

News from the School District Clinic

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Aspirus Occupational Health/Primary Care

July 2016

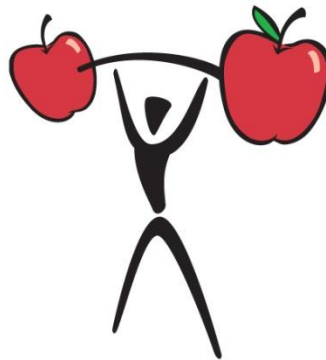


Health Coaching Sessions to wrap up July 31st

A reminder to all employees, that if you have chosen to participate in the health insurance incentive program, all 2nd and 3rd health coaching sessions for staff and spouses are due to be completed by July 31st.

Summer Progress

In my opinion, employees and spouses have set excellent health goals for themselves this summer and have so far been making excellent progress. It is my goal to help you all carry over these healthy habits into the upcoming school year. As a reminder, I am available to see you at any time for additional health coaching sessions. You may stop by the clinic for a blood pressure or weight check anytime during our scheduled clinic hours—no appointment necessary!



During the past month's health coaching sessions, one particular visit made a big impression on me. The patient shared with me that when she initially heard about the requirements for the health insurance incentive this year, she was annoyed. She thought to herself, "I've heard this all before" and felt like needing to hear it again would not be beneficial. However after attending her sessions, she shared with me that she felt it had made a difference. Having her biometric screening done and reviewing the results with me, prompted her to make some positive changes in her lifestyle and it prompted her to follow-up with her primary care provider to have an important conversation about some changes in her medication regimen. She realized that often times during a regular office visit with her primary care provider, the focus of the visit is on other things. Seldom do we get the opportunity in our limited time together to focus exclusively on healthy behavior change. So, again thank you for allowing me to help you develop a plan to improve your overall health and wellbeing. I've enjoyed working with each and every one of you and I look forward to seeing you again for your health care needs or questions you may have. ♦

Summer Clinic Hours

Summer hours are in effect June 13th-August 19th:

- **Monday: 11am-2pm**
- **Tuesday: 12pm-2pm**
- **Wednesday: 11am-2pm**
- **Thursday: 12pm-2pm**
- **Friday: 12pm-2pm**



July is UV Safety Month!

Five Tips from Ophthalmologists That Will Protect Your Eyes from Sun Damage

The days are longer, the sun is hotter, the beach beckons and out comes the sunscreen. But summer revelers looking forward to sizzling hot fun in the sun shouldn't overlook their eyes when it comes to protecting themselves from damaging ultraviolet rays, warns the [Aspirus School District of Rhinelander Clinic](#) and the American Academy of Ophthalmology.

In support of UV Safety Month in July, the Aspirus School District of Rhinelander Clinic joins the Academy in sharing information on how to keep eyes safe from sun damage. Excess sun exposure can put people at risk of serious short-term and long-term eye problems. If eyes are exposed to strong sunlight for too long without protection,

UV rays can burn the cornea and cause temporary blindness in a matter of hours. Long-term sun exposure has also been linked to an increased risk of cataracts, cancer and growths on or near the eye.

Here are five things people can do to cut their risk of eye damage from the sun:

- **Wear the right sunglasses** – Look for those labeled “UV400” or “100 percent UV protection” when buying sunglasses. Less costly sunglasses with this label can be just as effective as the expensive kind. Darkness or color doesn't indicate strength of UV protection. UV rays can go through clouds, so wear sunglasses even on overcast days. And while contacts may offer some benefit, they cannot protect the entire eye area from burning rays.
- **Don't stare at the sun** – Sun worshippers take note: directly gazing at the sun can burn holes in the retina, the light-sensitive layer of cells in the back of the eye needed for central vision. This condition is called solar retinopathy. While rare, the damage is irreversible.
- **Check your medication labels** – One in three adults uses medication that could make the eyes more vulnerable to UV ray damage, according to a sun safety survey by the Academy. These include certain antibiotics, birth control and estrogen pills, and psoriasis treatments containing psoralen. Check the labels on your prescriptions to see if they cause photosensitivity. If so, make sure to protect your skin and eyes or avoid sun exposure when possible.
- **Put a lid on it** – In addition to shades, consider wearing a hat with broad brim. They have been shown to significantly cut exposure to harmful rays. Don't forget the sunscreen!
- **Don't drive without UV eye protection** – Don't assume that car windows are protecting you from UV light. A recent study found that side windows blocked only 71 percent of rays, compared to 96 percent in the windshield. Only 14 percent of side windows provided a high enough level of protection, the researchers found. So when you buckle up, make sure you are wearing glasses or sunglasses with the right UV protection.

Find more information on how to protect your eyes from the sun year-round at the [Academy's EyeSmart website](#). ♦

Upcoming events:

- SDR Mobile Mammogram
Friday, August 26th
For an appointment, please call **1-866-672-5133**
This service is free of charge to all employees and spouses on the district's health insurance.

In review from previous issue:



Scheduling an Appointment

The best way to schedule is online through [MyAspirus](#).

If you've lost your access code, let it expire, or did not receive it, you may contact our **MyAspirus Patient Support Line at (888) 692-7740** to request a new, secure password. After we verify your information, a new code will be sent via U.S. Postal Mail. Privacy issues prevent us from e-mailing a new access code to you.

If unable to obtain an appointment that way, you may stop by the clinic or call the **Aspirus Rhinelander Main Clinic at (715) 361-5480**.



MyAspirus Frequently Asked Question:

Can I view a family member's health record or schedule an appointment for my child through MyAspirus?

Yes you can! This is called Proxy access and allows a parent (or guardian) to log into their personal MyAspirus account, and then connect to information regarding their family member. Complete a [Proxy Consent Form](#) and return it to one of our medical facilities to request access to this convenient service.