



# eNEWS TO SEE FROM CBG

Your partner in healthcare

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## Healthcare Related Links

<http://www.thecommercegroup.com/WebExchange/>

*Full access to all of your medical claim information through CBG.*

<http://www.americanheart.org>

*Information about cardiovascular disease and stroke prevention.*

<http://www.lungusa.org>

*Information about lung disease and promotion of lung health. Links to your state smoking cessation programs.*

<http://diabetes.niddk.nih.gov>

*Information about diabetes control, prevention and kidney health.*



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## Analysis: Medicare Moves to Reduce Fraud Over Medical Equipment

Medicare is cracking down on fraudulent providers of durable medical equipment, a move expected to save the federal government over \$1 billion dollars annually. Under the new rules, medical equipment suppliers will need to be screened by a government approved accrediting agency. Approved supplies will have to submit bids to Medicare, which replaces the practice of setting fees based on average payments that have been made in the past.

Warn your employees to be wary of unsolicited suppliers who offer 'free' medical equipment. ***One way to reduce the potential for this type of fraud in your plan is to have durable medical equipment over a certain dollar limit pre-certified.***

We all work hard to do our part to keep medical expenses in check. This is an area were you can positively impact your bottom line by being careful on the front-end.

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## An article for everyone – More States Report Safety Data but Methods Vary Greatly

When it comes to patient-safety reporting, not all systems are created equal. While more than half of states now tout public reporting as an aid to the quality and safety of patient care, developing meaningful, relevant information and getting it into patients' hands remains an obstacle. A review of several state Web sites indicates the myriad ways in which data is distributed to consumers.



These are through the sites themselves, written requests for information, or a trip to the department's office to read reports—and there's even a lack of agreement over the types of data considered crucial to increasing awareness of quality-of-care issues.

States have made strides to standardize the reporting of this information and as a result 27 states now have an adverse-event reporting system.

## January is Thyroid Awareness Month Take the Thyroid 'Neck Check'

All you need is a glass of water and a mirror

1. Hold the mirror and focus on the area of the neck just below the Adam's apple and above the collar bone
2. While focusing on this area tip your head back
3. Take a drink of water and swallow
4. Check for any bulges or protrusions in this area when you swallow. Don't confuse your Adam's apple with your thyroid. Repeat this process several times.
5. If you notice any protrusions see your doctor immediately

## DID WE MISS SOMEONE?

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Ultimately the goal is to have a national reporting system and standards to measure patient safety. You can search for your state's adverse event database, and start becoming a more informed consumer of health care.

## Exercise – Fitness Trends for 2008 Can Take Your Breath Away

Fitness experts say that 2008 is going to bring some innovative exercise programs. At the same time, technology has led to more individualized workouts as people download workout information to their iPods. Some of the trends to 2008 are:



- Dance is back as a workout, thanks to Dancing with the Stars.
- More gyms are catering programs to kids in an effort to combat childhood obesity.
- Fitness Campaigns are going to be in full effect this year with corporations often sponsoring them to get employees involved.
- Fusion workouts are gaining popularity. These are workouts that focus on multiples aspects of fitness, cardio and strength.

Regardless of what form it takes, the trend is going to be to get out and get moving. These workouts are a way to connect with a larger audience and involve as many people with as many diverse interests as possible in fitness.

Losing weight is one of the most popular New Year's resolutions and experts agree the best way to ring in the New Year is by eating more! More fruits and vegetables that is. Experts say you should eat up to 5 servings a day. Some tips are:



1. Eat foods with fiber they have a lower caloric content and fill you up.
2. Increase portions of vegetables and decrease portions of starches.
3. Pack a microwaveable serving of vegetables to have at work.
4. Try grilling your vegetables for a unique taste (baste them with balsamic vinegar).