

Happy Thanksgiving

GVFP NEWS & VIEWS

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The Affordable Care Act's 10 Essential Benefits

The ACA specifies ten essential benefits be included in all health insurance plans sold to individuals or small groups beginning on January 1, 2014.

- 1) Ambulatory patient services
- 2) Emergency services
- 3) Hospitalization
- 4) Maternity and newborn care
- 5) Mental health and substance use disorder services, including behavioral health treatment
- 6) Prescription drugs
- 7) Rehabilitative and habilitative services and devices
- 8) Laboratory services
- 9) Preventive and wellness services and chronic disease management
- 10) Pediatric services, including oral and vision care

Online Medical Record Access

Gunnison Valley Family Physicians is proud to announce **WebView** as a service to our patients. **WebView** is being offered to patients allowing confidential access to their medical records. You will also be able to access educational materials. We will be required to fill out an agreement before you are given access. Stop by the office today.

Obtaining Medical Records

We recognize that each patient is an individual with unique healthcare needs and wishes. We respect each patient's personal dignity.

Your Medical records are available to you from the facility where the service was rendered. To obtain copies of your medical records, you will need to fill out and sign a consent form. The consent form can be picked up in person, mailed or faxed to you. It is always a good idea to have your medical records sent to your Primary Care Provider (PCP) so that they have your complete chart.

Flu season is here!

The Centers for Disease Control, Advisory Committee on Immunization Practices (ACIP) recommends that **ALL** persons who want to reduce the risk of becoming ill or transmitting influenza be vaccinated. GVFP will again be offering Flu vaccines beginning October 1, 2013. Cost will be \$38 for both adult and pediatric immunizations.



Local Insurance Resources



Colorado Medicaid
Visit: www.colorado.gov/peak
Or call: 1-800-221-3943
(970) 641-3244

Connect for Health Colorado

www.ConnectForHealthCO.com

1-855-Plans-4-You

Contact a local Coverage Guide:

970-642-7301

Or email: ConnectForHealthColorado@gunnisoncounty.org

Medicare

Visit: Medicare.gov

Call: 970-642-7300



For a list of certified local insurance brokers, please visit:
ConnectForHealthCO.com

Gunnison County Department of Health & Human Services

(970) 641-3244

255 N. Pine St. Gunnison, CO 81230

www.gunnisoncounty.org

HealthCare.gov
Take health care into your own hands

GVFP LET'S GO!

Eating healthy on the go – Our busy schedules make it difficult to always eat at home. It's possible to make healthy choices on the go. Being aware of what you choose and how much can make a difference. Here are some ideas to decrease calories and fat while eating on the go:

- ⇒ Cut back on mayonnaise and sauces
- ⇒ Look for fruit or vegetables as a side
- ⇒ Choose smaller sizes
- ⇒ Stop eating when you are first full
- ⇒ Eat half and take the rest for later
- ⇒ Choose water and non-caloric beverages



White Chicken Chili

Substitute mild green chiles for the jalapenos. Use more chicken and cheese as desired.

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Ready In: 30 Minutes

Servings: 4



Ingredients:

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 3 cloves garlic, crushed
- 1 (4 ounce) can diced jalapeno peppers
- 1 (4 ounce) can chopped green chile peppers
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon ground cayenne pepper
- 2 (14.5 ounce) cans chicken broth
- 3 cups chopped cooked chicken breast
- 2 (15 ounce) cans white beans
- 1 (15 ounce) can white hominy
- 1 cup shredded Monterey Jack cheese

Directions:

Heat the oil in a large saucepan over medium-low heat. Slowly cook and stir the onion until tender. Mix in the garlic, jalapeno, green chile peppers, cumin, oregano and cayenne. Continue to cook and stir the mixture until tender, about 3 minutes. Mix in the chicken broth, chicken, white beans and hominy. Simmer 15 minutes, stirring occasionally. Remove the mixture from heat. Slowly stir in the cheese until melted. Serve warm with tortillas.

NOVEMBER 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
						9-12
3 Daylight Saving Ends	4	5 Election Day	6	7	8	9
						9-12
10	11 Veteran's Day	12	13	14	15	16
						9-12
17	18	19	20	21	22	23
						Closed
24	25	26	27	28	29	30
						Closed



TIP of the Month

"Change yourself – You are in control."
~ Mahatma Gandhi

PREVENTATIVE CARE ("ANNUAL EXAM")

Services designated as preventative care include periodic well visits, routine immunizations and certain designated screenings for symptom-free individuals.

A Comprehensive Preventative Medical exam includes:

- ◆ Age & Gender appropriate health history
- ◆ Physical Examination (*age appropriate*)
 - Review of physical condition including vital signs
 - Review of Family & Personal health risks
 - Screening procedures:
 - ◇ Breast cancer
 - ◇ Cervical cancer
 - ◇ Colorectal cancer
 - ◇ Prostate cancer
 - ◇ Osteoporosis
 - ◇ Cholesterol
 - ◇ Diabetes
 - Screening (not examination) of vision & hearing status
 - Screening for growth and development milestones
 - Autism screening
 - Social/Behavioral assessment
 - Screening for depression in adolescents & adults
- ◆ Screening for alcohol and substance abuse
- ◆ Screening for tobacco use
- ◆ Counseling / Guidance (*age appropriate*)
 - Oral health
 - Counseling regarding Nutrition/Diet & Activity/Exercise
 - Counseling regarding contraception/sexual behavior/STD prevention
 - Aspirin prophylaxis for cardiovascular risk
 - Review of laboratory results
 - Counseling for minimizing ultraviolet radiation
 - Screening & counseling for domestic violence
- ◆ Review of all behavior, health and lifestyle risk factors
- ◆ Orders for appropriate immunization(s) and laboratory/screening procedures*.

*(Labs generally are not covered at the preventative benefit level and are subject to deductible, coinsurance or co-pay – all insurance companies vary)

November is . . . Aviation History Month, Child Safety Protection Month, International Drum Month, National Adoption Awareness Month, National Epilepsy Month, National Model Railroad Month, National Novel Writing Month, Native American Heritage Month, Peanut Butter Lovers Month, & National Sleep Comfort Month