



Home Care Connection

Connecting Hospital to Home

Cimarron Medical Services
Stillwater Medical Center Home Health Services

March is Health Information Management Month!

Meet Your Health Information Management Staff: Linda Bostick & Paula Yerger



Linda Bostick has been HIM Coordinator for SMC Home Health for over 3 years. She graduated from NOC in 2013 in Health Services Technology, and also completed the Health Informatics Administrative Medical Assistant program from Meridian Technology Center in 2014.

Linda and her husband have lived in Stillwater for over 31 years. They enjoy traveling in their Casita (RV), listening to music, hiking, fishing, exploring new places, and eating out. Linda also enjoys attending worship services at Solid Rock Church and going to her mother-in-law's for Monday night dinners.

Linda says that she feels privileged to be part of SMC Home Health.

Paula Yerger started with Cimarron Medical Services in May 2012, part-time, as a file clerk. She became full-time in 2013, helping customers in the store, coordinating the Lifeline program, and continuing to maintain Cimarron's filing system. She also helps wherever she is needed, which she says "is a wonderful part of my job!"



Paula and her family have lived in Stillwater Since 2011. She and her husband, Wayne, have been happily married for 26 years. They have one daughter, Kristyn, and one granddaughter, Ruby. Paula loves spending time with her family and her amazing dog, Max.

Your Doctor's Appointment: Tips for an Effective Visit

In polling a few physicians' offices to see what would help make the time at the office more effective, we found several common tips that can make the process go more smoothly:

- ▶ When calling the office, be prepared with the name of the patient and the date of birth to help ensure correct identity for your safety.
- ▶ Consider arriving 10-15 minutes in advance of your appointment to update demographic and insurance information for the medical record. Common items that are routinely updated are insurance changes, including Medicare supplements, and forms that indicate with whom your provider may share information from your medical record.
- ▶ Ask ahead of the day of the appointment if there is paperwork to be completed. Some offices will mail the forms to your home to help allow time for accurate completion. Be prepared to share information regarding chronic illnesses and past surgeries if you are a new patient and information is not completed in advance.

▶ Be prepared with an up-to-date medication list of all the medications you are taking. Your medication list should include name, strength, and when it is taken for each medication. Some physician offices may want to see the actual prescription bottles, so ask what you need to bring in regards to medication list and bottles.

▶ If you have a blood sugar or blood pressure log, bring those records with you to your appointment so that the doctor can see your daily pattern.

Utilizing these strategies should assist the staff in making your office visit more efficient and organized for you.

Information provided by Amanda Shepherd at Dr. Daniel Brown's office and Lauren Westbrook at Dr. Steven Cummings' office.

Cimarron Medical Services Monthly Sales

- 15% off EZ Fold-N-Go Walkers
- 10% off Compression Socks and Hosiery
- 10% off Medela Nursing Supplies

Slow Cooker Greek Chicken with Lemon Potatoes



Ingredients:

- 1 medium onion, sliced (any color)
- 1 lb. potatoes, cut into 1-inch pieces
- 1 c. low-sodium chicken broth
- 2 tbsp. dried oregano
- 3 lb. whole chicken (discard giblet package)
- ½ tsp. garlic powder
- 2 fresh lemons, halved
- 2 tbsp. chopped parsley

Instructions:

In the bottom of a large slow cooker, add onion slices, chopped potatoes, chicken broth, and 1 tsp. oregano. Stir to combine. Using a knife or your fingers, remove chicken skin and fat from chicken and throw away. Place chicken on top of potatoes (breast-side down, if possible) and sprinkle garlic powder and remaining oregano on top. Squeeze lemons and add to crockpot. Cook until potatoes are fork-tender and chicken is cooked, about 9-10 hours on low or 4 hours on high. Garnish with parsley and serve.

Source: recipes.heart.org
Provided by:
Emily Emerson, MS, RDN, LD

Cimarron Medical Services

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Quality Services Provided by: Stillwater Medical Center



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Identity Theft Protection

Are you or someone you know at risk for identity theft? Is your personal information safe from identity theft?

Here are 5 common types of identity theft:

Child ID theft – this type of theft may go undetected for many years, and when the child becomes an adult, the damage is already done. Safeguard your child's social security number and date of birth.

Tax ID theft – your social security number may be falsely used to file tax returns with the Internal Revenue Service or State government.

Medical ID theft – when someone fraudulently uses your Medicare ID or health insurance member number for medical services, or to bill to your health insurance.

Senior ID theft – a scheme to access personal information or financial documentation from seniors who has frequent contacts with medical professionals, caregivers or staff at long-term care facilities.

Social ID theft – when someone uses your name, photos, and other personal information to create a phony account on a social media platform.

Some ways to protect your identity from theft:

► Don't carry your social security card in your wallet or write your number on your checks or other documents.

► Don't respond to unsolicited requests for personal information by phone, mail, or online.

► Don't reply to or click on any links that look suspicious in email, texts, and social media messages.

► Update sharing and firewall settings when you're on a public Wi-Fi network and use security features on any mobile devices.

► Ask a trusted family member or friend to help you if you are unsure about a situation where personal information is being asked of you.

► Be careful with private conversations on your cell phone in public areas – go to your car or a private place when discussing confidential information.

► Keep paper and electronic copies of medical and health insurance records in a safe place.

► Never use your full name, date of birth or address on social media.

► Shred your confidential information before you throw it away – even prescription labels and prescription documentation.

► Invest in a quality home shredder.

► Check your community for annual shred days – Stillwater Public Library holds an annual shred day around the last Saturday in January. Contact your local bank to see if they hold a community shred day.

Be aware and don't become a victim of identity theft. More information can be found at <https://www.usa.gov/identity-theft>.

Article by Linda Bostick and Paula Yerger

**Do you have CPAP questions?
We have CPAP answers!**

**Come in to Cimarron Medical
on Thursday April 12th**

**Special Presentation and Q&A Session
with Dr. Emde from 9am–10am!**

Sleep Apnea Workshop from 10am–6pm

- Speak with our Respiratory Therapists
- Have your CPAP pressure checked
- Look at new products
- Pick up replacement supplies
- Speak with representatives from ResMed and SMC Sleep Lab
- Sign up for the CPAP Supplies Replenishment Program

**During the Event, You Will Receive
25% off CPAP Mask Wipes
&
10% off SoClean Machines**



You're Getting a New Medicare Card!

The Medicare Access Act of 2015 requires Medicare to remove social security numbers from all Medicare cards by April 2019. A new Medicare Beneficiary Identifier (MBI) will replace the SSN-based health insurance claim number on the new Medicare cards for all Medicare transactions.

The biggest reason for taking the SSN off of Medicare cards is to fight medical identity theft for people with Medicare. By replacing the SSN-based number on all Medicare cards, the government can better protect private health care and financial information and service payments.

Beginning in April 2018, the government will begin mailing the new Medicare cards in phases by geographic locations. Oklahoma is scheduled to begin mailing the new numbers after June 2018.

The new MBI number will not change Medicare benefits. People with Medicare may start using their new Medicare cards and MBIs as soon as they get them.

It is important that you provide your healthcare providers (hospital, doctor's office, home health agency, medical equipment provider, etc.) with your new Medicare number as soon as you receive it.

Call SMC Home Health at (405) 624-6578 and Cimarron Medical Services at (405) 377-9735 when you receive your new card.

Article by Janet Coakley

If you would like to be added or removed from our mailing or emailing lists, or have comments about the newsletter, please contact Amy at (405) 377-9735 or by email at alindsey@stillwater-medical.org