

A vibrant field of yellow sunflowers in full bloom, set against a bright blue sky with scattered white clouds. The sunflowers are the central focus, with their large, bright yellow heads and dark brown centers. The background shows a range of blue mountains under the sky.

THE Bulletin

SEPTEMBER 2012 Volume 88, Number 9

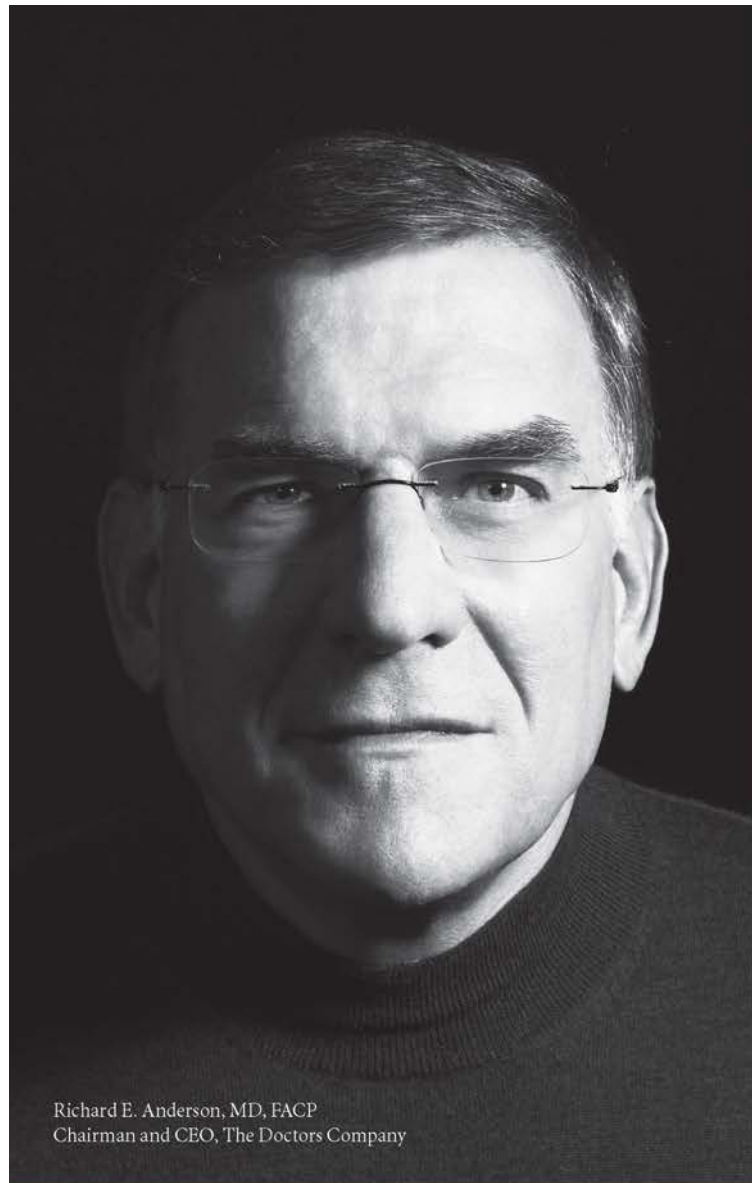
**TOOLKIT FOR FITNESS FOR
PHYSICIAN PRACTICES**

**THE IMPACT OF ORAL HEALTH ON
CHILDREN'S OVERALL HEALTH**

12/1 - PRESIDENTS' BALL

9/6 - TOWN HALL ON ELECTIONS

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THE Bulletin

Read by 96% of GCMS members.

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Our Vision

That the Genesee County Medical Society maintain its position as the premier medical society by advocating on behalf of its physician members and patients.

Our Mission

The mission of the Genesee County Medical Society is leadership, advocacy, education, and service on behalf of its members and their patients.

PLEASE NOTE

The GCMS Nominating Committee seeks input from members for nominations for the GCMS Presidential Citation for Lifetime Community Service. The Committee would like to be made aware of candidates for consideration.

THE BULLETIN

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COME LEARN ABOUT HOW ELECTIONS IMPACT YOUR PRACTICE!

This is an issue of *the Bulletin* which should be of use to everyone who reads it. It is replete with tools that each one of us can use to help our patients, to help improve outcomes and make this a healthier community. The Greater Flint Health Coalition has developed a Physician's Toolkit in association with the Commit to Fit! program. It is contained in this issue and you may want to spend some time with it. The tools are available to you in quantity if you would like them, and there are resources available to help you integrate this process into your practice. This issue has many links that you can use to connect to visual and prose content. Please take some time to go through it – it can be of great benefit to you and your patients.

On September 6, 2012 the GCMS Dinner Business Meeting will revolve primarily around an election update. Josh Richmond from the Michigan State Medical Society will be coming to provide information that physicians need to make patient- and physician-friendly decisions in the polling booth. He will also discuss the potential impacts of different election outcomes on health care reform.

At this point in the year, I am surprised to realize my year as President is nearly completed. Much of this year's focus has been on the advancement of policies which physicians support



Laura A. Carravallab, MD

ranging from tort reform to the Genesee Health Plan continuation millage, as well as focusing on the fitness of the community. We have also helped individual practices, and groups of physicians with issues that are impeding their practice. There is however an opportunity for everyone to have some fun. Come to the Annual Presidents' Ball, scheduled for December 1, 2012 at the Flint Institute of Arts. Please contact Becky Doty for tickets and see the ad in this issue of *the Bulletin*. If you know of any sponsors who might be willing to help support the Society, the ad will

give you information that you can use to promote that concept.

I look forward to seeing you all at the Dinner Business Meeting and at the Ball in December.

Announcement

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ENCOURAGING NEWS FOR A CHANGE

Contraceptives should be used on every conceivable occasion.
- Spike Milligan (1918-2002)

There is some good news and there is some not so good news. The good news regarding the societal problem of unintended teen pregnancy is that fewer U.S. teenagers gave birth in 2010 than in any given year since 1946. A report from the National Center for Health Statistics reveals that birth rates for young women from ages 15 - 19 fell in all but three states including all racial, ethnic, and age groups. From 2009 to 2010, the rate of teen pregnancy dropped 9 percent to 34.9 per 1000 teens. Contrast this to 1957 when teen pregnancies were at a rate of 96.3 per 1000 and 1991 at 61.8 per 1000. The not so good news is that the United States still leads the world in the rate of unplanned teen pregnancy and we have to deal with the associated health and socioeconomic realities caused by kids having kids.

Maternal and prenatal health care is a major concern for pregnant teens. The incidence of low birth weight and premature delivery is higher among adolescent mothers. Teens are less likely to receive adequate prenatal care and often delay it until the third trimester if they seek it at all. This often results in increased rates of hospitalization for the mother and/or the infant. The lack of good prenatal care is often due to no health insurance coverage. Nutritional deficiencies as a result of poor eating habits, ignorance about proper nutrition, fad diets, a desire to lose weight, skipping meals, and fast food overload are common among all teens and especially detrimental to pregnant ones.

Pregnant teens are more likely to drop out of high school and far fewer teenage mothers go on to college or graduate school compared to their peers. Therefore, becoming a mother too soon affects a woman's career opportunities and chances to become productive and taxpaying. Young mothers seldom receive any form of child support from the father which increases the likelihood that they will seek government assistance. They may become totally dependent for years or a lifetime. Also, one-in-four



Daniel Ryan, MD

teen mothers becomes pregnant again within two years of having the first baby which only exacerbates their financial difficulties.

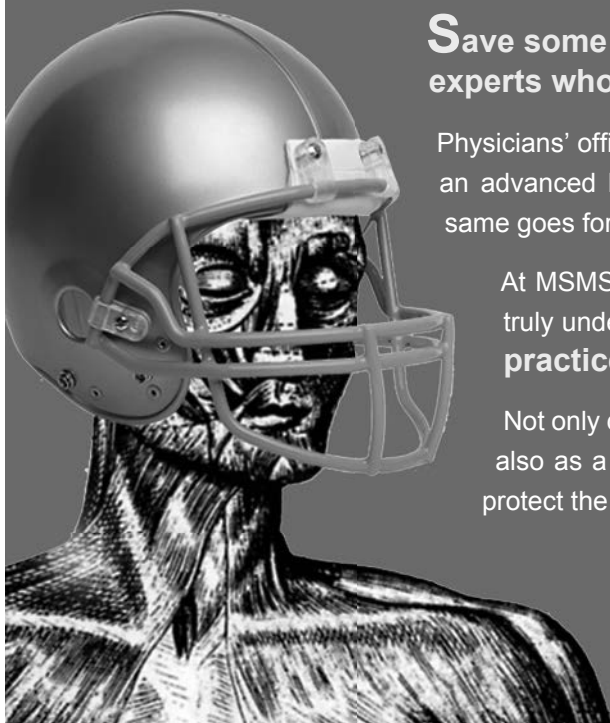
Children of teen mothers can be saddled with their own set of problems. As mentioned above, low birth weight and prematurity are common in teen moms predisposing the child to lifelong health, intellectual, and social difficulties. Developmental disabilities and behavioral issues are increased in kids of teen mothers leading to poor academic performance and abnormal social adjustment. An interesting but a sad statistic is that a son of a teenage mother is three times more likely to wind

up in prison. We all pay the cost for kids having kids.

Improvements in contraception methods and sex education are seen as the most significant factors resulting in the steep decline in teen pregnancy rates over the past several decades. Use of oral contraceptives, patches, intrauterine devices, and condoms are on the increase. Public health information about teenage sexual activity and condom use has changed, driven by abstinence advocates and the public health concern about the higher rates of sexually transmitted diseases among teens. Unfortunately, there are still wide disparities in pregnancy rates measured by race and ethnicity. The birth rate among black and Hispanic teenagers was more than double that for white teens in 2010.

So the good news is that teen pregnancy rates have fallen precipitously, however, teens still become pregnant unintentionally and probably always will. In a perfect world, every pregnancy would be welcomed and every child would be raised in a stable, two-parent home with physical, emotional, and financial security. An unintended pregnancy can be one of the most difficult experiences of a young girl's life. Pregnant teens need to be aware of their options to ensure the best possible outcome for mom and baby. The family physician and/or obstetrician can be an important part of this process.

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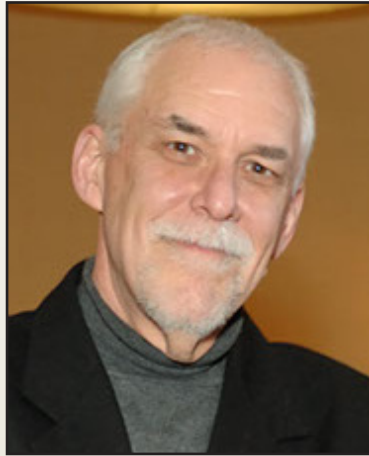
COMMIT TO FIT! TOOLKIT, MEETING ON THE ELECTIONS AND TORT REFORM!

This issue of the GCMS *Bulletin* is largely dedicated to the Commit to Fit! Program and the Physician's Toolkit which was developed in conjunction with it.

As you all know, the Genesee County Medical Society and its partners in the Greater Flint Health Coalition are totally dedicated to improving the health of the citizens of the greater Flint area. The benefits of improving the community's health are endless, not to mention its importance in attracting new businesses, thus creating jobs and insured lives. Better health and fitness also improve medical outcomes, leading to better patient satisfaction and improved scores with third-party payers.

To that end, this issue of *The Bulletin* contains the Commit to Fit! Physician's Toolkit. The contents of this toolkit are available to each of you in quantity, if you need it. There are many components to it, and it merits your attention. The materials are free, and are of real value to you.

In addition to the Physicians' Toolkit and focus on Commit to Fit!, this is the month during which the election season will truly ramp up. The General Membership Meeting scheduled for September 6th will focus on the upcoming state and federal elections, and also the potential impacts on the implementation of the Patient Protection and Affordable Care Act. Please consider coming to that meeting on Thursday, September 6, 2012 at the Flint Golf Club. Bring your family and friends. It is very important that people vote in these elections with the future in mind.



Peter Levine, MPH

In addition, there will undoubtedly be a push on the state level on tort reforms during this month. We will be calling upon all of you for help on this very important issue. We need to put pressure on the Senate like crazy to support pending tort reform bills. The fact that so many attorneys showed for the last hearing shows how scared they are; how terrified they are of loss of income. Everybody needs to be involved to counteract them, but rest assured that we are in the right and we really have a chance to win. Let's get on it.

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THE PRICE OF NOT ENGAGING IN THE SUPREME COURT RACE? VULNERABLE TORT REFORMS & THREATENED ACCESS

Let's take a poll: how many physicians want to roll back the clock and return the liability climate in Michigan to what it was before tort reforms were passed in 1993? Anyone...?

Tort reform hangs in the balance with this fall's Michigan Supreme Court election, and YOU need to be a part of the race to protect these laws, and hence, access to care for your patients. We can be sure that trial lawyers who aim to unravel these laws have already begun rallying their troops by collecting PAC donations from law firms around the state and even reaching out directly to medical malpractice plaintiffs. Why?

They want to shift the high court's majority by electing "activist" justices who will work hard to undo tort reform laws and create the kind of unstable liability climate that drove physicians out of Michigan prior to 1993.

The make-up of the high court can (and has) greatly impacted Michigan's tort reform laws. We got a taste of this most recently in 2010 when a "rule of law" justice retired and Gov. Granholm appointed an "activist" judge to replace her. Shortly thereafter, the activist majority loosened its interpretation of the "loss of opportunity" doctrine, and overturned (4-3) the controversial Kreiner ruling, which had put strict limitations on pain and suffering damages for accident victims.

MDPAC Chair Mohammed A. Arsiwala, MD, a Wayne County internist, noted, "If the rulings of the activist Supreme Court majority in 2010 were 'bad' for tort reform, then losing the current rule of law majority would lead to Armageddon in the courts."

However, tort reform laws have consistently fared well under the current "rule of law" court majority that includes Justice Stephen Markman and Justice Brian Zahra, who are running for re-election this year



John Waters, MD
District VI Director

and have been endorsed by MDPAC. They hold a judicial philosophy of strict constructionism, which means they uphold the rule of law as written instead of legislating from the bench. Keeping this kind of majority helps to protect physicians from frivolous lawsuits and keep professional liability rates stable, which make Michigan a more favorable and attractive place to practice medicine.

"This election is extremely pivotal. For 26 years, the court didn't have an incumbent lose until 2008. This has happened two election cycles in a row," Justice Zahra told the MSMS Board of Directors in March. "There needs to be education of physicians about the importance of this race and of their participation."

RESTING ON OUR LAURELS IS NOT AN OPTION!

Tort reform laws cannot protect themselves—the medical community must rally hard to keep the rule of law majority intact. If past trial lawyer involvement is any indication, this race is likely to be even more expensive than the last one. This is why it's even more important to join and support the Michigan Doctors' Political Action Committee (www.mdpac.org/join) and elect candidates who will keep medicine's voice strong in state government. Your involvement is essential to MDPAC's ability to gain access to candidates and take part in the political process.

Also, I urge you to head to Kalamazoo on September 27 to attend a fundraiser for the Supreme Court candidates. There, you and your colleagues will have the chance to meet and talk to Justices Markman and Zahra, as well as contribute to their campaigns.

Here's an easy way to participate: help connect with

the campaigns and spread the word through social media. MDPAC and each of the Supreme Court candidates have presences on Facebook and/or Twitter (not to mention websites). Encourage your colleagues, staff, family, and friends to do the same!

Read more and stay connected to the Supreme Court race at www.msms.org/supremecourt (or www.mdpac.org/supremecourt).

Remember, voting for Justices Markman & Zahra on November 6 is important, but it is not enough. If we sit idly on the sidelines and fail to fully engage in this race, we only have ourselves to blame when tort reform court challenges start going the other way....

For more information about Supreme Court race or MDPAC, contact Joshua Richmond at 517-336-5788 or jrichmond@msms.org.

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**Sincerely,
Sam and Mona Kiran**



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Genesee County Medical Society and Genesee County Medical Society Alliance General Membership Meeting Thursday, September 6, 2012

A Town Hall Meeting on

The November State and National Elections and the Impact on the Accountable Care Act



Our faculty for this fascinating session will include Joshua Richmond, Director of Membership and Political Fundraising at the Michigan State Medical Society. Mr. Richmond is in charge of grassroots political development, and is intimately familiar with Genesee County due to his years serving as MSMS's Member Services Representative here.

This upcoming election has many hotly contested races at the state and federal level, which could potentially result in party power shifts, as well as some new names and faces coming on the scene. This will be an opportunity to hear firsthand about this major event which may shape the future of medicine. Candidates for office will also be invited to attend to mingle with the audience. Do not miss this tremendous opportunity. Feel free to bring members of your family and staff.

**All physicians, spouses, and family members of GCMS and GCMSA
and interested other professionals are invited.**

\$35.00 GCMS Members, Spouses and their Practice Managers

\$25.00 Residents and Students

\$55.00 Non-Members and Non-Member Practice Managers

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6 p.m. Registration and Social Hour

6:30 p.m. Dinner - 7 p.m. Meeting - 7:15 p.m. Presentations

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Addressing the Impact of Oral Health on Children's Overall Health

Early childhood caries (cavities) is the number one chronic disease in young children, five times more common than asthma. Poor oral health may impact children's nutrition, speech development, ability to learn and self-esteem.

The American Academy of Pediatrics recommends medical professionals emphasize the importance of oral health care to families of pediatric patients and refer children to a dental home by age one.



Locally, the Greater Flint Health Coalition convenes the Children's Oral Health Access Task Force, a multi-stakeholder group that includes medical and dental providers, educators, child care services, and community members. The Task Force shares a collective goal of eliminating barriers to oral health care via activities to improve the oral health of children ages 0 to 5 years, with a special emphasis placed on children at high risk for developing dental caries/tooth decay, including those with Medicaid insurance coverage, the uninsured and/or underinsured. Over the past seven years, the Task Force has developed and disseminated information through its "Baby Those Baby Teeth" campaign, educating the community as well as medical providers on the importance of proper oral health habits and best practices in children's oral health to families and providers. A **referral guide** highlighting dentists in Genesee County performing the Age-One Dental Visit was created and distributed to pediatricians in the community and families through early childhood education programs. In addition, over 70,000 **oral health wheels**, an educational tool (available in English and Spanish) outlining the proper care of children's teeth from birth through age five years, have also been distributed in the community and nationwide.

Physician Assistance Needed

To continue its efforts to effectively address both provider and patient oral health needs, the Task Force developed a brief, nine-question Pediatric Office Survey. This Survey seeks to determine if pediatricians (or family practitioners) in Genesee County actively refer children to a dental home as well as educate parents about the importance of practicing oral health with their children at a young age. In addition, the survey seeks to analyze the effectiveness of the "Baby Those Baby Teeth" campaign in the Genesee County community. All pediatricians, as well as family practitioners, are encouraged to provide input via this brief Survey, as it provides the opportunity to express what specific resource gaps exist and to increase education and awareness in terms of children's oral health.

Those interested in completing the Survey and being entered into a \$100.00 drawing can do so by visiting <https://www.surveymonkey.com/s/ChildrensOralHealth>.

To learn more about the Greater Flint Health Coalition's Children's Oral Health Task Force, or to place an order for the "Baby Those Baby Teeth" dentist referral guide or oral health wheels, please visit www.gfhc.org, or email the GFHC directly at gfhc@flint.org.

ADDRESSING HEALTH FACTORS IN GENESEE COUNTY VIA THE *COMMIT TO FIT!* CAMPAIGN



In the last issue of *The Bulletin*, a series of community health data statistics were highlighted from the Greater Flint Health Coalition's *Community Data Scorecard Project*, reflecting the multitude of factors that affect the health outcomes of the community. Examples of health factor statistics for Genesee County previously shared include:

- Obesity rates have increased to an astounding 36.5%, while over 68% of county residents are either obese or overweight;
- Smoking rates have increased to almost 28%, higher than both the State and National averages;
- Genesee County mortality rates per 100,000 residents for 8 of the 10 leading causes of death are generally higher compared to both Michigan and the United States;
- In the City of Flint, 102,434 residents have access to one established chain grocery store compared to 54 liquor and convenient stores within the city limits to meet their nutrition needs.

Data analysis related to key health, social and economic factors is one of many key drivers of the Greater Flint Health Coalition's (GFHC) collective impact activities.

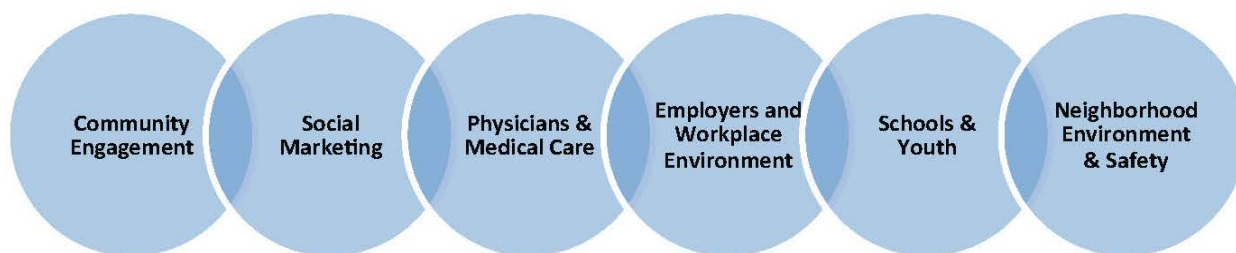
One example is the adoption of the GFHC's *County Health Rankings Action Plan*, developed as a 10-year "Call to Action" with a primary focus on improving local health behaviors and health outcomes.

In this issue of *The Bulletin*, the Genesee County Medical Society will highlight a selection of impactful local health improvement initiatives, including the *Commit to Fit!* campaign, which was launched in mid-2011 as one component of the noted *County Health Rankings Action Plan* to increase the practice of healthy behaviors (especially among those with sedentary lifestyles) by mobilizing organizations, businesses, schools, and community groups throughout the county to support and utilize a common message and strategy through their established communication channels aimed at improving health.



Commit to Fit! – A Community-Wide Campaign

The *Commit to Fit!* campaign is designed to promote the practice of healthy lifestyles in Genesee County by utilizing a common message that engages all residents. The goal of this campaign is to empower people and organizations to lead health behavior improvement efforts in a multi-setting approach that facilitates behavior change for community residents through businesses, physician offices, hospitals, social service agencies, schools, colleges, churches and other organizations. Through shared utilization of health promotion and education materials, social marketing, web-based interactive tools, and integrated community-wide messaging, *Commit to Fit!* has reached over 20,000 residents in its first year.



In addition to the broad reach to county residents *Commit to Fit!* has achieved via community-wide integration, in just one year 200 local businesses, organizations, and community groups have begun sharing the *Commit to Fit!* message, activities, materials and resources to those they serve/encounter professionally and socially. Partnerships with local schools and youth programs, physicians, and other community organizations have facilitated *Commit to Fit!* integration to encourage healthy lifestyles, improve physical activity and nutrition practices, address tobacco use, and improve all health behaviors.



Commit to Fit! – School and Youth Engagement

Commit to Fit! partners have identified schools and youth programs as local populations of critical importance. Commit to Fit! messaging, customized school challenges, custom incentives, and an interactive health behavior tracking website, **commit-2-fit.org**, have all been adopted in a variety of school and youth program settings to promote the practice of healthy behaviors among area youth.



Examples of School and Youth Commit To Fit! Program Engagement

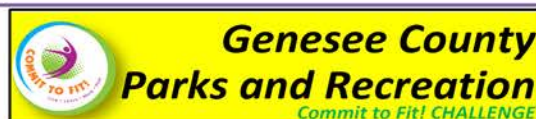
YouthQuest

Nearly 1,000 YouthQuest students participated in *Commit to Fit!* fitness challenges in the Summer of 2012, using *Commit to Fit!* pedometers to track their physical activity.



Genesee County Parks & Recreation

Multiple summer youth program sites competed in the *Commit to Fit! Parks & Recreation Physical Activity Challenge*, tracking their steps daily to compete for youth-focused incentives and prizes.



Genesee Intermediate School District

In September 2011, the GISD Board of Education, representing 21 area school districts and 75,000 students, adopted a *Commit to Fit! Resolution*. In this resolution, the GISD "committed to a shared campaign with the GFHC and other Genesee County-based partners to strategically improve the health behaviors and health outcomes for all residents" while calling "all staff to take personal and collective action to improve the quality of our health through the *GISD Commit to Fit! Pledge Card*."

If your family or community's school or school district is interested in developing a *Commit to Fit!* effort that can be customized to the needs and wants of the school and its student/parent population, please direct inquiries to the GFHC's *Commit to Fit! Program Manager* via email at commit2fit@flint.org. You can also visit www.commit-2-fit.org to get started today.



Business Engagement – Commit to Fit! Does Workplace Wellness

Commit to Fit! workplace wellness initiatives are offered to employers to promote the opportunity to improve health behaviors and outcomes to employees. While the primary goal is a healthier workplace and employee population, such programs have also been observed to reduce the burden of employer healthcare costs. The campaign empowers local businesses to implement wellness programs and supporting environments, especially small and medium-sized employers who lack wellness resources.

- *Commit to Fit!* aids employers with wellness improvements to the physical environment, such as health behavior focused point-of-decision posters that can be placed in areas of high visibility and health decision.
- Customized co-branding of business logo and *Commit to Fit!* messaging is also provided to Genesee County partners who help spread the message.
- The web-based, interactive **www.commit-2-fit.org** can be customized to each business, allowing employees to see messaging directly from their employer related to health and wellness, while also participating in community-wide *Commit to Fit!* activities.



As seen above, organizations have the ability to customize their website to include a link directly to www.commit-2-fit.org, while customized co-branded signage is also available.

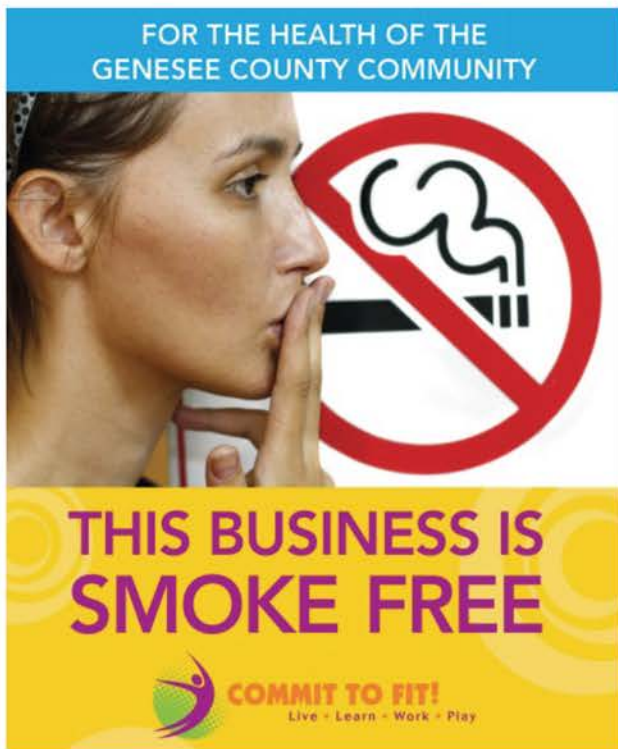
In less than one year, 80 Genesee County businesses have participated in or offered new employee wellness programming with support of *Commit to Fit!*

Smoke-Free Workplaces

The implementation of smoke-free policies and campuses throughout the county and its businesses is a major area of opportunity to reduce tobacco use, which is on the rise.

To accelerate adoption, the *Commit to Fit! Smoke-free Business Policy Toolkit* was created to guide businesses on steps to go smoke free. Specifically, the Toolkit outlines locally-tested, step-by-step processes for simple implementation of smoke-free environments.

Signage is also provided for interior and exterior display for businesses that which to declare their smoke free status.



For example, Greater Flint Health Coalition member organization Genesee County Community Mental Health is just one recent success story of a local business that embraced a smoke-free campus policy by utilizing this toolkit in 2012.



To order a free toolkit or request signage for any Genesee County business, school, or facility, direct requests to the Greater Flint Health Coalition at commit2fit@flint.org. The full toolkit is also available for free download at www.gfhc.org.



Provider Engagement & the Commit to Fit! Physician's Toolkit

The *Commit to Fit!* Physician's Toolkit is a collaborative project of the GFHC's Health Improvement Steering Committee and the Genesee County Medical Society. This resource was created as an outgrowth of both the GFHC *County Health Rankings Action Plan* and the Healthy Weight Collaborative, a national effort led by the National Initiative for Children's Healthcare Quality (NICHQ), in partnership with the Health Resources and Services



Administration (HRSA) to reverse the obesity epidemic. In March 2012, the Greater Flint Health Coalition was chosen as one of the 50 teams participating in "Collaborate for Healthy Weight" nationwide.

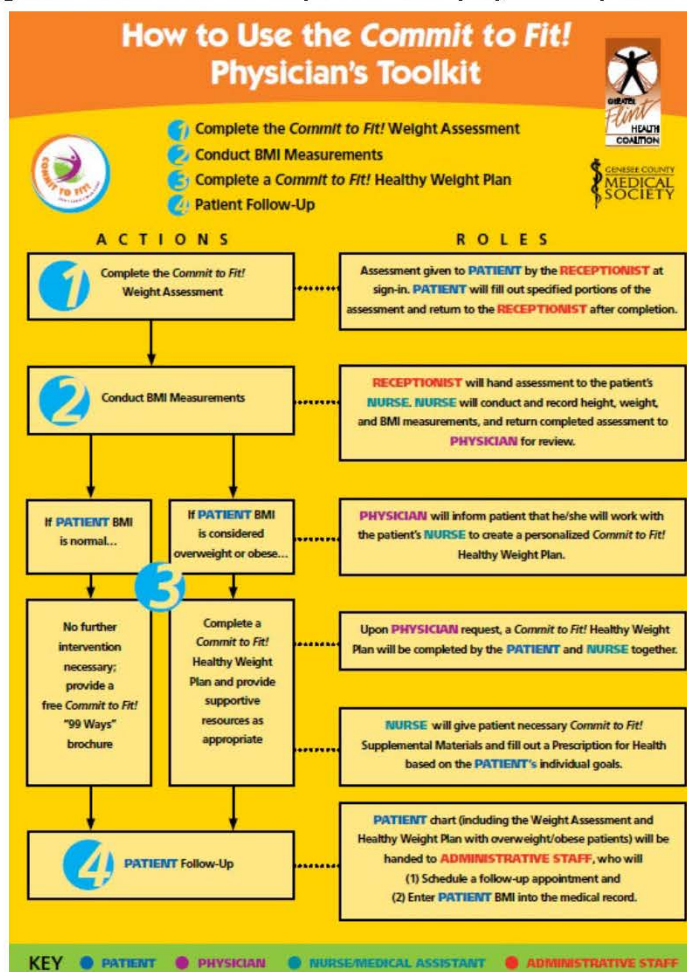


The *Commit to Fit!* Physician's Toolkit is structured to improve a patient's healthy weight and related factors of physical activity and nutrition. This Toolkit offers health referral resources to patients and suggests methods to improve the physician-patient relationship. It is now available for physicians throughout the county.

Toolkit Process: Overview


The *Commit to Fit!* Physician's Toolkit is designed to provide physicians with an easy to use roadmap for improving the physician-patient interaction relative to maintenance of a healthy weight by providing individualized interventions via encounter and referral tools that:

- **Assess the patient's weight;**
- **Address individual health goals, health behavior improvement, and patient follow-up referrals;**
- **Allow the physician to write prescriptions for physical activity to be tracked via *Commit to Fit!* resources that are of no cost to the patient.**



Healthy Weight Assessment

- Used as an initial screening tool to measure patient health status and behaviors.
- Distributed to patients (or caregivers) when they sign-in for their visit.
- Patient's responsibility is to fill out specified portions of the form to the best of their knowledge.
- Physician office staff will fill out the BMI Measurement portion of the assessment.



Commit to Fit! Weight Assessment: Adult (18 and Over)

DEMOGRAPHICS (To be filled out by the patient)

First & Last Name: _____ Gender (Circle One): M F
 DOB: _____
 Address: _____
 Preferred Phone: _____ Home Cell Work (Circle One)
 Race/Ethnicity (Circle One): White African American American Indian Asian Indian Japanese Chinese
 Other (Please List): _____
 Language (Circle One): English Spanish Other (Please List): _____

BMI MEASUREMENT (To be filled out by the physician)

Date: _____ Height: _____ Weight: _____ BMI: _____ = weight (lb) / [height (in)]² x 703
 BMI Classification (Check One): Underweight (BMI <18.5) _____
 Healthy Weight (BMI 18.5-24.9) _____
 Overweight (BMI 25.0-29.9) _____
 Obese (BMI >30.0) _____

HEALTHY BEHAVIORS ASSESSMENT (To be filled out by the patient)

How many servings of fruits and vegetables do you eat a day? _____
 How many times a week do you eat breakfast? _____
 How many times a week do you eat takeout or fast food? _____
 How many hours a day do you watch TV/movies or sit and play video/computer games? _____
 Do you have a TV in your room where you sleep? _____
 Do you have a computer in your room where you sleep? _____
 How many hours of sleep do you get per night? _____
 How much time a day do you spend in active play (faster breathing/sweating)? _____
 How many 12-ounce servings of the following do you drink a day (12 oz. = 1 can of soda or pop):
 100% Juice: _____ Fruit or Sports Drinks: _____ Soda or Punch: _____
 Water: _____ Whole Milk: _____ 2%, 1% or Skim Milk: _____
 Please rate your stress level below (Circle a Number):
 0 1 2 3 4 5 6 7 8 9 10
 Little or no stress A great deal of stress

PHYSICIAN ADDITIONAL NOTES

Physician Signature: _____ Date: _____
 Patient Signature: _____ Date: _____

www.commit-2-fit.org

Adult Healthy Weight Plan _____ (Name)

SETTING A GOAL

Here are some things other people have decided to do for their health. I would like to set goal(s) to:

Eat at least 5 servings of fruit/vegetables a day
 Avoid sugar-sweetened beverages
 Get at least 60 minutes of physical activity every day
 Limit screen time (computers, video games and TV)
 Monitor my weight status regularly
 Manage my stress
 Get enough sleep
 Other: _____

ACHIEVING MY GOAL

1. How important is it to me to make this change? (Circle One)
 0 1 2 3 4 5 6 7 8 9 10
 Not at all important Extremely important

2. What might make it difficult for me to achieve my goal (what are the barriers)?

3. Steps I will take to make this change (include the what, when, how and with whom):
 a. _____
 b. _____
 c. _____
 d. _____

4. How confident am I that I can carry out this plan? (Circle One):
 0 1 2 3 4 5 6 7 8 9 10
 Not at all confident Extremely confident

5. Information or support I might need in accomplishing my goal:

6. I will know my plan is working when:

7. I will celebrate my success by:

8. I agree to this plan of action and will review my plan and progress on _____ with _____
 by _____ (Date) _____

REFERRALS


I need more information about how to improve my health! I want to:

Register as a user on www.commit-2-fit.org, and log onto the website daily.
 See my primary care doctor, _____ (Name) by _____
 See a dietician or nutritionist to talk about healthy eating.
 Be referred to community agencies where I can exercise.
 See a therapist or social work to discuss my emotional and social health.

I give my permission to forward this information about my health assessment and my plan to the health professional(s) I want to see.
 Signature of individual: _____ Date: _____

You can use various Commit to Fit! tools based on the patients identified goals. See the "Supplemental Materials" section for a complete list of tools.

All patients should register as users on the website, as it addresses all health goals.



Healthy Weight Plan

- Assesses level of readiness to change, facilitates goal setting, and connects patients to health resources.
- Completed by patients whose BMI measures at or above 25 (which is considered overweight or obese).
- Content for the Healthy Weight Plan was developed based on National best practices resource and input from local providers.

To coincide with the Healthy Weight Plan, the **Commit to Fit! Prescription for Health** defines individual patient goals & increases patient accountability and participation.

COMMIT TO FIT! RX FOR HEALTH



PATIENT NAME: _____

WHAT TO DO:

<input type="checkbox"/> Increase physical activity.	<input type="checkbox"/> Improve my sleep habits.
<input type="checkbox"/> Improve my food choice.	<input type="checkbox"/> Reduce my stress.
<input type="checkbox"/> Change my tobacco use.	<input type="checkbox"/> Other: _____

SPECIFIC ACTIVITY: _____

HOW MUCH/HOW OFTEN:

How much (in minutes): _____

How often: (per day or week): _____

When: (time of day/day of week): _____

My doctor and I will discuss my progress in improving these habits on (date): _____

PHYSICIAN SIGNATURE: _____ **DATE:** _____

Patients will be referred to the *Commit to Fit!* website (www.commit-2-fit.org) to regularly track health behaviors and measure progress at follow-up appointments. Progress reports can be printed and taken to the next medical appointment.

Join the MOVEment: Using commit-2-fit.org

The *Commit to Fit!* interactive website will help motivate you to become healthier through tracking health behaviors, participating in challenges and interacting with others that have similar health goals.

- Go to www.commit-2-fit.org
- Complete the registration (1-time only) and create a username and password
 - When registering, associate yourself with your business/organization/locale/group
- Once registration is complete, use the website to track your progress
 - Click on the “My Challenges” link on the left sidebar to join challenges throughout the year
 - Click on the “My Trackers” link on the left sidebar to record daily health habits using the *Commit to Fit!* Activity, Weight, Nutrition, Hydration and Active Transportation trackers
 - Click on “Health Tips” to read about easy tips and tricks to improve health behaviors

To print tracking reports for your physician, simply click on “History” under the “Profile” tab on the left sidebar of the web page and choose “Activity History” or “Tracker History.”
Print off each report to bring to your next doctor’s appointment.







Commit to Fit! Health Behavior Improvement Website – www.commit-2-fit.org

The *Commit to Fit!* website serves as a free tool for individuals who live or work in Genesee County to aid them in becoming more active, eating better, and living healthier. This web-based interface assists in health behavior tracking and also functions as a health behavior improvement registry that documents behavioral progress and helps to sustain participants' health transformation. It serves as the community's virtual "hub" for active living, good nutrition, and healthy lifestyle activities by connecting participants to community events and resources while providing a health-focused social network and support system and an array of "health tips" designed to educate users on how to become healthier, happier individuals.



Health Behavior Tracking Made Simple

The *Commit to Fit!* **Activity Tracker** allows users to track the kind of activities they perform each day. Participants can simply choose the activity and length of time they've performed various exercises, and the tracker will calculate the equivalent number of steps automatically. Additionally, a "map feature" is available for participants to use to calculate the distance in step equivalents for common routes they may travel.

The **Nutrition Tracker** allows users to track the number of servings of fruits and vegetables, whole grains and other grains, lean proteins, and dairy products they consume each day.

The **Hydration Tracker** allows users to track the number of glasses of water they drink each day – a key to good health!

Join the MOVEMENT www.commit-2-fit.org

Community Event Calendar & Participant Testimonials on www.commit-2-fit.org

The *Commit to Fit!* website offers an event calendar and participant testimonial page to connect users to upcoming community events and resources, while offering social engagement tools that can be utilized as a daily support system. In addition to these tools, *Commit to Fit!* health tips are available to educate users on how to practice healthy behaviors on a daily basis.

Be true to yourself and others
 This is a great program and I truly believe in motivating others. I also believe it's important to be true to yourself and others. What I mean is this is not only a motivating tool it is also a competitive activity, people like to win. I hope the documentation of activities are true. You are the only one that knows if they are, when you look in the mirror that's truth. Be true to yourself and others.
 Cathy

Finally motivated
 Since I started the fall Commit to Fit challenge and have continued with the Holiday Challenge I have lost 7 pound. I have tried dieting many times in the past with minimal success only to quickly gain it back. Having a way to track what I am eating and my activity has helped me to stay more focused and committed. The scoreboard doesn't lie and when you look at your dashboard and see that you haven't been active or eating well it is very convicting. Thank you for setting up these challenges to help people like me stay motivated.
 Michelle

2 New Post(s) on the [McLaren McHealthy Miles Challenge Message Board](#)

- The [McLaren McHealthy Miles Challenge Challenge](#) is ending in 1 days
- The [Hydrate for Health! Commit to Fit Challenge Challenge](#) is ending in 14 days
- Event [Going, Going, Gone](#) is today.
- Event [Garden Friends](#) is today.
- Event [For-Mar on the Road: Native American](#) is today.
- Event [Garden Friends](#) is today.
- Event [Family Adventures in Nature \(F.A.N.s\): Wild about Wetlands](#) is today.

Commit to Fit! Tools & Print Materials

Print and media outreach materials are available in PDF format as downloadable documents on www.commit-2-fit.org. A *Commit to Fit!* order form is also available at any time for those interested in ordering quantities of these materials for distribution.

Commit to Fit! Incentives:

- Re-useable Totes
- Flying Discs
- Jump Ropes
- Measuring Spoons
- Water Bottles
- Lanyards
- Stickers
- Pedometers
- Gift Cards



Join the MOVEMENT www.commit-2-fit.org

Upcoming Community-wide Commit to Fit! Wellness Challenges

Commit to Fit! facilitates an annual series of community-wide health and wellness challenges that encourage local residents to practice and track healthy behaviors of physical activity, nutrition, and hydration and be rewarded through a variety of individual and organizational incentives. A variety of challenges are offered year-round.

NEXT COMMIT TO FIT! CHALLENGE OPPORTUNITIES

Fall 4 Fitness Challenge



**REGISTER
YOUR BUSINESS
NOW!**

*Physician offices and their patients
are welcome to join!*

OCTOBER 1ST – OCTOBER 31ST, 2012

The 2nd Annual *Fall 4 Fitness Challenge* is a four week business-to-business challenge to encourage employees to represent their organizations by being physically active for at least 30 minutes a day over the challenge period. It is available to all area businesses and organizations interested in bringing wellness to the workplace and enjoying some “healthy” competition.

**To register your business, complete the brief
business commitment form by visiting:
www.surveymonkey.com/s/F4FChallenge**

CHALLENGE

DATES

DESCRIPTION



An **EIGHT WEEK, INDIVIDUAL** challenge taking place

**January 3rd - February 28th
2013**

This challenge focuses on healthy living and community unity in the New Year. Men, women and families throughout Genesee County will unite to accomplish a single cumulative goal – total 3 tons of healthy weight loss together in two months.



A **SIX WEEK, BUSINESS-TO-BUSINESS** challenge taking place

**April 15th - May 24th
2013**

A challenge that focuses on promoting overall wellness through a variety of health behaviors including physical activity, nutrition, and hydration, as well as a team-based approach that facilitates communication and promotion of health among participants.

For more information visit www.commit-2-fit.org year round



Despite these efforts, Genesee County's obesity rate exceeds 36% - one of the worst rates in the State of Michigan. Michigan itself has the fifth highest obesity rate of any state in the nation. It is statistics like these that clearly indicate a need for providers to work with community-based partners in efforts to collectively improve these health outcomes. This is the concept that defines *Commit to Fit!*, which is unique in that it engages individuals through employers, schools, colleges, neighborhoods, churches and the community at-large, seeking to promote and encourage healthy behavior change in multiple settings that mutually reinforce one another.



Each sector within the community plays an important role in planning, implementing, and promoting health-related activities, and the power of a shared approach will increase the likelihood of success. With a strong vision and persistence, cooperation and team work, the *Commit to Fit!* campaign can achieve great success in building a better, healthier community to live, learn, work and play.



COMMIT TO FIT!

Live • Learn • Work • Play

Join the MOVEment
www.commit-2-fit.org

It's Time to Update Our Records!

Please take a moment to complete this form. It can be faxed, emailed, or mailed.

Please Print or Type

Physician Name: _____	
Practice Name: _____	
Office Address: _____ _____	
Office Telephone: () _____ (Listed)	Office Telephone: () _____ (Unlisted-for GCMS office use only)
Office Fax: () _____	Pager: () _____
Office Email Address: _____	
Board Certified (Specialty):	Year Board Certified:
Board Eligible In: _____	

Home Address: _____ _____	
Home Telephone: () _____ (Listed)	Cell Phone: () _____ (Unlisted-for GCMS office use only)
Home Fax: () _____	
Home Email Address: _____	
Spouse's Name: _____	
If you are retired, where are your previous patient's medical records located? _____	

Please notify GCMS when a change in this information occurs.

Genesee County Medical Society Board Meeting

June 26, 2012 - MINUTES

*Shafi Ahmed, MD
Abd Alghanem, MD
Suresh Anné, MD
*Qazi Azher, MD
*Amitabha Banerjee, MD
Jagdish Bhagat, MD
*Cathy Blight, MD
*Laura Carravallah, MD
Edward Christy, MD
*Pino Colone, MD
Niketa Dani, MD
Deborah Duncan, MD
Hesham Gayar, MD
*Daniel Gutteridge, MD-Resident
*Mona Hardas, MD
John Hebert, III, MD
Michael Jaggi, DO
Rima Jibaly, MD
*Gary Johnson, MD
Jitendra Katneni, MD
Farhan Khan, MD

*Samasandrapalya Kiran, MD
*Nita Kulkarni, MD
Paul Lazar, MD
Sreen Mannam, MD
AppaRao Mukkamala, MD
S. Bobby Mukkamala, MD
*Gerald Natzke, Jr., DO
*Venkat Rao, MD
Lawrence Reynolds, MD
Brenda Rogers-Grays, DO
*Raymond Rudoni, MD
Dan Ryan, MD
Jagdish Shah, MD
*Jawad Shah, MD
*Robert Soderstrom, MD
Kenneth Steibel, MD
*Peter Thoms, MD
Venu Vadlamudi, MD
*Tarik Wasfie, MD
*John Waters, MD

Medical Students

Nabil Abou-Baker
Justin Lockwood
Erin Lorencz
Angela Marchin
Rachel Paneth-Pollack
Amanda Winston

Guests & Staff:

*Oya Agabigum – GCMSA
Jenese Reynolds, MD
Sunita Tummala, MD
Bonita Wang, DO
Walt Griffin – CC&G
*Jonathan Hartman – CC&G
*Peter Levine, Staff

**In attendance*

Call to Order:

The meeting was called to order at 6:05 p.m. by Laura Carravallah, MD, President in the Rapport Conference Room.

Review of Minutes:

Motion: That the Board of Directors minutes of May 22, 2012 be approved as amended with the addition of Tarik Wasfie, MD as having been in attendance and Pino Colone's name being spelled correctly with an "e" on Page 3, Item F. The Motion Carried.

Alliance Report:

Oya Agabigum reported that the AMA Alliance meeting was held recently. She also reported about Alliance excitement regarding the tort reform package in the Michigan legislature. While discussing the Ball, it was noted that the November 10, 2012 Ball date conflicts with the AMA Interim meeting. The committee will revisit dates including the last Saturday of October and the first Saturday of December.

REPORTS:

A) Finance Committee Report:

Dr. John Waters reported that the Fundraising Committee will be implemented in the near future. He reviewed a list of names proposed for the Fundraising Committee.

Motion: That the Budget to Actual Report for the period ending May 31, 2012 be approved as presented. The Motion Carried.

B) Community & Environmental Health Committee Report:

Directive: Staff was directed to request a list of gonorrhea clinics from Dr. Johnson for publication in The Bulletin and electronically disseminated to the membership.

Directive: Staff was directed to email out information about the Mott Children's Health Center gymnasium and nutritional counseling services to the membership as a whole.

C) Greater Flint Health Coalition Report:

Dr. John Waters reported that the Health Coalition has adopted a new business plan. It is a superb match with that of the Genesee County Medical Society. He noted the August Bulletin will be dedicated to data generated by the Coalition from all of its member organizations regarding the health of the community. The September issue will focus on Commit to Fit!

D) President's Report:

Dr. Carravallah reported that the next Dinner Business Meeting will feature an update on the elections.

Directive: Staff was directed to contact Bill Ballenger to see if he would be willing to come to speak. Should Mr. Ballenger not be able to attend, ask for MSMS presenters on The Affordable Care Act.

Dr. Carravallah synopsized a meeting held following a Genesee Health Plan Millage press conference with David Gordon, MD, Dean of the School of Health Professions at UM-Flint.

Dr. Carravallah also reported on the GHP Millage kick off press conference which was attended by herself, Dr. David Gordon, and Peter Levine.

E) District VI Directors Report:

Dr. Waters reported that the main topic of conversation at the last MSMS Board of Directors meeting was the malpractice reform legislation.

F) Legislative Liaison Committee Report:

Dr. Cathy Blight reported that the Legislative Liaison Committee met earlier in the month with Senator Gleason and Representatives Ananich and Graves discussing pending legislation, as well as critical issues which may come up in the near future relating to the budget. She also reported that on July 18, 2012 there will be a rally for tort reform. Everyone will meet in Lansing, possibly via caravan. She also reported that on July 9, 2012 several board members will be meeting with State Senator David Robertson regarding a tort reform package in the State Senate.

G) Nominating Committee Report:

Dr. Peter Thoms presented the Nominating Committee Report.

Motion: That Drs. Qazi Azher, Jawad Shah, and Deborah Duncan be moved from Alternate Delegate to Delegate. The Motion Carried.

Motion: That Drs. Pino Colone, Amitabha Banerjee, Hesham Gayar, Cathy Blight, Edward Christy, John Hebert III, and Sreen Mannam be re-nominated as Delegates. The Motion Carried.

Motion: That Dr. Lawrence Reynolds be re-nominated as an Alternate Delegate. The Motion Carried.

Motion: That Dr. Venkat Rao be nominated as an Alternate Delegate. The Motion Carried.

Motion: That Dr. Jagdish Shah be re-nominated as Secretary of the Genesee County Medical Society. The Motion Carried.

Motion: That Dr. AppaRao Mukkamala be re-nominated as a member of the Finance Committee. The Motion Carried.

Motion: That Dr. Ray Rudoni be nominated for an initial term as a member of the Finance Committee. The Motion Carried.

Dr. Thoms noted that Dr. Suresh Anné has carried a heavy load on the GCMS Finance Committee as Treasurer, Chair, and a member of the Finance Committee for many years through GCMS's hardest financial periods. The committee expressed great appreciation for everything that Dr. Anné has done for the Society in his role as a financial advisor.

Motion: That the entire slate of International Medical Graduates be re-nominated for another year. The Motion Carried.

Motion: That Dr. Sunita Tummala be nominated as Delegate to the MSMS Young Physicians Section. The Motion Carried.

Motion: That Dr. Michael Kia be nominated as Alternate Delegate to the MSMS Young Physicians Section. The Motion Carried.

Motion: That Dr. S. Bobby Mukkamala be nominated for the GCMS Presidential Citation in honor of his myriad community service activities. The Motion Carried.

Directive: Staff was directed to send a memo to the Board of Directors asking for nominations for the MSMS Community Service Award. Following receipt of those nominations they will be forwarded back out to the Board for a vote.

Motion: That Dr. Shafi Ahmed be nominated as President-Elect. The Motion Carried.

Directive: Staff was directed to add the Young Physician Delegate and Alternate Delegate to the Board of Directors invitation list. While they are not members of the Board, they are to be invited.

New Business:

A) CHAP Grant Letter of Support

On behalf of Dr. Lawrence Reynolds, Pete Levine reviewed the details of a CHAP Grant Letter of Support which the Executive Committee sent pending Board action. He noted that the Board is free to decide to support the grant proposal or not.

Motion: That the CHAP Grant Letter of Support be approved as presented. The Motion Carried.

Next Meeting:

The next meeting of the Genesee County Medical Society Board of Directors will take place on August 28, 2012 at 6:00 p.m.

Adjournment:

No further business appearing. The meeting was adjourned at 7:25 p.m.

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YOUR \$\$\$ AT WORK

- S** Continued Pursuit on Tort Reform Legislation
- S** Continued Development of Advanced Care Planning Initiative in Conjunction with the Greater Flint Health Coalition
- S** Held Washington Update with Congressman Kildee
- S** Held Practice Managers Session on Health Education Tools for Improving Patient Outcomes
- S** Distributed Commit to Fit! Physician's Toolkit in Further Efforts to Improve Community-Wide Health to Achieve Better Medical Outcomes



Meeting the health needs of Genesee County's children

Child & Adolescent Psychiatry

- Medication Management
- Psychiatric Consultation
- Behavioral Health Counseling, Screening, Support Groups
- Prevention Activities

Child & Adolescent Health

- Pediatrics*
- School-Based Clinics
- Audiology
- Nutrition Education
- Teen Wellness Center

Child & Adolescent Dentistry

- Dental Exams & Preventive Care
- Dental Treatment & Restorations
- School Screening and Sealant Program
- Infant & Toddler Oral Health Care

Services provided at no cost to low income families

806 Tuuri Place • Flint, Michigan 48503 • (810) 767-5750 • fax (810) 768-7511 • www.mottchc.org

***If you are interested in employment as a Pediatrician or Nurse Practitioner, please check our website for openings or phone and request the Human Resources Department**

The Genesee County Medical Society
and the
Genesee County Medical Society Alliance cordially invite you to the

Presidents' Ball

SATURDAY
12.01.2012
6:30 PM COCKTAIL HOUR
7:30 PM DINNER
FOLLOWED BY DANCING TILL MIDNIGHT

FLINT INSTITUTE OF ARTS
1120 E. KEARSLEY ST. FLINT, MI 48503
VALET PARKING AVAILABLE
BLACK TIE OPTIONAL

Sponsorship Levels

PLATINUM- \$10,000

INCLUDES: TWO TABLES OF 8 (16 SEATS)
ONE FULL-PAGE AD* IN THE JANUARY GCMS BULLETIN
AND A SPECIAL ANNOUNCEMENT OF YOUR SPONSORSHIP
FROM THE PODIUM

GOLD- \$5,000

INCLUDES: ONE TABLE OF 8
ONE FULL-PAGE AD* IN THE JANUARY GCMS BULLETIN

SILVER- \$2,500

INCLUDES: SEATING FOR 6
ONE HALF- PAGE AD* IN THE JANUARY GCMS BULLETIN

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INCLUDES: SEATING FOR 4
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VALLEY AREA AGENCY ON AGING We're Here to Help!

If you're an older adult, a caregiver or a friend concerned about the well being of an older adult, the Valley Area Agency on Aging is here to help. The Valley Area Agency on Aging is a non-profit agency serving persons age 60 and older, and/or disabled individuals in Genesee, Lapeer and Shiawassee Counties. VAAA is able to assist you with the following services:

- Information & Assistance
- MI Choice Waiver Program
- Care Management
- Crisis Intervention Program
- Medicare Medicaid Assistance Program
- Adult Day Care
- Health Screenings
- Legal Assistance
- Nutrition Programs

For more information on programs and services available, please call the
Valley Area Agency on Aging
at (810) 239-7671 or visit our website at www.valleyaaa.org.

**MARK YOUR
CALENDAR**
President's
Ball on 12/1!

GCMS MEETINGS

– SEPTEMBER 2012 –

Recessed – Legislative Liaison

9/5 – 7:30 a.m. - Bulletin Committee @ GCMS

9/6 – 6 p.m. General Membership (Dinner Business) @ Flint Golf Club

9/11 – 12 noon - Ball Committee @ GCMS

9/11 – 6 p.m. - Fundraising Committee @ GCMS

9/19 – 12:30 p.m. - Community & Environmental
Health Committee @ GCMS

9/25 – 5:15 p.m. - Finance Committee @ GCMS

9/25 – 6 p.m. - GCMS Board of Directors @ GCMS

9/27 – 8 a.m. - Practice Managers @ GCMS

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HAPPY BIRTHDAY DOCTOR

SEPTEMBER

Aruna Anne	1	Gary Weber	11	George West	23
Pratap Aravapalli	1	Rommel Aquino	13	John Carr	24
John Chahbazi	1	Leroy Johnson	13	Terry Krznarich	25
Vani Manyam	1	Kelvin Callaway	13	Benjamin Ramirez	25
Brian Shapiro	1	Ishwar Dass	13	Mahesh Sharman	25
Doris Suci	1	Neelam Dutt	13	Hung Ming Chu	26
Eugene Becker	3	John Love	13	Burt Parliament	26
Douglas Congdon	4	Norman Walter	13	Paul Dake	27
Ramotsumi Makhene	4	John Doyle	16	Keith Heslinger	27
Bonita Wang	4	James Kure	16	Eugene Chardoul	28
Damayanthi Pandrangi	5	Pradyumna Kuver	16	Sergio Ponze	28
Alexander Chan	6	Michael Beer	18	Rosario Villareal	28
Joyce Fahrner	7	David Diskin	18	Manoharan Eustace	29
Linda Lawrence	7	Theodore Fellenbaum	18	Barry Miller	29
Joseph Kingsbury	8	Albert Macksood	18	Peter Moody	29
Richard McMurray	9	M. Monir Khouliani III	19	Nkechi Onwuzurike	29
Robert Soderstrom	9	Michele Kreft	21	Ahmad Abdel-Halim	30
Richard Kovan	10	Saqib Ahmad	22	Stephen Kalstein	30
Marjorie Otero	10	Donald Robinson	22	Robert Molnar	30
Scott Garner	11	Joon Park	23	Kenneth Steibel	30

CLASSIFIEDS

OFFICE SPACE AVAILABLE

Small office located by front door of Genesee County Medical Society suite. Great exposure for businesses seeking visibility with physicians. Conference room availability possible. Office size 100 sq. ft. at \$12 per sq. ft. triple-net. Additional office space available. Contact Pete Levine at (810) 733-9925 for details.

PHYSICIANS NEEDED

at the Emergency Medical Center of Flint Various shifts available for part-time, as well. Must be willing to do minor stitches, infants & children, splinting, and minor eye & ear procedures. This is a classic urgent care much like family practice. Hours of operation 9:30am – 9pm, 7 days a week, closed on major holidays Located at 2284 S. Ballenger Hwy., Suite 2, Flint, 48503. Contact Pete Levine at 810-733-9925.

Check Out Our Website:
www.gcms.org

**Call Becky Doty to give her your
password (810) 733-9923.**


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120 W. Saginaw, Lansing, MI 48823
msms@msms.org • www.msms.org
517-336-5762

**State and County Medical Society
Membership Application**

**GENESEE COUNTY
MEDICAL SOCIETY**
4438 Oak Bridge Dr., Suite B
Flint, MI 48532
810-733-9923 • mgzym@gcms.org



Please PRINT or TYPE

FULL NAME _____ MD or DO (Circle One)
Last First Middle Initial

HOME ADDRESS, CITY & ZIP _____
Area Code & Telephone Number

OFFICE ADDRESS, CITY & ZIP _____
Area Code & Telephone Number

PRACTICE NAME _____
Office Fax Number

EMAIL ADDRESS _____ For mailing, please use (check one): Office address Home address

BIOGRAPHICAL DATA Sex: Male Female Birth Place _____ Date of Birth _____
Month Day Year

Maiden Name _____ Spouse's Name _____

Languages Spoken _____

Government Service (check one): Military National Health Service Beginning Date _____ Completion Date _____

EDUCATION (please complete or attach CV)

INSTITUTION	LOCATION	DEGREE	YEAR GRADUATED	
			Beginning	Ending
College/University _____	_____	_____	_____	_____
Medical School _____	_____	_____	_____	_____

INTERNSHIP, RESIDENCY, AND FELLOWSHIPS	SPECIALTY	COMPLETION DATE
_____	_____	_____
_____	_____	_____

License: MI # _____ Date Issued _____ ECFMG # _____

License held in other states/countries (list states or countries) _____

PROFESSIONAL DATA

Present Type of Practice (check appropriately):

OFFICE BASED: Solo Hospital Based Teaching Research Government
 Group Practice Name _____ Other (specify) _____

Specialty(ies) _____

Board Certifications (list specialties & dates) _____

Present Hospital Appointments (list dates) _____

Practice History _____

Previous Medical Society Membership (list dates) _____

Specialty Society Memberships _____

Within the last five years, have you been convicted of a felony crime?..... Yes No If YES, please provide full information.

Within the last five years, has your license to practice medicine in any jurisdiction been limited, suspended or revoked?..... Yes No If YES, please provide full information.

Within the last five years, have you been the subject of any disciplinary action by any medical society or hospital staff?..... Yes No If YES, please provide full information.

I agree to support the GENESEE COUNTY MEDICAL SOCIETY Constitution and Bylaws, the MICHIGAN STATE MEDICAL SOCIETY Constitution and Bylaws, and the Principles of Ethics of the American Medical Association as applied by the AMA and the MSMS Judicial Commission.

Signature _____ Date _____



WHEN COMPLETED, please mail to MSMS or Genesee County Medical Society, or FAX to 517-336-5797. THANK YOU!