time" (including TV, computer, movies, games) to less than 2 hours daily, 1 hour of vigorous exercise daily, 0 sugar-sweetened beverages and 10 hours of sleep. This approach was developed in pediatrics but is useful for all age groups.

We are happy to discuss any health-related New Year's resolutions with you and can help you develop a plan to achieve your goals. For more on the 5-2-1-0 plan, visit [HERE](#).

January 2020

HEALTH TIP



DOCTOR'S NOTE

THE IMPORTANT ROLE OF THE PRIMARY CARE PHYSICIAN

By Dr. Tracy

The role of a primary care physician is like the role of a guide and outfitter in the complicated world of healthcare. A recent internet search on client expectations of outdoor guides and outfitters suggest the following -

- promoting safety,
- knowing the country,
- showing the client how and where to reach their goals,
- being a teacher,
- assessing the client's abilities and limitations, and
- helping clients reach desired goals without pushing beyond their limits.

Patients should expect similar things from their physician. Promoting safety is key in the healthcare setting and primary care physicians are in the position to help maximize a safe experience for their patients across the industry. Physicians know the healthcare landscape and can guide patients to the appropriate diagnostic tests, treatments, and specialists. The latin root word of doctor - "docere" - means "to teach". Doctors should be teaching their patients important lessons about their health. Finally, the primary care physician is well-equipped to view each patient as a person in a unique social, economic, and psychological context that allows tailoring of their medical care to their specific needs and desires.

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BETTER ACCESS = BETTER CARE.

PRACTICE NEWS



PRACTICE REACHES CAPACITY – WAIT LIST IMPLEMENTED

307Health has again reached capacity! Four-and-one-half years ago we opened with two physicians and reached capacity within 24 months. Dr. Bartholomew joined Dr. Chandler and Dr. Tracy in August 2017 which allowed 307Health to continue growing after only a brief time with a wait list. At this time, all 3 physicians have reached their “mature” membership levels. Our wait-list process has now been re-activated in order to ensure the quality and timely service that is the central hallmark of 307Health.

How does the wait list work? Simple, really. We maintain a chronological list of persons interested in membership. Persons interested in joining 307Health will be invited to join at the beginning of each month as their name reaches the top of the list. Their invitation will carry an expiration date. If their registration is not received by the the expiration date, the invitation will expire and be offered to the next person.

When will 307Health add a fourth provider? We get this question often when people learn of our wait list. While we have no specific news to share in this area, we are open to seeing what the future holds and will be sure to let our community and customers know of any news on this question of expansion.

As we enter 2020 and a new decade full of opportunities for better health and better healthcare, we want to thank you – our members, our employer-sponsors, and our community – for the trust you have placed in us. We could only reach this place because of you. Please let us know your questions or concerns with the implementation of a new member wait list.

We continue to believe that “better access = better health”.



MEMBER SERVICES FOCUS

URGENT CARE FOR NON-MEMBERS – THE WALK-IN

Requests for urgent care services from the general public – or non-member family members of active 307Health members – are increasing as community awareness of the 307Health Direct Primary Care service grows. In these situations, it is our policy to educate the inquiring person about their primary care provider (PCP) options in Powell and Cody to help them identify an appropriate alternative for their immediate need. The 307Health wait list is explained and a spot on the list offered to the individual.

We believe that having a relationship with a PCP is an important piece of personal health. With reaching capacity, we are happy to explain the PCP options in Powell and Cody to non-members seeking care in an effort to help the inquiring person meet their healthcare need.

DIRECT COMMUNICATION WITH YOUR DOCTOR – A REVIEW

307Health membership comes with the unique benefit of direct access to a physician through 24/7 text, email, and the after-hours urgent care phone call. Members receive written instructions on these access features in our initial Welcome Letter that is emailed at registration and given at the first office visit. Details on these communication methods are further explained in the Patient Member Agreement. The beginning of a New Year is an excellent time to review these documents to ensure you are familiar with how they work so you know how to best reach your doctor when a need arises.

****IMPORTANT** One person = One text/email.** When using a common number or address, please separate communications by person.

PRIMARY CARE IN THE NEWS

NEW SENATE BILL

– ROUND THREE –

Direct primary care is in the federal legislative spotlight again this session. In a third attempt to qualify direct primary care members for HSA reimbursement since 307Health opened its doors 4.5 years ago, the Primary Care Enhancement Act of 2019 was introduced and referred to the Senate Finance Committee on December 9, 2019. This bill is numbered as S.2999. The purpose of this legislation is ...

“To amend the Internal Revenue Code of 1986 to allow individuals with direct primary care service arrangements to remain eligible individuals for purposes of health savings accounts.”

Successful passage of this bill would allow members to use health savings account to pay for their monthly membership at 307Health or other any other qualifying direct primary care practices.

Senator Mike Enzi is a member of the Senate Finance Committee. Please contact Senator Enzi's office if you are in support of this important legislation.

WHY PRIMARY CARE?

American adults with primary care physicians are more likely to receive “high value” services such as regular cancer screenings, diagnostic testing, diabetes checkups, and counseling, compared to those without primary care.

- From the *Healthline* article “Here's Why You Need a Primary Care Physician.” Read the complete article **HERE**.