



MONTHLY NEWSLETTER

FITNESS FOCUS

WINTER SPORTS - SKIING

Alpine and Nordic Options

Winter does not have to mean the end of all outdoor activities. Winter sporting opportunities with alpine (downhill) and Nordic (cross-country) skiing can be found on both the east and west sides of the Big Horn Basin. Four ski areas – two alpine and two Nordic - are within easy driving distance from anywhere in the Basin.

The Sleeping Giant ski area is west of Cody up Highway 14A just a few miles from Yellowstone Park's east entrance. Sleeping Giant offers day and night alpine skiing, tubing and Nordic skiing: For rates and hours of operation, visit Sleeping Giant's website [HERE](#).

Not far from Sleeping Giant, excellent Nordic skiing options can be found around Pahaska Tepee where volunteers with the Park County Nordic Ski Association groom multiple trails – see [HERE](#). The cross country ski trail from Pahaska Tepee to the East Entrance of Yellowstone is relatively short and surrounded by beautiful Rocky Mountain forest.

On the eastern side of the Big Horn Basin, the Bighorn Mountains also offer alpine and Nordic skiing options. Learn more about the alpine ski area Antelope Butte by visiting their website [HERE](#).

The Black Mountain Nordic Club also offers groomed cross-country skiing at Sibley Lake and Cutler Hill. More information about these areas is available online [HERE](#).
(mdt)

February 2021

HEALTH TIP



THE HELPFUL PILL BOX

Pill boxes come in many different sizes, shapes, and colors ... but they all come with the one goal of organization and the benefit of improved safety. Between prescription medications, vitamins, and dietary supplements, many of us take multiple "pills" a day. Keeping multiple bottles on a counter and opening each bottle daily can become a logistics hassle. A pill box or two may simplify daily pill dosing while allowing for out-of-sight storage of pill bottles and only a weekly or monthly handling and dispensing of pills.

The most important outcome of medication organization is improved safety. Having a day's worth of medication clearly labeled in a pill box should dramatically cut down on under-utilization or over-utilization of a medication. For instance, if today's pill box slot is open and empty then it would be reasonable to assume that all the correct medication has been taken for the day.

Medication refill planning is another advantage of the pill box. When filling a pill box for a week at a time, you should be able to realize that you are low on pills. This would then cue you to order a medication refill.

If you or a loved one are struggling to manage medications at home, please talk to your doctor or your pharmacist. There are pre-fill options available in which a month's worth of medications can be packaged in bubble cards or even by the online PillPack service. To learn more about Amazon Pharmacy's PillPack, visit their website [HERE](#). (dwb)



DOCTOR'S NOTE

COVID & ANXIETY – A "WEIGHT ON OUR SHOULDERS"

By Dr. Bartholomew

Here at 307Health we try to be balanced in our presentation of Covid news but what I write to you today is out of our experience...which is an unarguable increase in anxiousness. For some, the stressors are evident such as sick loved ones, our national political landscape, or economic concerns. For others, especially our teenagers, the stressors of the times have created a more ubiquitous "weight upon their shoulders" as I like to call it.

If this is starting to sound familiar, please know that you are not alone. Here are some next steps ...

- **Self-Validate** - The first step is to validate your feelings of anxiousness. Please trust me when I say many of us are having these feelings.
- **Self-Care** - I know we sound like a broken record at times in this newsletter, but getting outside for a walk in the fresh air, getting some exercise, "getting away" to your hobbies and interests... these activities can all flip a mood. Caring for yourself first can equip you to better handle daily stress and care for others.
- **Self-Refer** - Lastly, if these feelings are starting to interfere with your everyday life activities such as your ability to sleep, your ability to feel joy, your relationships with family, friends, and coworkers... then it may be time to seek help. Reach out to a friend. Reach out to your church leaders. Seek out a mental health counselor.

And - as always - please reach out to your doctor here at 307Health.

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BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

WYOMING DEPARTMENT OF HEALTH UPDATE- JAN 29, 2021

As efforts across the state to help prevent COVID-19 deaths and illnesses by providing free, safe and effective vaccinations continue, the Wyoming Department of Health (WDH) has a request as well as a few key reminders for residents interested in receiving the vaccine.

WDH officials are strongly encouraging most people to get their vaccines within their own counties. "Vaccine is being distributed largely based on population estimates. Going across county lines to receive vaccines can harm the other county's ability to meet the needs of their own residents," said Angie Van Houten, Community Health Section chief with WDH. "There are a few situations such as for certain workers employed in a different county than where they live that are understandable, but most people really should look to their own county's resources."

"This is already a complicated effort for many reasons such as limited doses, specialized vaccine storage requirements and the need to target priority groups. When people go to other counties to get shots, it makes things tougher for everyone," Van Houten said.

The currently authorized vaccines require two doses for maximum protection. Dr. Alexia Harrist, state health officer and state epidemiologist with WDH, said, "We want you to get both doses and part of our state and local efforts includes planning for two doses," she said. "People will need to get their second doses in the same location where they get their first, which is another reason to stay closer to home."

COVID-19 vaccine supplies remain low compared to current demand. "I continue to be excited about the promise of ending the pandemic these vaccines offer. The overall vaccination effort is a process with many steps and most of us will need to be patient until it's our turn," said Dr. Harrist. "But when it is your turn we absolutely want you to get vaccinated." ... **Article continued in "COVID-19 Resources & News"**



MEMBER SERVICES FOCUS

COVID-19 Q&A

Should people who have had SARS-CoV-2 infection be vaccinated? And if so, when?

The answer to this question comes from the clinical guidance resource UpToDate referenced by our physicians when seeking the most current medical recommendations ... "Yes, individuals with a history of SARS-CoV-2 infection should be vaccinated. Vaccination can be given as soon as the individual has recovered from acute infection (if symptomatic) and met criteria for discontinuation of isolation precautions. Delaying vaccination for 90 days from the time of infection is also reasonable; the risk of reinfection during this time period is low, and delaying vaccination allows other people to receive the vaccination sooner. Delaying vaccination for 90 days is also suggested for individuals who were treated with monoclonal antibodies or convalescent plasma."

Please talk with your doctor if you have concerns or questions about COVID vaccination for your unique circumstances.

Reference Source - Coronavirus disease 2019 (COVID-19): Questions and answers UpToDate. Waltham, MA: UpToDate Inc. (Accessed on January 29, 2021.) (mdt)

MID-MONTH BIRTHDAYS AND MONTHLY FEE TIER CHANGE

Members who have a birthday that causes them to enter the next pricing tier with a \$15/month increase should see their new rate for the first full month at the end of that month, i.e. a price change from a mid-January birthday will first be seen on the March 1 invoice which reflects the February member fee at the new pricing tier.

This delayed billing is due to the billing method in which 307Health invoices the monthly member fee at the conclusion of the membership month instead of the beginning. Please call us anytime if you have billing questions. (krt)

COVID-19 RESOURCES & NEWS

PARK COUNTY

HEALTH OFFICER UPDATE

By Aaron Billin, M.D.

01/31/2021 Facebook Post Reprint

Daily new cases, active cases, wastewater testing data, hospitalizations, effective reproduction number (Rt), and now the test positivity rate continue to fall in Park County. We will see more deaths reported as they lag 1-2 weeks behind.

We believe this may be the early beginning of the end. Stopping all efforts now is like quitting your diet when you are halfway to your goal. We anticipate continued relaxation of State Public Health Orders. However, it remains very important to continue wearing masks when appropriate, physical distancing, and cooperating with quarantine and/or isolation guidelines.

Registration for new vaccination clinics will be opened up soon as more vaccine becomes available.

PRACTICE NEWS- Update Cont.

Not every state is approaching their vaccination efforts the same way and there are differences between counties within Wyoming on distribution and progress. "But we are all on the same path toward the same goal," she said.

Harrist offered additional important reminders for residents. "We want everyone to know you will not be asked to pay any fees and do not need insurance to get a vaccine," she said. "You may be asked to bring and show your Medicare or other insurance cards so the medical professionals giving the shots can request reimbursement for doing so but this will not prevent you from receiving the vaccine," she said.

"If someone promises a vaccine and asks you to pay to receive it, that is likely suspicious activity," Harrist said.

The full article can be read **HERE**.