



## MONTHLY NEWSLETTER

### **FITNESS FOCUS**

#### **WELLNESS & SCREENINGS**

307Health members are encouraged to have an annual wellness check-in with their physician. This can be done in the office, over the phone, or by video conference if you prefer. This check-in discussion can be helpful before completing any screening tests so that a useful and specific plan can be tailored for you.

There are a variety of screening tests that can be done without a physician's order. These options are available through the Wyoming Health Fair or the local hospital "wellness" labs.

Be aware that indiscriminate screening tests can often lead to unnecessary heightened anxiety and follow-up testing. As an example, a "blood chemistry" test may discover a result that is slightly "low" or "high," which may be the result of a natural fluctuation.

Screening tests that involve imaging studies are also available. For example, breast cancer screening is done with a screening mammogram, but some centers now offer 3D mammograms and MRI for breast cancer screening in high-risk patients.

Some facilities offer a screening ultrasound of the carotid arteries. However, this is not really a "screening test" as most medical organizations only recommend this test in people with symptoms that may represent a stroke.

This *Consumer Reports* article **Pros And Cons of 18 Medical Tests** summarizes the pros and cons of nearly 20 medical tests. (mt)

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### HEALTH TIP



#### **USING YOUR DPC MEMBERSHIP AS YOUR MEDICAL HOME**

Health care experts have touted the benefits of the "patient-centered medical home" for many years. The patient-centered medical home is a model of care that, by definition, puts the patient at the center. By having continuous easy access to your physician, 307Health should serve as your medical home. This is true whether you have few or many medical concerns.

The American College of Physicians states that a medical home is where "treatment is coordinated through the primary care physician to ensure they receive the necessary care when and where they need it, in a manner they can understand." The goal is to have a centralized setting that coordinates partnerships between patients, physicians, and family.

The flow of electronic information is often described as an "information superhighway." Unfortunately in healthcare, the flow of patient information is often more of a Jeep trail than a superhighway. One example - it is still not automatic that information from an emergency room or a specialty care visit reaches the primary care provider in a timely fashion. Another example - it is possible to be referred from one specialty provider to another and then even to another without alerting the primary care provider. To help you navigate the healthcare matrix, please check-in to keep us updated so that we know where you are headed. This check-in also gives us a chance to speak with each other and is a valuable piece of our partnership. (mt)



### DOCTOR'S NOTE

#### **DRONE MEDICINE**

By Dr. Dean Bartholomew

When I was deployed to the United Arab Emirates (UAE) in 2006 I worked with pilots who flew jets and I worked with pilots who flew drones. They wore the same flight uniforms but one did his work from the danger of the cockpit while the other flew his "plane" from a desktop computer in a small building next to the runway. Walking around the base there was quite a difference in how they were perceived as "pilots" but the results of their missions were both devastatingly impactful.

Direct Primary Care (DPC) medicine has allowed for adaptation during the COVID-19 era as I now feel like a "drone doctor". Whereas I used to perform a fair amount of my patient care face-to-face along with some texting and phone calls...I now mainly perform my physician duties from a desk, a computer, and a phone. We were taught in medical school that it is the taking of a history that should lead us to the diagnosis and the actual examination of the patient should confirm the the diagnosis. Now as "drone doctors" we are really putting those history taking skills to the test!

With the current medical landscape we find that the value of DPC is not so much in making the diagnosis, but rather doctors taking the time to help patients navigate the intricacies of how, when, and where to be tested for COVID-19; how to interpret test results; and then how to conduct our personal, family, school, and business lives pending those test results. We hope that the value of the care we deliver as "drone doctors" from our desks is as impactful as from the cockpit of the exam room.

**BETTER ACCESS = BETTER CARE.**

**PRACTICE NEWS**



**DPC MEMBERSHIP COMES ALONGSIDE HEALTH INSURANCE**

As the new year cycles around again, healthcare consumers often re-evaluate their health insurance coverage options and healthcare budgets. This is a good time to restate the relationship between health insurance and direct primary care (DPC). Our *Patient Member Agreement* has always emphasized that 307Health membership is not a replacement for health insurance. To read more about 307Health's relationship to health insurance, please see your "*Patient Membership Agreement*" or the new "*Terms And Conditions of Membership*" document. (kt)

**"TERMS & CONDITIONS" TO REPLACE "PATIENT AGREEMENT"**

On November 30, all 307Health members were notified of the pending change to their agreement with 307Health. On January 1, 2021, a global "*Terms & Conditions of Membership*" document will replace the existing "*Patient Member Agreement*" for all current and new 307Health members.

Although the two documents are similar in nature and content, there are many reasons for the change from the individual, dual-signed agreement to an opt-in terms and conditions statement – a few of which are highlighted here.

- Better aligns with standards-of-practice for contemporary service businesses.
- Better aligns with the 307Health online enrollment process.
- Reduces administrative management.
- Greater customer familiarity with the consent process.

Please read over and become familiar with the 'Notice Of Change' sent to your email address or USPS mailing address. Let us know by December 10 if you have any questions or concerns about this change. Our team has invested much work into the development of this new document. We believe it contains information that is, and will continue to be, useful in our mutual partnership. (kt)



**MEMBER SERVICES FOCUS**

**DRIVE-UP COVID TESTING**

While the news media is reporting that COVID test supplies are becoming more difficult to acquire, 307Health is still offering drive-up testing for our members who are experiencing COVID-like symptoms. When pulling behind the clinic building for a test appointment, it helps your doctor if the person being tested is closest to the building entrance. This means coming into the two-way alley from the south entrance (nearest to Mr. D's) if the passenger is being tested or from the north entrance (across from the middle school) if the driver is being tested. Either direction works if both persons are being tested.

Once you have arrived, please let us know you are ready by calling our office line (764-3721) or by sending a text to your doctor. It takes a few minutes for your test collector to gown-up for the sample collection, so please be patient with the process.

**HOME OR EMPLOYER COVID TESTING? LET US KNOW**

Wyoming residents are fortunate to have access to free home-based COVID test sample collection through the Wyoming Department of Health and some even through their employers. If you have a COVID-19 test result from a source outside of our office, please let us know. In the case of a positive test, your doctor may find it helpful to know this update should a need for his help arise while you are recovering from the infection, or should you experience longer-lasting side effects. (kt)

**COVID-19 VACCINE ADMINISTRATION**

Like healthcare providers everywhere, the physicians of 307Health are closely monitoring the emerging vaccine information and studying the possible role 307Health may play in distribution to those members who choose vaccination. Stay tuned to this column for future updates on this topic as more information becomes available. (kt)

**COVID INFORMATION  
And RESOURCES**

**UNDERSTANDING mRNA  
COVID-19 VACCINES**

CDC – November 23, 2020

Within the next month, messenger RNA vaccines – also called mRNA vaccines – are likely to be some of the first COVID-19 vaccines authorized for use in the United States.

MRNA vaccines are a new type of vaccine to protect against infections diseases. To trigger an immune response, many vaccines put a weakened or inactivated germ into our bodies. Not mRNA vaccines. Instead, they teach our cells how to make a protein – or even just a piece of a protein – that triggers an immune response inside our bodies. That immune response, which produces antibodies, is what protects us from getting infected if the real virus enters our bodies.

To read the Centers For Disease Control and Prevention's full article on mRNA COVID-19 vaccines, visit [Understanding mRNA Vaccines](#)

**IMMUNITY & QUARANTINE**

By Dr. Aaron Billin  
Nov. 28 Facebook Repost

A study recently published in the well-regarded medical journal *Cell* found that those who recover from mild COVID-19 make antibodies and develop cell mediated immunity capable of neutralizing the virus and that last at least 3 months.

Take Home Lesson: If you have recovered from COVID-19 and are exposed again within 90 days, it is not necessary to quarantine again. However, it is important to continue practicing the other individual responsibilities (such as mask wearing and physical distancing) that have proven effective in limiting viral transmission.

To read the Journal Pre-Proof, visit [Cell Article: Immune Memory Persists](#)