

# News from the School District Clinic

By Ashley Seiler, APNP

Aspirus Occupational Health/Primary Care

September 2016

## Importance of Having a Primary Care Provider

Did you know that having good access to a primary care provider (PCP) can help us live longer, feel better, and avoid disability and long absences from work? In fact, in areas of the country where there are more primary care providers per person, death rates for cancer, heart disease, and stroke are lower and people are less likely to be hospitalized.

Primary care providers include doctors, nurse practitioners and physician's assistants. They specialize in diagnosing and treating common health problems and illnesses and often time are able to catch and treat minor health problems before they become more serious. For example, high blood pressure, diabetes, and high cholesterol can be controlled with medication prescribed by your PCP. If not caught early and kept in check, these conditions can lead to a life-threatening heart attack or stroke. Primary care providers are trained to provide high quality, cost-effective health care. Adults in the United States who have a PCP have a 33% lower cost of health care and a 19% lower chance of dying than those who see only a specialist for their medical care. In the United States, we would save over \$67 Billion per year, if everybody used a PCP as their primary source of care (Freundlich, 2013).



[www.myhealthmyvoice.com](http://www.myhealthmyvoice.com)

In closing, I would ask that you consider a PCP as your first point of contact with the health care system and your first line of defense when you have a concern about your health—whether that is a physical ailment or your mental well-being.

If you are already established with a primary care provider, that's great. Please continue to follow-up with that provider regularly. If you are interested in more information on finding a primary care provider, please stop by the School District of Rhinelander Onsite Clinic and we will be happy to assist you or visit <http://www.aspirus.org/main/Find-a-Physician-or-Provider.aspx>.

### References

Freundlich, N. (2013, June). *The Commonwealth Fund*. Retrieved August 24, 2016, from

<http://www.commonwealthfund.org/publications/health-reform-and-you/primary-care-our-first-line-of-defense>

## School Year Clinic Hours

Starting August 22nd:

- **Monday: 3pm-5:30pm**
- **Tuesday: 11am-1pm**
- **Wednesday: 3pm-5:30pm**
- **Thursday: 11am-2pm**
- **Friday: 2:30pm-4:30pm**

When you establish a relationship with a PCP, that person is able to get to know you and gains a better understanding of you and your family as a whole. Whether you are going in for a sick visit or injury or being seen for wellness exams, preventative care, or management of chronic conditions, it helps to see someone who is familiar with you. As opposed to receiving non-urgent medical care through an Emergency Room, Urgent Care, or Walk-in Clinic, your PCP is familiar with you as a patient, making it easier to treat your condition, coordinate testing and procedures, and ensure appropriate follow-up care. This provides better continuity of care a greater satisfaction with your healthcare experience overall.

# September National Childhood Obesity Awareness Month

One in three children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, the Aspirus School District of Rhinelander Clinic encourages your family to make health changes together.

- Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.
- Limit screen time: Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day.
- Make healthy meals: Buy and serve more vegetables, fruits, and whole-grain foods



Uamshealth.com

Taking small steps as a family can help your child stay at a healthy weight.

For more information, visit:

<http://www.nhlbi.nih.gov/health/educational/wecan/>  
<http://www.nhlbi.nih.gov/health/educational/wecan/downloads/urwhateat.pdf>

---

## Links to Helpful Meal Planning Resources

- 5 different sets of freezer meals at **Who Needs a Cape.com**:
  - <http://whoneedsacape.com/2016/02/5-sets-of-freezer-meals/>
  - Free access with link to shopping list included!
- **Once a Month Meals.com**
  - <https://onceamonthmeals.com/>
  - Meal planning resource that is freely accessible, but those with a Pro Membership have capability to customize your own menu, number of servings, type of recipe, and shopping list.
- Menu Planning: Save time in the kitchen—From **Organized Home.com**
  - <http://organizedhome.com/kitchen-tips/menu-planning-save-time-kitchen>
  - Free Printable Weekly Meal Plan Template:
    - [http://organizedhome.com/sites/default/files/image/pdf/food\\_menu\\_planner\\_weekly.pdf](http://organizedhome.com/sites/default/files/image/pdf/food_menu_planner_weekly.pdf)
  - Weekly Menu Planner with Shopping List:
    - [http://organizedhome.com/sites/default/files/image/pdf/food\\_menu\\_planner\\_weekly\\_list.pdf](http://organizedhome.com/sites/default/files/image/pdf/food_menu_planner_weekly_list.pdf)



www.healthydietadvisor.com

## In review from previous issues:



### 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 SDR Clinic Line at 715-365-9770**. **If it is outside of the regular clinic hours, you will be forwarded to the Aspirus Rhinelander Occupational Health Department to speak with Sherry, RN or Christie, CMA.**



### 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.



### **Location**

665 Coolidge Ave. Door #7  
Rhineland, WI 54501  
(Northwest side of the building)

### **Aspirus SDR Clinic Line**

715-365-9770

