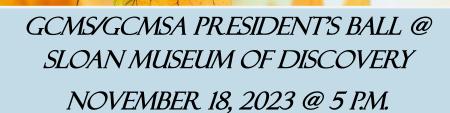
THE BULLETIN

OCTOBER 2023 VOLUME 100, NUMBER 10

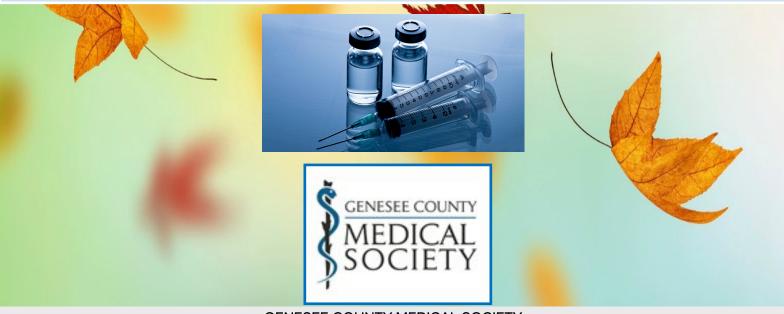
Hello

October



A Prescription for Health, Hope, and Opportunity

FDA approves Novavax's updated COVID-19 vaccine



GENESEE COUNTY MEDICAL SOCIETY Organized Medicine's Leading Edge Since 1841

THE BULLETIN is published monthly by: The Genesee County Medical Society

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October 2023 VOLUME 100, NUMBER 10



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

Published by the Genesee County Medical Society Publication Office

4438 Oak Bridge Drive, Suite B, Flint, Michigan 48532

Phone (810) 733-9923

By subscription \$60 per year. Member subscription included with Society dues. Contributions to **THE BULLETIN** are always welcome. Forward news extracts or material of interest to the staff before the 1st of the month. All statements or comments in **THE BULLETIN** are the statements or opinions of the writers and are not necessarily the opinion of the Genesee County Medical Society.

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October 2023



Practice Managers November 9 ,2023 9:00 a.m.

Medical Society Foundation

November 15, 2023 6:00 p.m.

Board of Directors November 28, 2023 6:00 p.m.

Legislative Meeting

February 5, 2024 8:00 a.m.

*All meetings are via Zoom unless otherwise noted

Announcement

GCMS members now entitled to a 15% discount on automobile and homeowners insurance.

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*Depending on level of sponsorship..

- 1) *An article in the Bulletin.
- 2) Your own table or seats at the President's Ball .
- *Acknowledgment in the event program and at the podium sponsorship of a Town Hall Meeting.

Click Below for more information!

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GENESSEE COUNTY MEDICAL SOCIETY

What We Do The Leading Edge of Organized Medicine

Membership in the Genesee County Medical Society (GCMS) gives you the opportunity to share resources, discuss ideas, and network with some of the most active and respected physicians in the state. You will receive news and information via The Bulletin magazine, meetings, faxes, and emails. Because GCMS is politically aggressive, it can provide its members with myriad opportunities to shape the future of medicine locally, as well as on a state and national level.

When you join GCMS you also join the Michigan State Medical Society (MSMS). MSMS has experts to assist you with practice management, business strategies, third party reimbursements, and contracting issues. The MSMS monthly magazine, Michigan Medicine, and the weekly newsletter "Medigram", are also provided.

Both organizations give you the information you can really use and tools you need to stay current, anticipate developments, and make decisions as they relate to your career.

PRESIDENT'S MESSAGE

My term as President comes to close in November. This event culminates with the President's Ball, where the gabble will be passed on to my esteemed colleague Dr. Macksood Aftab. It has been my honor and privilege to serve as President. It would not have been possible without your support, the support of the Genesee County Medical Society staff, and our Executive Director David Hoff. I would like to thank all of them and thank you.

My term comes to an end at a time when medical society membership has generally been trending downwards at the state and national level. However, it also is a time when membership is more important than ever. We face increasing pressure from other providers, insurers, and hospital administrators, who are encroaching into areas of critical decision-making. Having a unified voice is more important than ever. While the care of the patient should be the most important factor in the decision process, we are finding that minimizing cost is often pushed to the forefront by administrative forces, which often are only beneficial in the short-term. These forces also are at play when physicians are replaced by other advanced practice providers. There is a physician shortage and having other providers being able to offer relief is important. However, a physician led team is optimal for providing better care. The Genesee County Medical Society, the Michigan State Medical Society, and the American Medical Association all have interest in addressing this and are working towards ensuring that physician led teams are established, maintained, and supported by legislation.

Over the past year, our society has endured and persevered. We have even increased our membership. We have engaged with our fellow physicians and the community around us with well attended town hall meetings and legislative meetings to coordinate with our local legislators. We have mourned the passing of some of our prominent members. We have advocated for physicians with our local legislators. It has been a year that has brought along mutually beneficial experiences and personal growth.

In closing, I am grateful for the great experiences, cherished memories, and lifelong connections that this role has afforded me. It has been an unforgettable journey, and I will always hold our collective achievements close to my heart.

I look forward to witnessing the continued growth and success of GCMS.



Dr. Paul Kocheril, MD

EXECUTIVE DIRECTOR'S MESSAGE

Executive Director's Reflection Over Past Three Years

As I begin my fourth year as Executive Director for the Genesee County Medical Society, I am reflecting back on the accomplishments of the organization. The past three years have seen many challenges and successes.

Almost immediately after accepting the Executive Director position, COVID 19 turned into a pandemic. I worked very closely with Dr. Hackert at the Genesee County Health Department (GCHD) to disseminate accurate information to our members. Working closely with the GCHD, GCMS helped facilitate COVID 19 vaccination site information. Board member Dr. Brenda Rogers-Grays held a vaccination site in her church, GCMS members were in attendance to volunteer.

The most significant accomplishment under my tenure has been establishing financial stability for the organization. To achieve this financial goal, many sacrifices had to be made. In 2021 GCMS sold the building it had owned for many years. This was a difficult decision, but has helped GCMS achieve a level of financial stability necessary to move the organization into the future.

The Genesee County Medical Society membership has shown a steady growth of new members over the past three years. The Michigan State Medical Society has identified GCMS as one of the top counties in the state for membership growth.

The opportunity to network with new people, organizations, and rekindle old friendships has been priceless. I worked with Dr. Cyrus Farrehi for 23 years until he retired in 2009. Eleven years later we reconnected our friendship through GCMS. Dr. Farrehi is now a permanent member of my table at the President's Ball each year.

Dr. Farrehi provided an opportunity for me to become a member of the Retired Men's Fellowship of Greater Flint. This is a fun group with good speakers that meets weekly. If any retirees are interested in joining this group, please contact me directly.

One of the most satisfying areas of the position is the networking with organizations throughout Genesee County. Becoming a Board member for the Greater Flint Health Coalition has been a rewarding position, helping improve health of the community. I have established relationships with Genesee Health Plan, Genesee Health System, Genesee County Health Department, Hamilton clinic, and Genesee Free Medical Clinic.

GCMS held its first CME webinar last year on implicit bias training, the only county in the state to offer a CME webinar to its members. There were almost 200 attendees, making this Town Hall a huge success. GCMS is planning another CME webinar for a mandatory state licensure topic. Please watch the Bulletin for an exact date & topic early in 2024.

The first Town Hall meeting at the Flint Cultural Center was well attended. The Town Hall experience at the Sloan Museum was so positive, the decision was made to move the President's Ball to the Flint Cultural Center. The date is November 18, 2023 at 5pm. Guests may arrive prior to the 5pm cocktail hour and view the Sloan car exhibit free of charge. Please consider attending the 2023 President's Ball and support the community! Attendees support both Genesee County Medical Society and the Flint Cultural Center.

GCMS is an organization that has been in existence since 1841. Membership growth is necessary to sustain this organization, please consider a GCMS membership or renewal today.

For questions or comments please contact:

executivedirector@gcms.org



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- Bariatric Surgery
- General Surgery
- Hernia Surgery/Hiatal & Giant/Complex Reconstruction
- Minimally Invasive/Robotic Surgery

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- Kristoffer Wong DO, FACOS
- Director of Hurley Hernia Center of Excellence
- Director of Surgical Robotics
 - Adult & Pediatric Trauma & Surgical Critical Care
 - Acute Care Surgery/Burn Surgery
 - Bariatric Surgery
 - General Surgery
 - Hemia Surgery/Hiatal & Giant/Complex Reconstruction
 - Minimally Invasive/Robotic Surgery



Prenatal and Infant Allowances in Flint, MI

Led by Dr. Mona Hanna-Attisha at the Pediatric Public Health Initiative, Rx Kids is a bold effort to address child poverty and health equity. All pregnant moms and all babies born in 2024 in the City of Flint will receive unconditional cash allowances - a one-time mid-pregnancy allowance of \$ 1,500 and \$500 per month for 12 months when the baby is born. Having a baby and raising a child is hard; Rx Kids is a commitment of love and support to Flint families during this maternal-infant period when families struggle the most and child development is the most critical.

Enrollment is not open yet. The program is expected to launch in early 2024.

Check back here for more information.

For more information or to support Rx Kids, please email FlintRxKids@msu.edu.



r. Mona Hanna-Attisha with Flint residents Courtney & Isabella Credit: Ryan Garza | Detroit Free Press

EDUCATION UPDATE

CME*Requirements*



Osteopathic Physician (DO) Licensure Requirements

Each osteopathic physician is required to accumulate 150 hours of continuing education in activities approved by the board during the 3 years immediately preceding the application for renewal of which a minimum of 60 hours of the required 150 hours must be earned through Category 1 programs. Following are other license requirements for:

Controlled Substance Licenses:

Opioids and Other Controlled Substances Awareness Training Standards for Prescribers and Dispensers of Controlled Substances

This is a one-time training that is separate from continuing education for an individual seeking a controlled substance license or who is licensed to prescribe or dispense controlled substances.

Licensees that prescribe or dispense controlled substances who renewed in 2019 must complete training by January 2023; renewals for 2020 by 2024, renewals for 2021 by 2025. Beginning in September 2019, completion of the training is a requirement for initial licensure.

Training content must cover all of the following topics:

- Use of opioids and other controlled substances.
- Integration of treatments.
- Alternative treatments for pain management.
- Counseling patients on the effects and risks associated with using opioids and other controlled substances.
- The stigma of addiction.
- Utilizing the Michigan Automated Prescription System (MAPS).
- State and federal laws regarding prescribing and dispensing controlled substances.
- Security features and proper disposal requirements for prescriptions.

For Medical Licenses:

Training Standards for Identifying Victims of Human Trafficking

This is a one-time training that is separate from continuing education. Licensees renewing for 2017 must complete training by renewal in 2020; renewals for 2018 by 2021, and renewals for 2019 by 2022. Beginning in 2021, completion of the training is a requirement for initial licensure.

Training content shall cover all of the following:

- Understanding the types and venues of human trafficking in this state or the United States.
- Identifying victims of human trafficking in health care settings.
- Identifying the warning signs of human trafficking in health care settings for adults and minors.
- Resources for reporting the suspected victims of human trafficking.

Education on Pain and Symptom Management

A minimum of 3 hours of continuing education every 3-year relicense cycle. At least 1 of the 3 hours must include controlled substances prescribing.

Continuing education hours may include, but are not limited to, any of the following areas:

- Public health burden of pain.
- Ethics and health policy related to pain.
- Michigan pain and controlled substance laws.
- Pain definitions.
- Basic sciences related to pain including pharmacology.
- Clinical sciences related to pain.
- Specific pain conditions.
- Clinical physician communication related to pain.
- Management of pain, including evaluation and treatment and nonpharmacological and pharmacological management.
- Ensuring quality pain care and controlled substances prescribing.
- Michigan programs and resources relevant to pain.

Medical Ethics

A minimum of one-hour of continuing education every 3-year relicense cycle.

Implicit Bias

A minimum of 3 hours every 3-year relicense cycle. New licensees need 2 hours within the 5 years immediately preceding.

Renewals from June 1, 2022 - May 31, 2023, need 1 hour; renewals from June 1, 2023 -May 31, 2024, need 2 hours; renewals from June 1, 2024 - May 31, 2025, need 3 hours. Then after, every 3-year renewal cycle will need to report 3 hours. (Any hours after June 2021 can be used.)

Training must include strategies to reduce disparities in access to and delivery of health care services and the administration of pre- and post-test implicit bias assessments.

Acceptable modalities of training include asynchronous teleconference or webinars, in addition to live activities and live webinars.

Training content must include, but is not limited to, 1 or more of the following topics:

- Information on implicit bias, equitable access to health care, serving a diverse population, diversity and inclusion initiatives, and cultural sensitivity.
- Strategies to remedy the negative impact of implicit bias by recognizing and understanding how it impacts perception, judgment, and actions that may result in inequitable decision making, failure to effectively communicate, and result in barriers and disparities in the access to and delivery of health care services.
- The historical basis and present consequences of implicit biases based on an individual's characteristics.
- Discussion of current research on implicit bias in the access to and delivery of health care services.

EDUCATION UPDATE CMERequirements MARCH 2023

Medical Doctor (MD) Licensure Requirements

Each medical doctor is required to complete 150 hours of continuing education in courses or programs approved by the board of which a minimum 75 hours of the required 150 hours must be earned in courses or programs designated as Category 1 programs. Other license requirements are listed here:

Controlled Substance Licenses

Opioids and Other Controlled Substances Awareness Training Standards for Prescribers and Dispensers of Controlled Substances

This is a one-time training that is separate from continuing education for an individual seeking a controlled substance license or who is licensed to prescribe or dispense controlled substances.

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- Understanding the types and venues of human trafficking in this state or the United States.
- Identifying victims of human trafficking in health care settings.
- Identifying the warning signs of human trafficking in health care settings for adults and minors.
- Resources for reporting the suspected victims of human trafficking.

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- The historical basis and present consequences of implicit biases based on an individual's characteristics.
- Discussion of current research on implicit bias in the access to and delivery of health care services.



ATTENTION: PRACTICE MANAGERS

AND OFFICE STAFF!

Genesee County Medical Society addresses issues of concern

for medical professionals!

Please join GCMS and SOVITA in monthly meetings for

practice managers and office staff of *all member physicians*.

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YOU WILL RECEIVE A ZOOM INVITE

NEXT MEETING DATE:

November 9, 2023 9:00 A.M. You do not want your Practice Manager to miss out On these valuable meetings!











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HEALTH Michigan's Prior **CAN'T WAIT** Authorization Statute

WHAT CLINICIANS NEED TO KNOW

egislation was signed in April 2022 through the support of the MSMS-initiated and led Health Can't Wait, a coalition with more than 50 healthcare, clinician, and patient advocacy organizations. This legislation puts more control back in the hands of clinicians and patients.

Public Act 60 of 2022 provides prior authorization (PA) reform with the goal of a quicker, more effective, and more transparent process. It does not repeal PA.

All provisions will be fully in effect as of June 1, 2023, including major components such as electronic submission and faster timelines.

These reforms apply to health care insurers (and their contracted third-party vendors) and healthcare professionals whose beneficiaries/patients have commercial insurance policies regulated by the

Michigan Department of Insurance and Financial Services. They do not impact Medicaid, Medicare, Medicare Advantage, or self-funded plans.

Check insurers' provider news, updates, portals, etc. to learn of any new processes related to online submission, appeals, eligibility, and PA requirements related to the law's implementation.

Please review the key provisions below for additional details and requirements.

Electronic Submissions

Beginning June 1, 2023:

- Insurers must provide an online method through which practitioners can electronically submit PA requests for any benefits requiring PA, including prescription drugs. Facsimiles do not count as an acceptable method.
- Physicians and other health care professionals must submit PA requests electronically. The only
 exception is for a temporary technological or electrical failure.

Timeliness of Decisions

	Urgent Non-Urgent		rgent	
	Timeframe	Considered Granted	Timeframe	Considered Granted
Beginning June 1, 2023	Acted upon within 72 hours	Insurer fails to act after 72 hours	Within nine (9) calendar days	Insurer fails to act after nine (9) calendar days
After May 1, 2024	Acted upon within 72 hours	Insurer fails to act after 72 hours	Within seven (7) calendar days	Insurer fails to act after seven (7) calendar days
Valid for	A minimum of 60 da whichever is longer	ays or the length of	time that's clinically	appropriate,

NOTE: If you are requested to provide additional information, it is important to do so as quickly as possible as the turnaround time noted above will reset and the insurer will be required to make a determination following the receipt of the additional information within the prescribed timelines for urgent or non-urgent requests.

HEALTH Michigan's Prior CAN'T WAIT Authorization Statute

Review by Peers

Puts conditions on health care practitioners reviewing appeals (e.g., no financial stake in decision, not involved in prior denial, etc.). Any adverse determinations regarding a PA request for a non-pharmacy benefit must be made by a licensed physician and by a physician or pharmacist for a pharmacy benefit. If a denial is appealed, the denial cannot be affirmed unless it has been reviewed by a licensed physician who is board-certified or eligible in the same specialty as the service provided. An exception is allowed if finding such an individual would delay a decision within the required timeframe. In this instance, a physician in a similar general specialty could be utilized.

Clinical Validity

PA requirements must be based on peer-reviewed clinical review criteria. The criteria must:

- Take into account the needs of atypical patient populations and diagnoses.
- Reflect community standards of care.
- Ensure quality of care and access to needed health care services.
- Be evidence-based criteria.
- Be publicly available free of charge.
- Be sufficiently flexible to allow deviations from norms when justified on a case-by-case basis.
- Be evaluated and updated, if necessary, at least annually.

Transparency

PA requirements, including amendments, must be publicly and conspicuously posted online within a specified timeline. Insurers are also required to submit an annual report to the Michigan Department of Insurance and Financial Services (DIFS) which must include aggregated trend data related to the insurer's PA practices and experience for the prior plan year. DIFS shall post an annual report with aggregated data by October 1 of each year.

In cases of PA denials, the health care professional must be notified of the reasons for the denial and related evidence-based criteria, their right to appeal, instructions on how to file the appeal, and any other documentation necessary to support the appeal.

Gold Carding

Insurers are required to adopt a program that promotes the modification of certain PA requirements based on health care professionals' adherence to nationally recognized evidence-based medical guidelines and other guality guidelines.

Health Can't Wait is a coalition of patients, physicians, and health care providers dedicated to putting Michigan patients first and ending delays in patients' access to health care:

Allergy and Asthma Network Alliance for Patient Access AARP Michigen American Autoimmune Related Diseases Association American Cancer Society Cancer Action Network American College of Cardiology, Michigan Chapter American College of Physicians, Michigan Chapter American College of Physicians, Michigan Chapter American Diabetes Association American Lung Association in MI American Medical Association APTA Michigan The Arc Michigan Berrien County Medical Society Calhoun County Cancer Control Coalition Epilepsy Foundation of Michigan Genesee County Medical Society Hernophila Foundation of Michigan Henry Ford Medical Group Huron Valley Physicians Association Ingham County Medical Society International Myeloma Foundation Jackson County Medical Society Kent County Medical Society Kent County Medical Society Macomb County Medical Society MI Academy of Family Physicians MI Bioscience MI Chapter American Academy of Pediatrics MI Coalition for Affordable Prescriptions

MJ Coalition for Affordable Prescriptions MI Council For Maternal & Child Health MI Demiatological Society MI Podiatric Modical Association MI Psychiatric Society MI Radiological Society MI Radiological Society MI Readiological Society MI Society of Anesthesiologists MI Society of Eve Physicians and Surgeons MI Society of Hernatology & Oncology MI Society of Hernentonal Pain Physicians MI Society of Pathologists Muskegon County Medical Society National Marrow Donor Program National Multiple Sclerosis Society, Michigan Chapter New Day Foundation for Families Oakland County Medical Society Sight Cell Disease Association of America - Michigan Chapter St, Clair County Medical Society Susan G, Komen UNIFED - HIV Health and Beyond Washtenaw County Medical Society of Southeast Michigan

www.healthcantwait.org



The location has changed for the President's Ball, to the Sloan Museum of Discovery,

1221 Kearsley St., Flint. Please join us for a

"NIGHT IN PARADISE"

Purchase Tickets by November 10, 2023





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- Provide QuickBooks Online set up and consulting.

Your Membership at Work

- GCMS hosts monthly Practice Manager's meeting discussing complicated insurance issues in round table discussions with various insurance companies. If you find on-going insurance issues, please reach out to GCMS staff at <u>executivedirector@gcms.org</u> and we can connect that insurance company representative with our hard working Practice Managers.
- GCMS staff helped Genesee County residents with contacts, resources and explanations.
- GCMS Membership Committee has collaborated and has a plan in place to reach out to and meet with various practices in Genesee County. If you have colleagues that are not yet GCMS members, please connect with them!
 **** A flyer of GCMS benefits can be provided to you.



PLEASE NOTE, THE LOCATION AND TIME HAS CHANGED THERE IS STILL TIME TO RSVP

You are Cordially Invited to:

The Genesee County Medical Society/

Genesee County Medical Society

Alliance

2023 President's Ball

'A Night in Paradise'

Sloan Museum of Discovery 1221 E. Kearsley, Flint, MJ 48503 Honoring GCMS President

Dr. Paul Kocheril

November 18, 2023

@ 5:00 P.M.

Cash Bar starting @ 6 P.M.

(You will receive an invoice for the amount of tickets purchased.)

Buffet dinner with a vegetarian option included

Join us for a complementary cocktail hour!

Open Bar from 5pm-6pm

(Black Tie Optional)

\$95.00/

Per ticket

Please RSVP to Executivedirector@gcms.org

By November 10, 2023

GENESEE COUNTY



Genesee County Medical Society Presents: GCMS/GCMSA 2023 President's Ball Honoring GCMS President Dr. Paul Kocheril November 18, 2023@ 5:00 P.M. 'A Night in Paradise' Sloan Museum of Discovery 1221 E Kearsley St. Flint , Mi 48503

Sponsorship Opportunities:

Premiere

\$10,000 Level Sponsor Includes two tables of 6 (12 seats). One Full-Page Ad in the January 2024 GCMS Bulletin, special mention in advertising and promotions relating to the President's Ball, acknowledgement in the event program and at the podium sponsorship of a Town Hall Meeting.

<u>Gold</u>

\$2,500 Level Sponsor Includes one table of 6 One Half- Page Ad in the January 2024 GCMS Bulletin, a special mention in advertising and promotions relating to the President's Ball, acknowledgement in the event program and at the podium.

Bronze

\$750 Level Sponsor

Includes seating for 2 One Half-Page Ad in the January 2024 GCMS Bulletin, a special mention in advertising and promotions relating to the President's Ball, acknowledgement in the event program and at the podium.

<u>Platinum</u>

\$5,000 Level Sponsor Includes one table of 6 One Full-Page Ad in the January 2024 Bulletin, a special mention in advertising and promotions relating to the President's Ball, acknowledgement in the event program and at the podium.

Silver

\$1,500 Level Sponsor Includes seating for 4 One Half- Page Ad in the January 2024 GCMS Bulletin, a special mention in advertising and promotions relating to the President's Ball, acknowledgement in the event program and at the podium.

Popper

Generous Donation Sponsor (over \$500) Includes seating for 2 A special mention in advertising and promotions relating to the President's Ball, acknowledgement in the event program and at the podium.



MSMS Resource Guide



For information on the topics listed here, dial 517/336-plus the four digit extension (unless full number is provided). For information on a topic not listed here, call MSMS at 517/337-1351 or 800/352-1351.

JOIN MSMS

Membership 517-336-5716 membership@msms.org

EDUCATION

Rebecca Blake 517-336-5729 rblake@msms.org

HUMAN RESOURCES

Jodi Schafer, SPHR, SHRM-SCP 517-336-5716 msms.org/HR

INSURANCE/

MEDICAL, DENTAL, VISION Diane Wheelock 517-336-7591 dwheelock@msms.org

INSURANCE/LIABILITY

Julie Ozbun 517-899-1457 jozbun@msms.org

LEGISLATIVE ADVOCACY

Josiah Kissling 517-336-5737 jkissling@msms.org

MEDICAL/

REGULATORY POLICY Stacey Hettiger 517-336-5766 shettiger@msms.org

PHYSICIAN LICENSING Brenda Marenich

517-336-7580 bmarenich@msms.org

REIMBURSEMENT ADVOCACY

Stacie Saylor 517-336-5722 ssaylor@msms.org

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MSMS SUBSIDIARIES & AFFILIATES

ADDITIONAL IMPORTANT NUMBERS

American Medical Association 800/262-3211
American Osteopathic Association 312/202-8000
Drug Enforcement Agency 202/307-1000
Medicaid Provider Inquiry,
Medicare Customer Service 800/292-2550
MI Board of Medicine 517/335-0918
MI Board of Osteopathic Medicine
MI Board of Osteopathic Medicine and Surgery 517/335-0918
and Surgery 517/335-0918
and Surgery 517/335-0918 MI Department of Health and Human Services

Michigan State Medical Society

PO Box 950 East Lansing, MI 48826 | Membership Fax Line: 517-336-5716

Please email or call if you have any member benefit questions!

October 2023

Join Us for a FREE Safe Medication Disposal Program

Safely disposing of medication is a simple way to help reduce the chance of drug misuse.

We will accept disposal of:

- Prescription Pills
- Needles
- Patches
- Liquid Medication

FREE Narcan, Fentanyl testing strips, and take home disposal kits will be available!

FREE Stroke screening will be available on site!

MORE INFORMATION: OPIOIDINFO@FLINT.ORG

When? 9:00am - 2:00pm

April 27	August 24
May 25	September 28
June 22	October 26
July 27	December 28

Where?

Genesee County Free Medical Clinic 2437 Welch Blvd Flint, MI 48504







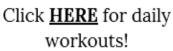


This project is supported by Michigan's FY 21 Comprehensive Opioid, Stimulant, and Substance Abuse Program # 15PBJA-21-GG-04538-COAP, awarded by the Bureau of Justice Assistance, Office of Justice Programs, U.S. Department of Justice (DOJ), and administered by the Michigan State Police (MSP). Points of view or opinions contained within this document do not necessarily represent the official position or policies of the DOJ or the MSP.



Commit to Fit!

COMMIT TO FIT! Virtual Fitness Guide



University of

Michigan - Flint

Crim Fitness Foundation



Visit crim.org for a variety of yoga and mindfulness practices!



Visit commit2fit.com to track all of your physical activity and keep track of your fitness goal!

> **Ascension Genesys** Athletic Club



Click HERE for intense & moderate workout videos!

YMCA - 360

October 2023

THE GCMS BULLETIN

Visit ymca360.org for

fitness classes of all ages!

REGISTER FOR A PROGRAM HERE

Commit to Fit Program Registration Survey (surveymonkey.com)



FREE HEALTH & WELLNESS PROGRAMS

TO REGISTER FOR A PROGRAM VISIT <u>WWW.SURVEYMONKEY.COM/R/C2FPROGRAMS</u>, EMAIL COMMIT2FIT@FLINT.ORG, OR CALL 810-232-2228



COOKING WITH KIDS

This program focuses on teaching Flint families to make healthy food choices! Classes include healthy recipes, nutrition education games, physical activity, and more! Classes are held at the Flint Children's Museum where kids can come play for free!



FRESH CONVERSATIONS

A senior-based nutrition education program designed to support healthy aging and independence. Gather with other Genesee County Residents aged 60 and older to discuss current nutrition and health topics, taste low-cost healthy recipes, and discover new ways to stay active and independent. This program is currently hosted at local senior centers.



THE LEARNING KITCHEN

A six-week adult nutrition program where participants learn about balancing and planning healthy meals, stretching food dollars to maximize nutrition, shopping strategies, and cooking techniques. This program is currently hosted at local community centers.

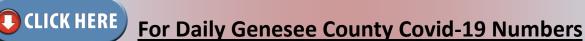


WALK WITH EASE

Whether you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk with Ease course combines self-paced walks with information about related topics. This program allows participants to work on their own at their own pace to increase their physical activity. Group and self-led programs available.

www.commit2fit.com f 🧿

Fresh Conversations and the Learning Kitchen are funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation. This institution is an equal opportunity provider.



COVID-19

Coronavirus (COVID-19) Data Dashboard for Genesee County

For Reporting

EMPLOYERS + SCHOOL ADMINISTRATORS:

Do you need to report a laboratory-confirmed positive COVID-19 case?

Click the button to email the Communicable Disease team at GCHD-CD@gchd.us or call (810) 257-1017



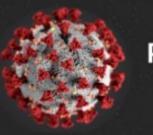
🚺 CLICK HERE

COVID-19

reporting for SCHOOLS +

EMPLOYERS





COVID-19 VACCINE PROVIDER GUIDANCE & EDUCATIONAL RESOURCES

COVID-19 VACCINE BREAKTHROUGH

COVID-19 VACCINE

The COVID-19 pandemic demonstrates how diseases without vaccines can devastate economic and public health. Vaccines have reduced and, in some cases, eliminated many diseases. In the U.S., there is currently no approved vaccine to prevent COVID-19. MDHHS is working with the CDC and Michigan stakeholders to prepare and plan for when the vaccine is available. The initial draft of our state's plan is now available and will be updated often in the coming months. Visit regularly for the most recent information on the COVID-19 vaccine and Michigan's preparations.

COVID-19 VACCINE PLAN

COVID-19 VACCINE RESOURCES

IMMUNIZATIONS DURING COVID-19

CDC FAQS

PROVIDER GUIDANCE & EDUCATION



The Michigan State Medical Society offers a variety of programs designed to provide continuing education in a cost-effective, learner-centered way. Our program portfolio features timely and helpful information geared toward physicians and their health care teams to assist practices in delivering highquality care in today's constantly changing health care environment.



meet the ADA requirements

and provide impeccable services to your patients

at a **DISCOUNTED** price!

Genesee County Medical Society <u>Members</u> receive a discount for language services!



Interpreting Services

- On-site Interpreting
- Virtual Interpreting
- Phone Interpreting
- Video Remote
 Interpreting (VRI)
- Conference & Event Interpreting

To become a GCMS member,

or to receive details about

this discounted service

Please contact :

ExecutiveDirector@GCMS.org

Language Services

W BENEFIT





Supporting recovery, prevention, health, and wellness of the body, the mind, and the community. Call us to begin services:

420 W. 5th Avenue • Flint, MI 48503 Monday - Friday 8am-5pm

(810) 257-3740 Toll Free: 877-346-3648 • TTY: (810) 232-6310

24 HOUR CRISIS LINE 7 days a week - 24 hours a day (810) 257-3740 Toll Free: 877-346-3648 • TTY: (810) 232-6310

Customer Services Monday - Friday 8am-5pm (810) 257-3705 Toll Free: 866-211-5455 TTY: (810) 257-1346

www.**genhs**.org

BEHAVIORAL HEALTH URGENT CARE

422 W. 4th Avenue • Flint, MI 48503 (810) 496-5500

Toll Free: 877-346-3648 • TTY: (810) 232-6310 Walk-In Services: 7 days a week - extended hours Video Chat Services: 7 days a week - 24 hours a day Children & Young Adult Mobile Crisis Services: 7 days a week - 8am - 7pm

OOM CHS Genesee HEALTH SYSTEM

GHS Intensive Crisis Stabilization Services for Children and Young Adults





The GHS Children's Intensive Crisis Stabilization Team (ICSS) provides mobile crisis stabilization services, 7 days a week between 8:00am and 7:00pm to all children, youth, and young adults (ages 0-21) who reside in Genesee County. Calls during other hours are helped by our Crisis Line mental health professionals.

Reasons to call GHS:

- If you feel your child/youth is in a crisis
- · The child/youth may hurt themselves or others
- The child is experiencing overwhelming confusion, anger, or emotional unresponsiveness

If you aren't sure if ICSS is needed, give us a call and we can help to explore options.

What happens when the GHS Intensive Crisis Team is called?

The team will provide an on-site intervention with the identified child or youth, and their support system. The team's main focus will be to help assess the crisis, utilize de-escalation techniques, help the child/youth and their family or support system to help with what is needed and to help determine next steps and long-term care.

Other services include:

- Crisis and Safety Planning
- Referrals to needed services
- · Education on resources, diagnosis and services
- Collaboration and problem solving

* Psychiatric consults, as needed (does not include medication review for prescription)

** Intensive Crisis Stabilization services cannot be provided to individuals who are currently residing in inpatient settings: Jail/detention centers or residential settings (i.e. child caring institutions, crisis residential, etc.).

GHS Intensive Crisis Stabilization Services for Children 810.257.3740 877.364.3648

420 W. Fifth Avenue, Flint 48503 • www.genhs.org

Supported by funds from Substance Abuse and Mental Health Services Administration, Center for Mental Health Services through the Michigan Department of Health and Human Services.

Easy Ways to Donate to the Medical Society Foundation:

The Medical Society Foundation is engaged in a Capitol Campaign. The purpose of the Campaign is to grow the corpus to support the charitable activities of the Genesee County Medical Society. Those activities include public and community health, support for the underserved, and wellness initiatives.

To continue its good work, the Medical Society Foundation is asking you to consider leaving a legacy gift to the Foundation. If all, or even a significant portion of our membership left just a small part of our estates to the Foundation, the Foundation could continue helping this community in so many ways, by supporting the Medical Society.

To make a gift, simply use these words:

- In your Trust, "Grantor directs Trustee to distribute ___% of all assets then held in Trust or later added to this Trust to the Medical Society Foundation, to be held in an endowed fund and used in the discretion of its then existing board of directors in furtherance of the purposes of the Foundation."
 - In your Will, "I give, devise and bequeath ___% of my Estate to the Medical Society Foundation, to be held in an endowed fund and used in the discretion of its then existing Board of Directors in furtherance of the purposes of the Foundation."

While this is not a subject that is comfortable to broach, it is an opportunity to support the Foundation which supports the Medical Society's charitable activities on behalf of the membership. Please give. You can give via a trust or will. You can give from your IRA. You can give appreciated stock, and you can give cash. Please support the organization which does so much on behalf of the medical community and the patients we serve.





Do you have an advertising NEED?

- Are you a Physician <u>and</u> you are a member of GCMS and you have a new practice in Michigan?
- Do you have a medical practice <u>and</u> you are a member of GCMS and your office has relocated?
- Do you have a business that serves Michigan and business slow?

Let Genesee County Medical Society help!

Genesee County Medical Society Bulletin

(ONLINE MAGAZINE)

Your ad will be featured in the Genesee County Medical Society monthly bulletin that is provided to 1,500+ viewers. The Bulletin can also be found on the GCMS website, and is also published through Calameo virtual magazine. (HTTPS://En.Calameo.com/)

1/2-page ad \$195/month

3/4-page ad \$290/month

Full page ad \$350/month

A link to the business website or email can be added for **<u>NO</u>** *additional* fee.



to connect with GCMS, we can provide your advertising needs!



**all ads placed by Physicians or Medical Practices must have a GCMS membership.



SAFEHAVEN[™] PHYSICIAN AND PROVIDER WELL BEING PROGRAM Rediscover meaning, joy, and purpose in medicine.

SafeHaven[™] ensures that physicians and health care providers can seek confidential assistance and support for burnout, career fatigue, and mental health reasons.



In-the-moment telephonic support by a licensed counselor, 24/7



Peer Coaching—talk with someone who has walked in your shoes that can help you grow both personally and professionally

- Six sessions per incident
- Physician or provider chooses coach from a panel of coaches



WorkLife Concierge, a virtual assistant to help with every day and special occasion tasks, 24/7

S	
	-

Legal and financial consultations and resources, available 24/7

7	
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Counseling, available in either face-to-face or virtual sessions; addressing stress, relationships, eldercare, grief, and more

- Six sessions per incident
- Available to all extended family members

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VITAL WorkLife App—Mobile access to resources, well being assessments, insights, and more

RESOURCES FOR YOU AND YOUR FAMILY MEMBERS

SafeHaven[™] includes Well Being Resources from VITAL WorkLife—confidential and discreet resources designed to reduce stress and burnout, promote work/life integration and support well being for you and your family.

TO LEARN MORE, VISIT www.MSMS.org/SafeHaven

To support the needs of physicians and health care providers struggling with stress, burnout, and the effects of COVID-19, the Michigan State Medical Society (MSMS) and VITAL WorkLife have partnered to offer a comprehensive set of well being resources and confidential counseling services for their use, SafeHaven™.







NEED TO RENEW A REQUIRED LICENSE?

Get All of Your Required License Renewal CME On-Demand through the Michigan State Medical Society

Complete your LARA required CME at your convenience with our wide selection of on-demand webinars, including:

- A Day of Board of Medicine Renewal Requirements 2023
 - Fulfills LARA's requirement for three hours of pain and symptom management (meets the new one hour minimum of controlled substance prescribing training), one hour of medical ethics, and three hours of implicit bias.
- · Pain and Symptom Management, and Balancing Pain Treatment and Legal Responsibilities
 - Fulfills LARA's requirement for three hours of pain and symptom management (meets the new one hour minimum of controlled substance prescribing training).
- Implicit Bias Training: Reducing Unconscious Bias an Imperative (RUBI)
 - o One-, two-, and three-hour options.
- Human Trafficking
- Medical Ethics 12 topics

For more information and to register, please CLICK HERE!

PLEASE JOIN US....

GET YOUR TICKETS TODAY!

GCMS/GCMSA



2023 PRESIDENT'S BALL SLOAN MUSEUM OF DISCOVERY 1221 E. KEARSLEY ST. FLINT, MI 48503 PLEASE GET YOUR TICKETS BEFORE NOVEMBER 10, 2023

PLEASE RSVP

EXECUTIVEDIRECTOR@GCMS.ORG

BY NOVEMBER 10, 2023



Application Code:

120 West Saginaw Street | East Lansing, Michigan 48823 517-337-1351 | msms@msms.org | www.msms.org

 I have moved into Michigan; 	ice post-residency. actice post-residency. tice post-residency. ; this is my first year practicir	ng in the state.	 I work 20 hours I am currently in I am in full, activ I am a resident/f 	active military duty. re practice.		Ren Membo
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Fellowship Program Hospital Affiliation • Primary Specialty • Secondary Specialty			Prog	ram Completion Year Board Certified Board Certified	l:) Yes l:) Yes	O No O No
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Residency Program Fellowship Program Hospital Affiliation Primary Specialty Secondary Specialty Marital Status: O Single O Is your spouse a physician?: O Within the last five years, have y Within the last five years, have y If "yes," please provide full inf	○ Married ○ Divorced S ○ Yes ○ No If yes, ar you been convicted of a felor we you been the subject of an	Spouse's First Name: _ re they a member of M ny crime?: ① Yes ny disciplinary action by	SMS?: O Yes O No O No If "yes," pleas	ram Completion Year Board Certified Board Certified Spouse's Last Name: e provide full information: nospital staff?: Yes	1: O Yes 1: O Yes 1: O Yes	O No O No