



## MONTHLY NEWSLETTER

March 2022

### FITNESS FOCUS

#### Exercises For Gut Health

The following exercises can improve gut health, reduce belly fat, and reduce stress levels.

#### Brisk Walking

This is one of the simplest exercises and can be done virtually anywhere. It helps with weight loss, improving cardiovascular fitness, and bowel motility.

A 307Health member recently shared an enlightening book on this topic. Titled [“52 Ways to Walk: The Surprising Science of Walking for Wellness and Joy. 1 Week at a Time”](#) by Annabel Streets, the book is a good motivator.

#### Cycling & Swimming

Periodic bike rides, use of a stationary bike, or swimming may offer many of the same benefits as brisk walking while being easier on hip, knee, and ankle joints.

#### Stretching

Regular stretching is proven to decrease stress and the likelihood of injury from other exercises. This may also have a positive effect on digestion. Some people even report that stretching helps with issues such as abdominal bloating and acid reflux. Stretching poses can include boat, child’s pose, downward and upward dog.

#### Core Exercising

Regular workouts of core muscles that include exercises such as crunches, reverse crunches, hip bridges and the superman hold will help strengthen abdominal muscles, decrease belly fat, and aid in digestion. Gut motility and bowel movement regularity may also benefit from these exercises. (mt)

### HEALTH TIP



### MARCH IS COLORECTAL CANCER SCREENING MONTH

The American Cancer Society lists colon (colorectal) cancer as the third most common (non-skin) cancer in both men and women in the United States of America with an estimated 150,000 new cases of cancer in 2021 (read more [HERE](#) ). Unfortunately, there will be an estimated 53,000 total deaths from colon cancer which makes it the third leading cause of cancer deaths behind lung and prostate cancer in men and behind lung and breast cancer in women.

The national USPSTF guidelines recommend screening starting at age 45 instead of age 50 due to the rising rates of colon cancer found in those under age 50. However, the vast majority of younger patients are Black patients and so gastroenterology specialty groups parse out these new guidelines such that Black patients should start testing at age 45 and all other racial/ethnic groups can still start testing around age 50. This means you should begin having an informed discussion with your doctor about colon cancer screening if you fall in in the 45-50 age range.

The gold-standard in colorectal screening continues to be the colonoscopy, which - if normal – can be done at ten-year intervals. A newer option is the Cologuard at-home test kit (learn more [HERE](#)) which looks for microscopic blood and abnormal DNA cells that would be found in colon polyps or cancer. A negative Cologuard test is reassuring for three years. A positive test would necessitate evaluation with a colonoscopy. (dwb)



### DOCTOR’S NOTE

### COMMUNICATION TYPES: SYNCHRONOUS & ASYNCHRONOUS

By Dr. Mike Tracy

There are two basic types of communication at 307Health and everywhere else. It is important to know the difference between the two as to avoid confusion and frustration when communicating with your doctor.

- “Synchronous” communication is real-time communication in which two parties exchange messages in close time proximity, ie..the office visit, video calls, and telephone calls. In these communication settings, one person says something and the other responds soon thereafter. Synchronous communication is real-time and the most familiar form of communication.
- “Asynchronous” communication is different in that the time between sending and responding is not necessarily immediate. Examples include sending of a text or email in which there may be a lag between the messages being communicated. To avoid confusion and/or frustration with this type of messaging, it is important to realize that delayed response times may fall in the “hours” time frame rather than minutes, depending on your doctor’s availability to check his messages. If your question is urgent in nature, we recommend calling your Physician Access number to establish synchronous communication with your doctor or a staff member.

Finally, we appreciate your help with keeping your medical record organized and concise by following the messaging protocols described on on page two of this newsletter. Stay safe and be well out there!

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**BETTER ACCESS = BETTER CARE.**

**PRACTICE NEWS**

**YOUR MEDICAL RECORD AND MESSAGING**

We always recommend that digital communications with your doctor follow these tips ...

- Stay concise and on topic.
- Clearly state any questions or expectations.
- Follow the “one person = one message” protocol.
- Request a voice-to-voice phone call or face-to-face appointment if the conversation is complex or confusing.

Text and email are very helpful and efficient communication tools used by 307Health members and doctors, but it is important to remember that care-related text and email messages are captured in your medical record. On this topic, the *307Health Terms And Conditions of Membership* Section 7.a. states,

*“...You further acknowledge and agree that 307Health and the Physician(s) have advised You against using such communication methods to communicate protected health information (PHI) that You wish or expect to keep confidential. As such, You expressly waive any expectation or right You may have that the Physician will do more than use reasonable measures to keep confidential Your communications to him or her using such means of communication. \*\*\*You acknowledge that all such communications may become a part of Your medical record.\*\*\* “*

When you sign a HIPPA-compliant release of information document to request a transfer of records, you are giving the authorized entity the right to access your 307Health medical record - including the digital messaging communications (texts and emails) contained therein. This includes information transfer authorizations for life insurance applications and when you seek care from another doctor. For more information on this topic, please review your 307Health Terms and Conditions of Membership and your copy of the 307Health Privacy Practices notice. (kt)



**MEMBER SERVICES FOCUS**

**WHEN MESSAGING YOUR DOCTOR – TEXT AND EMAIL TIPS**

To help us serve you well and keep things straight in your medical record, please keep each e-mail or text message to one person.

Why? Simple. Patient texts and emails are always captured real-time in their personal medical record. While families can be on the same billing account in a “household”, each member within that account has their own medical record.

When a text or email message arrives in the 307Health electronic record-keeping system, it can be challenging for your doctor to appropriately document the conversation if the message discusses multiple persons in the same household. Sections of a text or an email cannot be lifted for re-assignment to another record.

But - good news - you can help us keep good records by keeping communications for multiple family members separated by person. If a text or email with multiple people discussed is received by any of our doctors, the sender may receive a reply with the request to re-send separate communications about each person.

Separate communications allows incoming messages to be correctly assigned to the appropriate medical record AND for the response to be sent back to the sender through that same record. The risk of causing a communication error can easily be reduced by following the simple practice of “one person = one message”.

Messages of a non-urgent nature such as medication refills and informational texts that do not require an immediate reply may not be responded to until the next business day, especially if received after clinic hours. If you are expecting a response and have not heard back in a reasonable amount of time, please call your physician access phone number. During office hours, calls are re-directed to our main office line which is monitored by our support team. On weekends, calls go directly to your doctor's cell phone where you can leave a detailed message if needed. (mt)

**COVID INFORMATION And RESOURCES**

**GOVERNOR TO END WYOMING'S COVID-19 PHE**

February 28, 2022

CHEYENNE, Wyo

Governor Mark Gordon has announced he has begun the process to end Wyoming's COVID-19 Public Health Emergency (PHE) declaration effective March 14.

“As we see our case numbers and hospitalizations receding, it is time to begin the shift to a new phase. This virus will be with us for the foreseeable future and we should manage it appropriately,” Governor Gordon said. “That means being personally responsible for one's own health and respectful of your family and neighbors. Use the tools we now have available and stay home when you're sick.”

The Governor has been coordinating with impacted Executive Branch agencies and licensing boards to ensure they are prepared to make adjustments, where necessary. The Wyoming Department of Health will continue to serve as a resource for COVID-19 information and support. Throughout the pandemic, the PHE declaration has provided the state with flexibility and resources for Wyoming's response and recovery efforts. Most Wyomingites will not be affected by ending the PHE.

“I extend my appreciation to our medical community, first responders, public health officials and National Guard volunteers statewide who have shown their commitment to the people of Wyoming throughout this pandemic,” the Governor said. “As we wind down from the emergency, the public can expect to see some changes in how information is relayed.”

To read the full press release from the office of Governor Gordon, visit [governor.wyo.gov](http://governor.wyo.gov) or simply click the article link [HERE](#)