

---

## **Be Your Own Medical Home!**

**Stephen TePastte M.D.**

**Medical Director**

**MESSA**

**Presented By: Mona Tropf, RN BSN MPA**

**MESSA Health Promotion Consultant**



**MESSA.**  
[www.messa.org](http://www.messa.org)

---

## **Take Charge of Your Own Health Care**

- To receive high quality family-centered health care across your lifespan
- To save hassles and \$\$\$ by:
  - Avoiding unnecessary care
  - Avoiding unnecessary pills
  - Avoiding unnecessary out-of network referrals



**MESSA.**  
[www.messa.org](http://www.messa.org)

# Is Your Doctor's Office a PCMH?

---

- A Patient Centered Medical Home (PCMH) provides quality, efficient & compassionate care
- Provides access to all the medical resources you may need
- Provides care that is coordinated & integrated

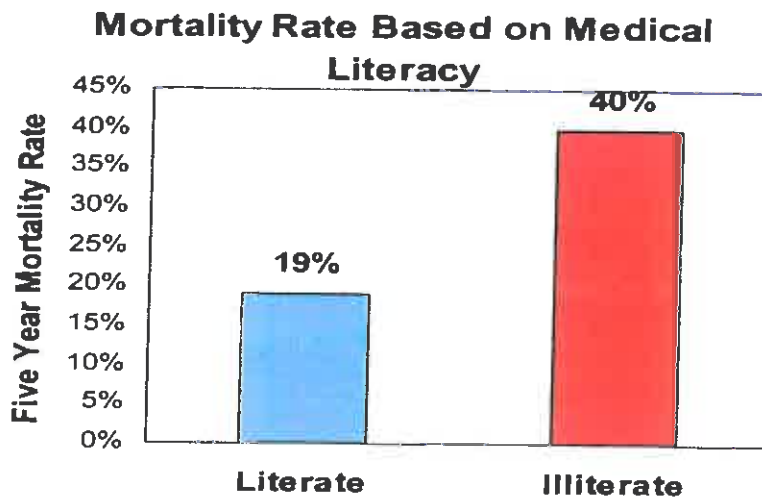


## It's Your Life-Take Charge

---

- Knowledge and confidence allows you to form an *unequal* partnership with your physicians
- You are in charge!
- Your doctors can give you options, but you know what is best for you





## Research Shows That...

---

Effective patient-doctor communication allows for:

- More accurate diagnoses
- More compliance
- More preventive tests and immunizations
- Higher patient and physician satisfaction



# Make Smart Medical Decisions

---

- Be a partner in your own care & decision-making
- Have all your tests results thoroughly explained to you
- Have risks and benefits of treatments thoroughly explained
- Have care based on evidence-based medicine



## Evidence Based = POEMS

---

- Patient oriented evidence that matters
- Insist on medications or procedures that are **safe and effective**
- Does it work?

Search Cochrane Reviews @

\* [www.cochrane.org/reviews](http://www.cochrane.org/reviews) \*



# When You See Your Doctor For a New Problem

---

- Create a detailed well-organized history
- If you have multiple concerns start with the most important one
- Take careful notes and go over it with your doctor
- *Bring a family member or caregiver for any new & potentially serious problem*



# Ask Your Doctors Key Questions & Make Smart Choices

---

- Are there alternatives to medications like lifestyle changes?
- Do I really need that surgery?
- For a serious medical condition should I go to a center of excellence?
- What would your doctor do if it was him or someone in his family?



## HME= Know Your Numbers (KYN)

---

For a thorough CVD risk assessment

- Get all your labs beforehand
- Bring blood pressure readings with you
- Seek help to improve your numbers



## High Blood Pressure

---

	Systolic	Diastolic
Normal	<120	<80
Pre-hypertension	120-139	80-89
High Blood Pressure	>140	>90



## Fasting Blood Sugar (Glucose)

<100	Normal
100-126	Pre-diabetes
>126	Diabetes



## Lousy vs. Healthy Cholesterol!

---



## LDL Cholesterol

<70	Optimal
70-100	Excellent
100-129	Good
130-159	Borderline High
160-189	High
>190	Very High



## HDL Cholesterol

<40	Very Low
41-50	Low
51-60	Good
>60	Optimal



# Triglycerides

<100	Optimal
101-199	Borderline High
200-499	High
>500	Very High



*Bradley  
&  
Loren  
check*

## KYN Order Sheet

- Serial blood pressure readings
- Fasting comprehensive panel
- Fasting lipid panel (HDL, LDL, triglycerides)
- Fasting means 12 hours with no calories but OK to drink water
- **Always** check "copy to patient" on the lab slip or ask your doctor for a copy.
- **Best done BEFORE** your HME



## HME =Thorough Cancer Check-up

---



- Moles and lumps checked
- Women: thorough GYN exam
- Men: thorough testicular and prostate exam
- Mammography
- PSA
- Colonoscopy



## Avoid Poly-Pharmacy- The Brown Bag Visit

---

- Bring **all** your pills to your PCP and try to eliminate as many as you can
- This includes Rx's & all herbs, vitamins and dietary supplements
- Which pills should be taken every day?
- Which pills can be used as needed?
- Which pills can you stop taking?



## **Don't Endure an Unnecessary ER Visit**

---

- Call your PCP first
- Or call 24/7 NURSELINE to get help from a specially trained RN (800-414-2014)
- Call the ER. An ER nurse can determine if you need to go their ER or advise you to on alternate care



## **Invite MESSA into Your Medical Home**

---



- We focus on our core values
- We are committed to excellence
  - Excellent member service
  - Exceptional value in our plans



# Visit [www.messa.org](http://www.messa.org)

- For your summary of covered services, your prescription benefits & to search for participating providers
- For access to **Ask the Doctor**-confidential medical advice from our medical director
- For health resources on a variety of topics that affect the educators in Michigan School systems
- For access to Mayo Clinic's EmbodyHealth



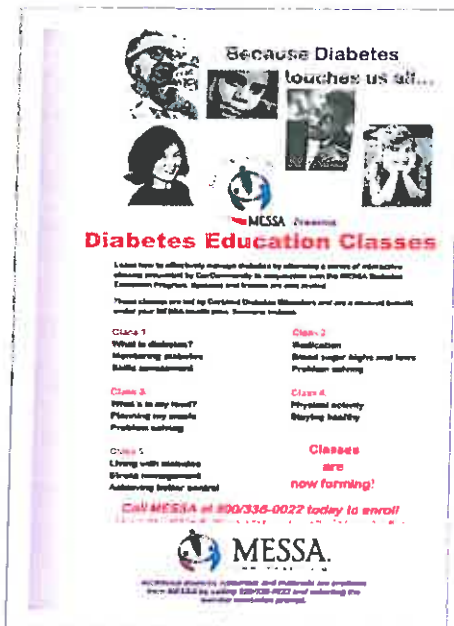
## You can link directly to



@ [www.messa.org](http://www.messa.org)



# MESSA Diabetes Health Education Program

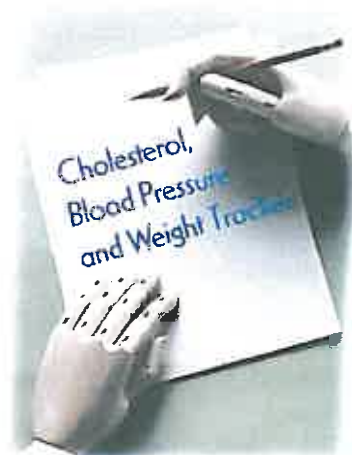


- Pat Huhn RN, our MESSA Certified Diabetic Nurse Educator helps MESSA members get their A1C in goal
- MESSA also covers self-management education programs in local communities



# MESSA HBP and Cardiovascular Health Education Programs

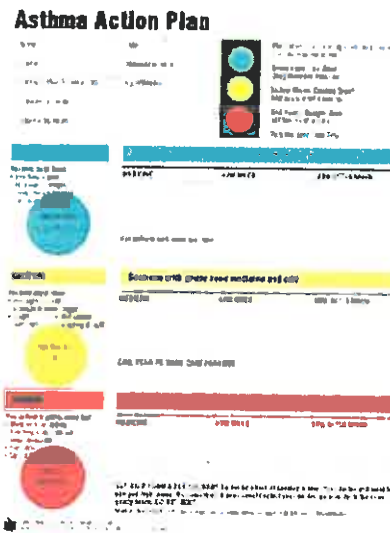
- Rhonda Jones RN, our MESSA Certified Health Education Specialist provides MESSA members education, motivation and support to Know Your Numbers and Fix Your Numbers



# MESSA Asthma Health Education Program

---

- Susan Jahn RN, our MESSA Certified Health Education Specialist empowers MESSA members to get their asthma in control using an asthma action plan
- Call 800-336-0022 #3 for all of our DM programs



## For Catastrophic Illness or Injury: MESSA MCM

---

- MESSA medical case management (MCM) is a unique program designed to meet all the medical needs of our members who require extraordinary care
- MCM Nurse Case Managers will help you and your family through difficult times with humane, flexible and comprehensive care



# Medical Home Summary

---

- Take control and responsibility for your own health care
- Partner with your doctors
- Partner with MESSA
- Understand all your medications
- Insist on evidenced based care



## Health Checklist for Wellness

---

- Know your numbers (blood pressure, blood sugar, and lipid profile) and strive to idealize them
- Partner with your PCP to be screened for common cancers (e.g. cervix, ovary, uterus breast, prostate, colon and skin)
- Partner with your PCP to help manage any problem no matter how personal
- Eat more fruit and vegetables, whole grains and healthy fats
- Begin a fitness program or increase energy spending and never stop
- Seek help to quit smoking, if you smoke
- Appreciate friends and family and the good things in your life and strive to make this world a better place

