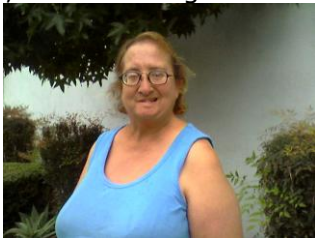


Weight Management Program Brings Miles of Smiles

Brand New Day (BND) started testing its Weight Management Program in Garden Grove at the "Brookhurst" Activity / Wellness Center on June 23, 2009. One of the first to sign up was member Tammy Cook. At that time Tammy weighed in at 266 pounds. Now, **eight weeks later Tammy weighs 218 pounds, a loss of 48 pounds.** When asked what her secret was, Tammy smiled broadly and said, **"I am eating more fruits and vegetables, lots of salads, and I walk everywhere."** She also comes to the Activity Center every day to enjoy a **free protein and fruit shake** in the mid-morning with the **vitamins** provided by Brand New Day. In the afternoon she joins others in the program for the free afternoon snack of fruit, water, nuts, or baked vegetable chips.



When asked what advice she would give others, Tammy Cook quickly replied, "If people will follow what Frank is telling them to do, they will lose weight too." (Frank is the Weight Management Coach at Brookhurst.)

Tammy says, **"I feel healthier, have more energy, and have learned to love walking."** One of her favorite things to do now is walk and window shop. Tammy has bought some new clothes too because her old ones don't fit any more.

To find out about the free Weight Management classes at your local Activity Center call 866-255-4795 and leave a message for "Frank, the Weight Coach." Physicians can ask for a Disease Mgt. Referral Form to refer members.

Provider Tips for HEDIS Scores and Good Health Care

The quality of care given by Brand New Day (BND) physicians is monitored by Medicare through HEDIS measures. One very important measure is to see if doctors are **checking (reconciling) medications after a member is discharged from the hospital.**

- 1) Does the member have access to all necessary medications when they get home?
- 2) Has the doctor notified the pharmacy regarding which medications should be "discontinued?"
- 3) Has the physician considered any possible adverse interactions between new and old medications?
- 4) Has the physician office scheduled a follow up visit within one week of discharge?

Remember, in the eyes of those measuring quality, no matter how good the care (medication reconciliation in this case), **"If it isn't documented, it didn't happen."**

Surprising Statistics

Of all smokers in the USA, 40% have a mental illness. Smoking often leads to COPD (chronic obstructive pulmonary disease). Nearly 70% of patients with COPD nationally are younger than 65 years of age and more than half are women. This points out the **importance of annual spirometry testing for all members**, - even non-smokers can have COPD.

Risk Adjustment Tip of the Month

Obesity and Diabetes are common chronic conditions for those taking anti-psychotic medications. Be sure you are documenting these in your **progress note and indicating the treatment, referrals, and discussion with patients.**

For more information call **866-255-4795** and ask for Mechelle Reed (a certified coder).