

# 307Health

DIRECT PRIMARY CARE



February 2017

MONTHLY NEWSLETTER

## FITNESS FOCUS

### Wellness Partnerships \$10/month

Helping you reach your full health potential in the most cost-effective ways possible is our goal at 307Health. Toward this end, 307Health has partnered with two local wellness programs which offer individual and group fitness programs and equipment access.

For a low \$10 monthly fee, 307Health members can use the wellness services and equipment of either the Gottsche Wellness program or the newly expanded rehabilitation program offered by Powell Valley Healthcare.

A written referral from 307Health is required for members to take advantage of this discounted program. Stop by the 307Health office anytime to pick up your wellness referral.

More information on these two programs can be found by contacting the persons listed below.

### PVHC P.T. And Rehabilitation

Contact = Kate Kysar  
(307) 754-1235

### Gotsche Wellness\*

Contact = Brian Tipton  
(307) 754-9262 – Powell

\*Members can use Gottsche services in any of their 5 locations in the Big Horn Basin.

## HEALTH TIP

### FOOT HYGIENE – Good Practices for Healthy Feet

Few people think of foot hygiene as part of their daily routine, yet it should be. Because our feet are the foundation of our mobility, we need to care for them and pay attention to any problems that arise to guard our ability to walk, work, do chores and engage in recreational activities. Practicing good foot hygiene is a cornerstone of preventive foot health.

The Institute for Preventive Foot Health recommends you-

- Wash and thoroughly dry your feet every day.
- Wear clean socks and change them at least daily – more frequently if you are active and/or your feet perspire heavily.
- Keep shoes clean, inside as well as outside.
- Rotate shoes – don't wear the same pair two days in a row. Give your shoes time to dry out, especially if you are active or perspire heavily.
- For optimal foot protection, wear properly selected socks with shoes with nonslip outsoles and any inserts or orthotics prescribed or recommended by a doctor or foot health professional.
- Avoid going barefoot, particularly in public areas; if you do, wash your feet carefully afterwards.

More information - including toenail care and daily foot inspections – can be found here - <http://www.ipfh.org/foot-care-essentials/how-to-practice-good-foot-hygiene/>

## DOCTOR'S NOTE

### YOUR PHYSICIAN'S 271-ACCESS PHONE NUMBER

Your physician's 271-Access phone number is tied to your electronic health record. Texts and calls to this number automatically route to your doctor's cell phone AND your health record. While you may have your doctor's personal cell phone number, always use his 271-Access number when communicating medical information or asking health-related questions.

Why the 271-Access number? Because your texts and phone calls to this number are automatically captured in your health record. This process does not happen with your doctor's personal phone number. Text conversations using the 271-Access number are automatically captured in the patient record – improving care continuity and our ability to meet your care needs.

If more than one family member is associated with a cell phone number (child-parent; spouse-spouse) we will assign the conversation to the appropriate patient record. This is why – if you are contacting us about more than one family member – we ask you to separate text conversations so the correct information can be assigned to the appropriate record.

The 271-Access phone number also allows for seamless care when a doctor is unavailable. We can easily forward our calls and texts to one another, thereby ensuring patients are quickly routed to an available provider should a care need arise during our absence.

307HEALTH  
250 N. EVARTS STREET  
POWELL, WY 82435  
307HEALTH.ORG

**BETTER ACCESS = BETTER CARE.**

**PRACTICE NEWS**

**FLU VERSUS COLD SYMPTOMS**

*Proactively Engaging Patients*

The 307Health phones are busy this month with calls from members experiencing the seasonal cold and flu cycle, so we thought this might be a good time to review the differences and similarities between these two very contagious viral illnesses. A handy comparison chart of cold and flu symptoms from the Massachusetts Department of Public Health is highlighted in the box at right. The original comparison chart is available in our office or we can email the chart to you upon request. The same chart can be viewed through our Facebook page or through this link - <http://www.mass.gov/eohhs/docs/dph/cdc/flu/cold-flu-comparison.pdf>

**MEMBER APP FOR IPHONE & IPOD TOUCH**

*Leveraging Technology and Service*

307Health offers a free and secure app through AtlasMD for members with an iOS device – iPhone or iPod Touch. The Atlas.md iOS patient access app connects you with your doctor, making it easier than ever for you to communicate with us. At your convenience, you can reach your doctor via text or phone call, pay your bills and manage other billing details, and set and manage appointments – right from your iPhone or iPod Touch. The app can also help streamline your health data uploads to your 307Health member record through the Healthkit Integration feature.

Contact us today to request an email invitation with details on how to download and access the free AtlasMD app.

**MEMBER SERVICES FOCUS**

**THE 5 HALLMARKS OF 307HEALTH**

307Health began serving Wyoming with primary care medical services 18-months ago as of January 27<sup>th</sup>. Our service is based on five central hallmarks designed to help doctors and patients break through the red-tape and bureaucracy of the traditional fee-for-service health care system. These hallmarks play-out in our everyday practice life in many ways. Here are the five hallmarks -

*Providing Truly Meaningful Use of Primary Care*

*Optimizing the Patient and Provider Experience*

*Leveraging Technology and Service*

*Proactively Engaging Patients*

*Lowering the Overall Cost of Primary Care*

Do you have a story that gives evidence of how you have experienced one or more of these hallmarks as a 307Health member? If so, we would love to hear about it! Or maybe you have a question or suggestion that could better help you experience these hallmarks. Send us your story, question or suggestion by mail or email any time.

**COLD & FLU Comparisons**

**Colds versus Flu:**

**How to Tell the Difference**

Are you coming down with a cold? Do you have the flu? Both viral illnesses affect the body's breathing system and usually resolve on their own. But there are some differences..

A Cold virus ....

- Has less severe symptoms than flu;
- Develops gradually over a few days;
- Rarely presents with fever;
- Causes a sick feeling in head and nose;
- Causes mild body aches, headaches, and/or pain;
- May or may not cause tiredness and weakness;
- Has no preventative vaccine;
- Usually do not result in serious health problems, such as pneumonia, bacterial infections or hospitalizations.

The Flu virus ....

- Usually has more severe symptoms than colds;
- Develops quickly and severely;
- Almost always presents with fever;
- Causes a sick feeling in the entire body;
- Can cause severe body aches, headache, weakness and tiredness;
- Can be prevented or minimized with a vaccine;
- Can result in serious health problems, such as pneumonia, bacterial infections or hospitalizations;
- Symptoms can be reduced if treated with a prescription anti-viral medication at early onset.

Contact your doctor if your symptoms change or get worse as you recover from cold or flu.