

Welcome to Healthy Bytes! Your monthly source for all things health.



## HEALTHY BYTES

### Trial Participants Needed



#### **Are You Frustrated with Caring for Your Alzheimer's Patient? You are NOT alone.**

Please contact our office at 717-267-3606 or write to Kathy at [kathy@scotlandfamilymedicine.com](mailto:kathy@scotlandfamilymedicine.com) if you, a friend or family member would be interested in being considered for a **new medication** that is being investigated to help with behavior of patients with **Alzheimer's** disease. Visit [www.triadstudy.com](http://www.triadstudy.com) for

more.

### - ADDITIONS TO THE FAMILY -

#### **Menno Haven Joins SFM DPC**

Menno Haven was looking for a progressive innovative way of providing better access to health care for their employees and also wanted to keep costs controlled. They reached out to SFM DPC and we have been able to have an arrangement where Menno Haven employees, after October 1st, can elect to have SFM DPC care for their families. Menno Haven in turn will subsidize a large portion of the membership fee to so that the employee can receive care for less than \$1 a day. The goal is to create a healthier group of employees and promote wellness. In



order for healthcare to be accessible it has to be affordable. For years, employers have provided a healthcare insurance product that was very expensive to the business and employee and was only utilized for serious catastrophic care. The routine wellness, health promotion and chronic disease management was left for the patient to pay with deductibles and copays. Our hope is that all some 450 Menno Haven employees will take advantage of this forward thinking approach by the leaders of Menno Haven.

With increased experience using this model of care with the business association, a template can be created that will help other businesses make the transition to DPC for the employee.

Also important to realize that the patient does not have to give up their family physician. SFM DPC can work along side the other providers to coordinate care and be available when access is difficult with the other practice.

SFM DPC and Menno Haven are working together to change the face of primary care and to improve the quality and access to healthcare in our community

[Visit Our Website](#)

## - DPC HIGHLIGHT OF THE MONTH

### **Kaigo Health**

Kaigo Health is a company that provides a personal care assistant. This person will be assigned to the DPC patient and help make appointments, arrange insurance coverage, handle any insurance discrepancies, become an advocate for patient, follow up with care outside of our office and be a guiding source for the patient to lead them through a very complex medical system.



[Visit Kaigo Website](#)

## - SUCCESS STORY -

**"I Feel Like I Made Out Like A Bandit.."**

88 year old patient relates that she had been bothered by the cost of her insurance. She had Medicare as her primary insurance and had a secondary gap insurance plan that was costing her \$3000 per year. She originally purchased the gap insurance to help with outpatient care.

This patient realized that with her DPC membership she had greater access with less cost and realized that she could reduce the amount of insurance she was carrying as a gap plan. She changed her policy to one that costs her \$288 per year. DPC was able to save the patient \$2000 per year and she had increased time and access with her primary care physician. She commented to me, "She feels like she made out like a bandit and would never go back to what she had." Increased access with decreased cost. Insurances have been trending so that the patient pays more to have less. DPC has sustained paying less to get more.



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## Flu Shot Reminder



during previous flu seasons.

The best way to avoid getting the flu is to get the influenza vaccine. You should get the vaccine when it becomes available each fall (in October or November), but you can also get it any time throughout the flu season (into December, January and beyond). The vaccine is available by shot or by nasal spray. However, the CDC recommends the nasal-spray vaccine should not be used for the 2016-2017 flu season. Data from the CDC and other groups showed poor or relatively lower effectiveness of the nasal spray vaccine

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## Coming Up...

Keep your eyes peeled next month for another interesting Healthy Bytes! If you enjoy these newsletters, share them with your friends on Facebook and other social media sites. Share the love!

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## Any Suggestions?

We'd love to hear any suggestions you might have for us.

If there's a specific topic you'd like us to cover, a preference on how often you'd like to receive these newsletters or any other thoughts you have on how we're doing, please contact us **here** or just give us a call at 717-267-3606. Thanks!



Call Us at 717-267-3606

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