

KACO Connections

Welcome Note – Richard Martin, MD FAAFP, CMO Keystone ACO



Welcome to the autumn edition of the Keystone ACO newsletter! I'd like to share that we recently received our final quality report from Medicare and once again we were greater than 90% compliant with our quality measures. These include things like cancer and chronic disease screenings, immunizations, appropriate treatment of chronic diseases like diabetes and hypertension, access for appointments and service by office staff. When you receive a survey about your care and treatment, please take a few minutes to complete and return it. We take your comments very seriously.

As you read this, we are in the midst of flu and pneumonia vaccine season, and soon we will be seeing these fall and wintertime respiratory illnesses in our communities.

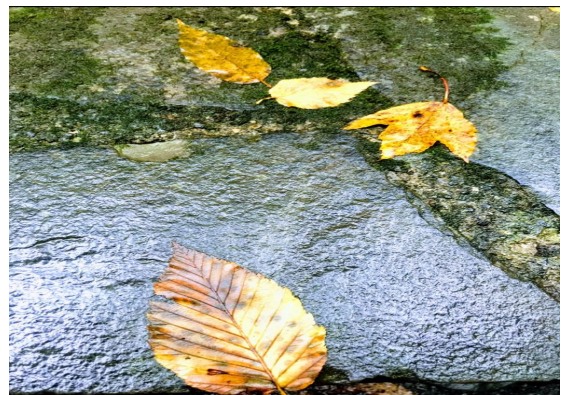
Please be sure to get a flu shot and pneumonia vaccine if you are due. See articles included in this newsletter for more information on influenza and the necessary vaccines.

We also remind everyone that good health begins with you and your diet and activity level. Read on to learn more about healthy eating and activities.

Once again, if you haven't visited your primary care provider yet, please get a checkup before the year ends. This gives you an opportunity to get to know your primary care team and to ensure you are up to date on necessary screening and tests appropriate to your care.

A preventative services checklist has been provided for you in this issue.

Other topics in this issue include cancer screening information, survey completion, mindful eating tips during the holiday season, and fun autumn activity ideas to keep you active and healthy!



Screening for Colorectal Cancer

Colorectal cancer (CRC) is common in our region. When men and women are taken together, it is the second most common type of cancer diagnosed. Both sexes are affected equally. With proper screening, CRC is a preventable disease or can be diagnosed early when outcomes are most favorable. The single most important factor

in determining risk is family history. The standard for screening is colonoscopy. Average risk patients have no family history of CRC or polyps. The recommended screening for average risk patients is colonoscopy at age 50 (45 for African Americans), and if normal, then follow-up colonoscopy at 10-year intervals. If there is a family history of CRC or polyps, screening with colonoscopy should begin at age 40, and if normal, a follow-up colonoscopy at 5-year intervals. If polyps are removed, surveillance colonoscopy recommendations are tailored to the individual patient based on findings and pathology. There are certain family cancer syndromes where multiple family members in successive generations have developed CRC, often at a young age. In this circumstance, not only is colonoscopy offered at a younger age, but in addition genetic counseling and genetic testing is recommended. Cologuard is an alternative screening modality which involves DNA testing on stool samples. Its role is still being defined but is offered in average-risk patients as an alternative to colonoscopy. If a patient is experiencing symptoms such as bleeding or a change in bowel habits, screening recommendations do not apply, and they should see their doctor to be evaluated.

Joseph P. Bannon MD, FACS, FASCRS – Program Director, Geisinger NE General Surgery

Breast Cancer Screenings

Breast cancer is a common disease affecting one in eight women. However, it is very treatable, especially when detected early. In fact, the five-year survival is almost 90%. That is, out of 100 women diagnosed with breast cancer, 90 will live at least five years.

So why are the survival statistics for breast cancer so good? There are two reasons.

First, doctors are excellent at treating breast cancer through advances in surgical techniques, radiation therapy, and chemotherapy. Second, thanks to mammograms, doctors are able to detect cancers years before a woman would present with a symptom such as a breast lump. Early detection plays a critical role in breast cancer care. It has been shown that annual screening beginning at age 40 saves the most lives and years of life for women. A mammogram is an excellent screening test, and it's only getting better. The advent of digital breast tomosynthesis, also known as 3D mammography, has enabled doctors to detect cancers even earlier than conventional mammograms. There is a small dose of radiation from a mammogram, though the total dose is much less than a CT scan.

It's never too early to discuss breast cancer screening with your doctor. The discussion should include your family history of breast cancer, especially immediate family members. This information can impact the age at which screenings begins and how often it should be performed. And of course, call your doctor if you have any concerns regarding your breast health.

John S. Farrell, MD – Associate, Department of Radiology, Geisinger, NE Platform

Mindful Holiday Eating

Autumn has so much to offer. From the beautiful fall foliage to the crisp fresh air, it truly is one of our most beautiful and rewarding seasons. It's a time to reflect on what we are most thankful for...and there is ALWAYS, ALWAYS, ALWAYS something for which to be thankful. Autumn is also a time when many of us gather with family and friends for holiday celebrations while we indulge in traditional recipes passed down through generations. While it's always nice to enjoy the company of loved ones, it's easy to forget to be mindful of what we're eating and get lost in overindulging, consuming foods and desserts that are often higher in calories and fat.

While celebrating, remember to practice mindful eating habits to stay healthy and feel your best throughout the season. Start each day with a glass of water and continue drinking water throughout the day, including with meals. This will help to regulate your appetite and provide you with a feeling of fullness, helping to avoid overindulgence during meals. Be mindful while consuming liquid calories. Many holiday celebrations include traditional drinks such as eggnog, hot cocoa, and alcoholic beverages, which are high in calories. Try sparkling waters, which are available in a variety of flavors with few calories, or you could add a small amount of wine or a fruit juice of your liking.

Watch for hunger cues. Are you hungry or thirsty, or are you eating just because you're in a social environment? Most often we'll eat just because others around us are doing so and we feel obligated to do the same. When attending a party, make your food selections and move away from the food to socialize with other guests. Socializing near food only makes it more tempting to overeat. Choosing a smaller plate will help with portion control. Be sure your portions are appropriate for your needs. Also, try not to go back for second helpings.

If you are hosting a party, include healthy choices for your guests — and if you're a guest, bring a healthy option to share with others. Don't arrive at a party hungry. Eat a light snack prior to arriving. This should slow you down and allow for you to enjoy your meal. You'll feel better and will enjoy spending time with those around you.

Happy holidays!

Turkey Veggie Meatloaf Cups by allrecipes.com



Ingredients

- 2 cups coarsely chopped zucchini
- 1½ cups coarsely chopped onion
- 1 red bell pepper, coarsely chopped
- 1 pound extra lean ground turkey
- ½ cup uncooked couscous
- 1 egg
- 2 tablespoons Worcestershire sauce
- 1 tablespoons Dijon mustard
- ½ cup barbecue sauce, or as needed

Directions

1. Preheat oven to 400 degrees F (200 degrees C). Spray 20 muffin cups with cooking spray.
2. Place zucchini, onions, and red bell pepper into a food processor, and pulse several times until finely chopped but not liquefied. Place the vegetables into a bowl, and mix in ground turkey, couscous, egg, Worcestershire sauce, and Dijon mustard until thoroughly combined. Fill each prepared muffin cup about ¾ full. Top each cup with about 1 teaspoon of barbecue sauce.
3. Bake in the preheated oven until juices run clear, about 25 minutes. Internal temperature of a muffin measured by an instant-read meat thermometer should be at least 160 degrees F (70 degrees C). Let stand 5 minutes before serving.

Nutritional Facts

Servings Per Recipe: 10
Amount Per Serving:
Calories – 119
Total Fat – 1 g
Saturated Fat – 0 g
Cholesterol – 47 mg
Sodium – 244 mg
Potassium – 315 mg
Total Carbohydrate – 13.6 g
Dietary Fiber – 1.2 g

The Importance of Completing Surveys

Each year, randomly selected Medicare beneficiaries receive a questionnaire in the mail called the “Medicare Provider Experience Survey.” If you receive one of these surveys, we would greatly appreciate if you would take the time to fill out the questionnaire. As a person with Medicare, you deserve to get the highest-quality medical care when you need it, from doctors, nurses, and other health care providers you trust. The Centers for Medicare & Medicaid Services (CMS) is the federal agency that administers the Medicare Shared Savings Program and our responsibility is to ensure that you get high-quality care. One of the ways we can fulfill this responsibility is to find out directly from you about the care you are currently receiving under the Medicare Shared Savings Program.

There are important topics related to your health care that should be routinely discussed with your health care team. Some of these topics include affordability of prescription medications, healthy diet and physical activity, feelings of loneliness or sadness, and coping with worry and stress. The questionnaire you may receive asks about your experience with health care in the last 6 months. You will be asked to answer the questions in the survey thinking about your experiences with a named doctor or other health care provider. You may be asked questions such as:

- In the last 6 months, how often did you and anyone on your health care team talk about all the prescription medicine you are taking?
- In the last 6 months, did anyone on your health care team talk about how much your prescription medicines cost?
- In the last 6 months, did you and anyone on your health care team talk about healthy diet and healthy eating habits?
- In the last 6 months, did you and anyone on your health care team talk about the exercise or physical activity you get?
- In the last 6 months, did you and anyone on your health care team ask you if there was a period of time when you felt sad, empty or depressed?
- In the last 6 months, did you and anyone on your health care team talk about things in your life that worry you or cause you stress?

The accuracy of the results depends on getting answers from you and others selected for this survey. This is your opportunity to help us serve you better. All information you provide will be held in confidence by CMS and is protected by the Privacy Act. Your responses will NOT be shared with the health care provider named in the survey. Your help is voluntary, and your decision to participate or not to participate will have no effect on your Medicare benefits. Thank you for your help with this important survey.

Flu Shots – Why they're important and how effective they are

TIMING

Routine flu vaccination is advised for those individuals 6 months of age and older who have no known contraindications.

Because the onset of flu season is difficult to predict, the flu vaccine is recommended to be given by late October if possible. Once administered, it takes about 2 weeks to gain the most benefit. A review of flu seasons over the past 30+ years indicates that at least 75% of the time, flu activity was highest in January and February. Unfortunately, there may be more than one peak outbreak of the flu during any given season.

Those most susceptible to flu-related complications (and thus highly encouraged to have a flu vaccine) include:

- People age 65 and older
- Pregnant women
- Children younger than 5 years of age
- People with health conditions such as asthma, COPD, and cancer

EFFICACY

The annual flu vaccine generally offers about a 60% reduction in influenza cases. Some years the virus changes less or more than others and efficacy is altered accordingly. It is felt, however, that having had a flu vaccine reduces the severity of flu symptoms if one is unfortunately stricken by an uncovered viral strain.

Shawn McGlaughlin, MD
Evangelical Medical Services



Is it a Cold or the Flu?

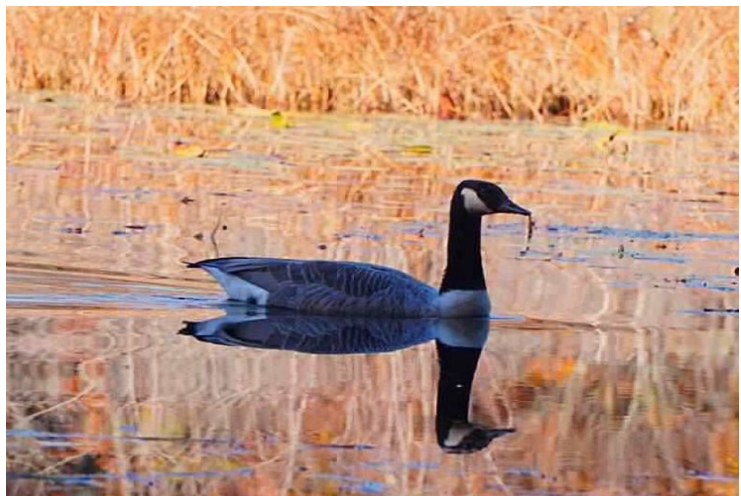
<u>Symptoms</u>	<u>Cold</u>	<u>Flu</u>
Fever	Rare	Usual; high (100–102 degrees F; occasionally higher, especially in young children); lasts 3–4 days
Headache	Rare	Common
General aches/pains	Slight	Usual; often severe
Fatigue/weakness	Sometimes	Usual; can last up to 2–3 weeks
Extreme exhaustion	Never	Usual; at the beginning of the illness
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort/cough	Mild to moderate	Common; can become severe

*Reproduced from: National Institutes of Health.
(<http://niaid.nih.gov/publications/cold/sick.pdf>).*

Shawn McGlaughlin, MD
Evangelical Medical Services

Autumn Activities for Seniors

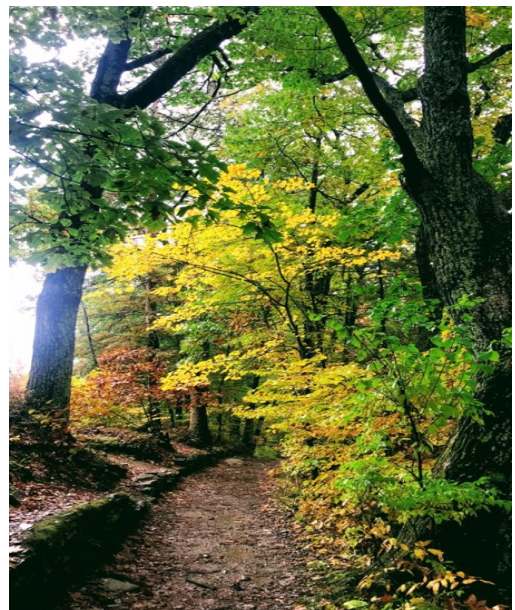
Autumn is my favorite season!
The colors just come alive and the air is so fresh and crisp. I love the feel and sound of the leaves crunching beneath my feet and the smells of autumn are amazing. It takes me back to my childhood when my grandparents would




organize a family outing — complete with food for the grill, salads to accompany and of course fixings for s'mores — and our entire family, including aunts, uncles, cousins, and

great-grandparents, headed for the mountains to view the fall foliage. They always picked the perfect Sunday to travel to the mountains for an afternoon of hiking, lunch and a campfire and we would gather, play and tell the same fun stories over and over. We've carried on this tradition with our children, and grandchildren and they seem to enjoy it as much as I did. While time doesn't always allow for trips to the mountains, there are many other ways to enjoy all this season has to offer. Below are just a few suggestions for autumn activities.

- Attend a fall festival – Fall is the perfect time to attend a festival. These festivities usually include vendors who sell anything from crafts to homemade canned and baked goods. You'll likely find produce as well as pumpkins and fall décor. There are many activities for children and adults alike and most of the time there will be music for your enjoyment.
- Find a great read! – Take time to relax and get lost in a book. If you usually stick to one author or type of read, try something different. This is a nice rainy-day activity. You might even consider getting a group of others together and starting a book club, selecting a book of the month that you all read and then gather weekly to discuss.
- Start a new hobby and share with others (or even start a hobby club) – Indoors or out, find something you enjoy doing. Whether that's crafting, building models, scrapbooking, baking, photography, etc., get creative with it and make it your own — or make it a group activity and ask others to join you. Research to see what you need to make it work for you. What a great way to mentor and teach our youth, sharing stories of our younger days while having fun and teaching a craft or skill (and we may just learn a thing or two as well!). There are always lessons to be taught and learned by both generations.
- Take a walk – With cooler weather, take time to enjoy the beautiful scenery this season has to offer. Invite a friend or family





member along and make a scavenger hunt out of it. Make a list of items to find as you soak up some vitamin D and fresh air. This is an activity that can be enjoyed by all ages!

- Visit a pumpkin patch – Pumpkin patches have much to offer, often including hay rides, corn mazes, fun foods and fresh produce. You may come home with a pumpkin or two, along with many other ideas for fall decorating. Challenge your neighbors or friends to a porch-decorating contest with your pumpkin patch finds.
- Volunteer – This is the perfect time for you to give back. Donating your time is a great gift. Check with your community's local churches or food pantries to see if they could use additional help. If you like to crochet or knit, there are many places that accept donated hats, mittens or scarves for those in need. Soup kitchens are also great places to donate time and/or food.
- Try a new healthy recipe – This season offers many different kinds of produce that can be incorporated into meals. Try finding great recipes that use some of these items (such as squash, eggplant, zucchini and Brussels sprouts) and share them with loved ones. Serve a healthy recipe such as a soup or dip when hosting your book or hobby club, as mentioned above.

Are You Up To Date on Your Preventive Services?

Medicare covers a full range of preventive services to help keep you healthy and help find problems early, when treatment is most effective. Ask your doctor which of these services is right for you and use the space below to write down important information.

- One time “Welcome to Medicare” Preventive Visit – Within the first 12 months you have Medicare Part B (Medical Insurance)
- Yearly “Wellness” Visit – Get this visit 12 months after your “Welcome to Medicare” preventive visit or 12 months after your Part B effective date
- Abdominal Aortic Aneurysm Screening
- Alcohol Misuse Screening and Counseling
- Bone Mass Measurement (Bone Density Test)
- Cardiovascular Disease (Behavioral Therapy)
- Cardiovascular Screenings (cholesterol, lipids, triglycerides)
- Colorectal Cancer Screenings
- Depression Screening
- Diabetes Screening
- Diabetes Self-management Training
- Flu Shot
- Glaucoma Test
- Hepatitis B Screening
- Hepatitis C Screening
- HIV Screening
- Lung Cancer Screening
- Mammogram (screening for breast cancer)
- Medical Nutrition Therapy Services
- Medicare Diabetes Prevention Program
- Obesity Screening and Counseling
- Pap Test and Pelvic Exam (includes a breast exam)
- Pneumococcal Shots
- Prostate Cancer Screening
- Sexually Transmitted Infection Screening and Counseling
- Counseling to Prevent Tobacco Use and Tobacco-Caused Disease

Your “Guide to Medicare Preventive Services” has more information about these and other preventive services, including costs and conditions that may apply. Visit **[Medicare.gov/publications](https://www.medicare.gov/publications)**.

Paid for by the Department of Health & Human Services.

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Physician Groups

- Capital Anesthesia LLC
- Digestive Disease Institute Inc.
- Enteron Inc.
- Evangelical Medical Services (Lewisburg & surrounding communities)
- Family Practice Center PC
- Geisinger Clinic
- Geisinger Jersey Shore Foundation Inc., Jersey Shore
- Geisinger Lewistown Hospital Family Health Associates
- Jackson Siegelbaum Gastroenterology Ltd.
- Pennsylvania Gastroenterology Consultants Pc
- Spirit Physicians Services Inc.
- The Wright Center Medical Group (Scranton & surrounding communities)
- Ultra Care Urgent & Family Care
- Urology of Central Pennsylvania Inc.
- Valley ENT Sinus and Allergy
- Wayne Memorial Community Health Centers

Participating Hospitals

- Evangelical Community Hospital, Lewisburg
- Geisinger Bloomsburg Hospital, Bloomsburg
- Geisinger Community Medical Center, Scranton
- Geisinger Holy Spirit, Camp Hill
- Geisinger Jersey Shore Hospital, Jersey Shore
- Geisinger Lewistown Hospital
- Geisinger Medical Center, Danville
- Geisinger Wyoming Valley Medical Center, Wilkes-Barre
- Wayne Memorial Hospital, Honesdale

Resources

Senior Medicare Patrol – Pennsylvania Senior Medicare Patrol (PA-SMP)

Senior Medicare Patrols are groups of volunteer organizations who are available to provide education to you, your families, and caregivers on how to prevent, detect, and report health care fraud, errors, and abuse. There are also resources available which include personalized counseling, evaluating complaints, local community events, and volunteer opportunities.

Please take an active role in protecting yourself and Medicare from fraud and abuse. Visit the website www.smpresource.org and click on “Find Help in Your State.” You will then be provided with several contact options.

State Health Insurance Assistance Programs (SHIPs)

State Health Insurance Assistance Programs provide local, in-depth, and objective insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers.

Visit the following websites for additional information.


<https://www.shiptacenter.org/> - HOME

<https://www.shiptacenter.org/about-medicare/regional-ship-location/pennsylvania> -
SPECIFIC TO PA

To Contact Medicare

For additional information on accountable care organizations, please contact Medicare at 1-800-Medicare, (1-800-633-4227) and ask for the Medicare ACO Department.

TTY users should call 1-877-486-2048. You may also visit www.medicare.gov/acos.html



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