



8601 Turnpike Drive
Suite 200
Westminster, CO 80031
303-428-7449



MARCH, 2011



12201 Pecos St.
Suite 500
Westminster, CO 80234
303-457-4497

R. Scott Hammond, MD
Robin L. Smith, DO
Tracy H. Saffer, MD
Sarah Goff, PA-C
Cela Mervis, PA-C

Welcome to the second website edition of
Westmed Primary Care's newsletter.

Jude J. Kirk, MD
Michael K. Cavanagh, MD
Clifton Etienne, MD
Andrea Ziolkowski, PA-C

NEWSLETTER

What is an Annual Wellness Visit (Physical/Annual Preventative Visit)?

With the recent changes in the healthcare laws, we wanted to make you aware of what an Annual Wellness Visit consists of as defined by the Health Plans.

For our Medicare-insured patients you now can receive an Annual Wellness Visit with your doctor. This visit is not a complete physical. The items that will be addressed at these visits are:

- Medical/Family History
- Measurement of height, weight, body mass index, blood pressure and other measurements as deemed appropriate by the medical/family history.
- Establishment of a list of current providers who are involved in the patient's medical care
- Detection of any cognitive impairment
- Review of potential risk factors for depression
- Review of functional ability and level of safety based on direct observation or the use of appropriate screening questions/questionnaire
- Establishment of a written screening schedule, such as a checklist for the next five to 10 years as appropriate.
- When appropriate, the provision of personalized health advice and referral to health education or preventive counseling services or programs.
- Voluntary advance care planning up agreement by the patient.

Medicare patients who are new to the insurance (6 months or less) are allowed a one-time IPPE exam. This is more comprehensive and includes several types of tests.

For all of our non-Medicare insured patients, the Annual Wellness Visit focuses on what procedures, immunizations, health screenings that you need. We want to ensure your continued health as it relates to your age, gender, etc. *At these visits no other chronic conditions, illnesses, prescription refills, etc. will be discussed due to government regulations. These types of issues require a separate appointment with your primary care doctor.*

When you call to schedule your Annual Wellness Visit, our front office staff will ask about medication refills or other issues that you want to address with the doctor. If you require medication refills, have other health issues that need to be addressed, we will suggest that you make an appointment for these conditions and schedule your Annual Wellness Visit at another time.

Well Child Checks are treated in the same manner. We review the needed immunizations, height, weight, growth patterns, vision and hearing if applicable, and safety. If your child is ill, it is considered a regular office visit. The well child check is provided at another appointment.

We hope this clarifies some of the new healthcare changes and how these various types of visits are scheduled and performed.

Family Physician of the Year 2011



R. Scott Hammond, M.D. was recently honored by the Colorado Academy of Family Physicians as Family Physician of the Year. Dr. Hammond has practiced at the Westminster Medical Clinic for 26 years. He has been active in research and has attained local and national recognition as a leader in health care reform and innovation.

Dr. Hammond has been involved in piloting the Patient-Centered Medical Home model of care and developed a nationally recognized “medical neighborhood” that enhances coordination of medical care between physicians. He has lectured at numerous local, national and international conferences and is medical director of the Colorado Systems of Care-PCMH Initiative. He has authored numerous articles on health care and published research on obesity treatment and hypertension management conducted at his clinic.

He is an Associate Clinical Professor in the Department of Family Medicine at the University of Colorado School of Medicine and Fellow of the American Academy Of Family Physicians.



National Committee for Quality Assurance Recognition

The National Committee for Quality Assurance is a private, 501(c)(3) not-for-profit organization dedicated to improving health care quality. Since its founding in 1990, NCQA has been a central figure in driving improvement throughout the health care system, helping to elevate the issue of health care quality to the top of the national agenda.

The NCQA seal is a widely recognized symbol of quality. Organizations incorporating the seal into advertising and marketing materials must first pass a rigorous, comprehensive review and must annually report on their performance. For consumers and employers, the seal is a reliable indicator that an organization is well managed and delivers high quality care and service.

Westminster Medical Clinic and Westmed Family Healthcare are proud of our achievement in obtaining NCQA recognition in Heart/Stroke and Diabetes care at both offices. The Westminster Medical Clinic has obtained the Level 3 Patient Centered Medical Home recognition. Westmed has recently submitted their application and documentation to obtain the PCMH recognition. We should hear back in the coming months about the level obtained. Very few clinics in the country have three NCQA recognitions.

Supplements Available at Westminster Medical Clinic

Westminster Medical Center and the Center for Personalized Medicine are pleased to announce that Xymogen supplements are available at our clinic for our patients. Xymogen supplements are dietary supplements; vitamins; and herbs that have biochemical effects that compliment our traditional medical treatments. The over-the-counter market is flooded with products of questionable quality and unsupported claims.

Westminster Medical Clinic has researched the field and, for your protection and good health, we have selected reputable companies that manufacture quality and safe products that are supported by legitimate medical studies. These products are not a substitute for prescription medications. They provide additional options to support your health.

Please consult your provider before you start taking any products.

Is it Urgent or an Emergency?

Rocky Mountain Health Plans newsletter Winter 2010 - When you need medical care right away, should you go to an emergency room or an urgent care or after-hours facility? If you're not sure about the seriousness of your medical situation, don't panic. Call first.

Call your doctor's office. Leave a message if needed, and someone will return your call. Your doctor's office staff will assist you in getting the right care in the right place, including their office after hours or the next day. If you believe you have a life- or limb-threatening emergency call 911 or go directly to an emergency room.

Receiving care in the emergency room is more expensive and can take longer than an urgent care or after-hours facility.

The emergency room is for treating chest pain, life- and limb-threatening conditions, and loss of consciousness, major burns, poisonings, severe bleeding, head or spine injuries, stroke symptoms, or severe abdominal pain. Call us for fevers, colds, cuts, diarrhea, earache, eye infections, rashes, flu symptoms, sprains, upset stomachs, or urinary infections. If appropriate, we can suggest an urgent care facility.

If you need any kind of medical care this is not an emergency, or if you're not sure, call first.

Better Living Through Self-Management

Our staff is proud to offer free Healthier Living Colorado classes for our patients, family and friends. The next class starts on April 5, 2011 at 5:30 p.m. The class runs for six weeks and is 2.5 hours per week.

The workshop covers:

- working with your provider
- managing medications
- starting an exercise program
- relaxation techniques
- dealing with negative emotions
- managing symptoms
- improving communication
- tips for eating well
- setting weekly goals
- effective problem solving.

For more information or to register, call Jan at 303-487-5181.

Physician and Physician Assistant Education

Andrea Ziolkowski, PA-C, at Westmed Family Healthcare has attended two recent conferences. Some of the topics covered were dermatology review, reading EKG's, diabetes, prostate and colon cancer screening, and peripheral arterial disease.

Dr. R. Scott Hammond attended the American Academy of Family Physicians Annual Scientific Conference. Some of the topics covered were new treatments for pediatric infections, management of inflammatory bowel disease and treatment of eczema. He served as faculty and gave three lectures to academy members on patient centered medical home and medical neighborhood.

Meet our New Physician and Staff



Tracy Saffer, MD, is one of the new faces at WestMed Primary Care.

She has been working in private practice in the Denver Metro area for 14 yrs and is happy to be settling in at Westminster Medical Clinic.

Dr. Saffer went to medical school at Texas A&M Health Science Center in College Station, TX, and then transferred out to Phoenix, AZ for residency at Phoenix Baptist Hospital. She moved here in 1996 to be close to family. She loves to be outdoors, hiking, bicycling, and snowboarding. Her other hobbies are martial arts and travelling. Dr. Saffer is looking forward to meeting the patients at Westminster Medical Clinic.

Beth is the (PCMH) Patient-Centered Medical Home Project Manager. She started in November of 2010 and is very excited to be a part of Westminster Medical Clinic. Beth is a native to Colorado and has worked in cardiology, corporate health, chiropractic-rehabilitation, pediatrics and as a care coordinator in another Medical Home. She is excited about pursuing new projects, such as a Center for Personalized Medicine, pharmaceutical grade supplements, integrated medicine and many more quality improvement projects that benefit our patients. Her belief is that a Medical Home supports, maintains and enhances health by empowering patients to achieve better health and a better way of life through innovative and cutting edge health care. Outside the practice, Beth has four boys and enjoys teaching dance.

At Westmed Family Healthcare **Yvette** is our newest Medical Assistant and **Rosa** has joined our billing department.

Maggie, Liana and Valerie are the new Medical Assistants at Westminster Medical Clinic.

