

# THE BULLETIN

**JANUARY 2024 VOLUME 101, NUMBER 1**



Chronic Kidney Disease??—PUT DOWN THE SALT

Adding salt to food was associated with higher risk for Chronic Kidney Disease study shows.

LET'S TALK CARBS

PAY ATTENTION TO HIGH QUALITY CARBS

CMS TO UPDATE PRIOR AUTHORIZATION RULE

NEW  
GCMS



WEB DESIGN



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**EXECUTIVE ASSISTANT**

Melissa Keller

**January 2024 VOLUME 101, NUMBER 1**

# **THE BULLET IN**

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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Buy 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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**Legislative Meeting**

February 5th, 2024  
8:00 a.m.

**Practice Managers**

February 8th, 2024  
9:00 a.m.

**Board of Directors**

February 20th, 2024  
6:00 P.M.

**Medical Society Foundation Meeting**

February 12th, 2024  
2023  
6:00 p.m.

**Town Hall Meeting**

April 2024  
TBD

## *Announcement*

GCMS members now entitled  
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# Message from the President



As we celebrate Martin Luther King Day this month we are reminded of the role physicians played in the civil rights movement. They advocated for desegregation of hospitals and equal access to health care. Rev. Martin Luther King Jr. echoed their call, stating that “of all the forms of inequality, injustice in health is the most shocking and inhuman, because it often results in physical death.”

The role of a physician goes beyond healing and saving lives and extends to community leadership, particularly when it comes to public health. When the water crisis hit the city of Flint, it was a physician who raised the alarm and brought national attention to the crisis. Our professional obligation is not just to provide care but rather to also use our professional status to provide leadership in arena public health locally, nationally and globally.

As Professor Lockwood in the AMA Journal of Ethics writes, "It is the professional responsibility of physicians to use our medical knowledge, scientific expertise, and ethical training to work for better public health. We must have a particular sensitivity to the needs of those least able to speak for themselves, such as children and the economically and socially disadvantaged."

Anywhere in the world there is a humanitarian crisis, physicians are on the front lines providing care. In the same spirit, and in the spirit of Dr. King, we must stand for equal access to care for everyone and we must also stand against the systemic injustices which lead to unequal access to medical care.

# Message from the Executive Director

Happy New Year!



The Genesee County Medical Society would like to wish everyone a Happy New Year!

GCMS is an organization beginning its 183<sup>rd</sup> year of operating as the premier county Medical Society advocating for physicians.

As I reflect back on the 2023, GCMS had a very productive year. It began with a free membership meeting on physician burnout. Dr. Kevin Hopkins was the guest presenter from the Cleveland Clinic, and an expert in physician burnout. His presentation was very thought provoking, and described a real concern for physicians. Dr. Hopkins did an excellent presentation which was well received and had a large audience.

The second Town Hall hosted by GCMS was a new and unique experience. A relationship with the Flint Cultural Center was cultivated and established. The live Town Hall at the Sloan Museum of Discovery had over 100 registrants. The topic was Sports Medicine Injuries, with two local physicians presenting. Dr. Mohammad Jondy and Dr. Lafi Khalil gave very nice presentations with excellent visuals in their PowerPoints. Attendees received CME credit for this historic meeting. As an Additional bonus, all attendees were welcome to view the Real Bodies Exhibit at the Sloan Museum of Discovery at no additional charge.

The experience of hosting a meeting at the Sloan Museum was so positive, the President's Ball venue was moved to the Flint Cultural Center. The GCMS President's Ball had over 100 attendees. The venue was very beautiful (thanks to Dr. Christy and his wife Kantha for the elaborate handmade decorations). GCMS has quickly outgrown the size of the meeting area at the Sloan Museum. In 2024 the Sloan Museum of Discovery will provide the larger exhibit room for the GCMS President's Ball.

The Genesee County Medical Society for 2024 has some exciting things planned for membership. A 3-hour CME Opioid Meeting required for state re-licensure will be hosted virtual with a webinar. All GCMS members will be welcome to attend and receive the required CME at no charge. There will be a fee for all non-member attendees, the fee will be waived if the non-member joins GCMS.

## **Membership in the Genesee County Medical Society provides tremendous value and benefit.**

Membership of GCMS is a joint membership to Michigan State Medical Society (MSMS). MSMS is the voice and advocacy for all physicians in the state. Issues such as scope of practice, Medicare, Telehealth reimbursement, etc. are advocated by MSMS.

Please consider becoming a Genesee County Medical Society member and become part of this 183-year-old organization.

For questions or more information please contact:

David Hoff MA, CCP

[Executivedirector@gcms.org](mailto:Executivedirector@gcms.org)

# Professional Medical Corporation is a proud sponsor of the Genesee County Medical Society 2024 President's Ball!

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# From the AMA



- ◆ High-quality low-carbohydrate diet appears to lessen weight gain over four-year period.



[NBC News](#) (12/27, Carroll) reports, “An analysis of data from nearly 125,000 healthy adults revealed that replacing refined carbs – white bread, white rice or sugary cereals – with whole grain foods and cutting back on animal-based fats and proteins appeared to lessen the amount of weight people gained over a four-year period, according to” a study. Senior study author Dr. Qi Sun said, “When it comes to a low-carbohydrate diet, quality is paramount. ... The things people need to pay attention to are high quality carbs.”

## 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.

Licenses 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 relicensure 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 relicensure cycle.

#### Implicit Bias

A minimum of 3 hours every 3-year relicensure 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.

## 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.

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:

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- ◆ Integration of treatments.
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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.

#### Education on Pain and Symptom Management

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- ◆ Pain definitions.
- ◆ Basic sciences related to pain including pharmacology.
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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.

A red stamp with a distressed texture, featuring a circular border with stars and a central rectangular box containing the word "ATTENTION" in white, bold, uppercase letters.

**ATTENTION**

A bright yellow starburst graphic with multiple points, containing text in red.

**9:00 A.M.**

**Via Zoom**

**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*.

*Please email [executivedirector@gcms.org](mailto:executivedirector@gcms.org) to RSVP,*

***YOU WILL RECEIVE A ZOOM INVITE***

**NEXT MEETING DATE:**

**February 8, 2024— 9:00 A.M.**

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## WHAT CLINICIANS NEED TO KNOW

**L**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	
	Timeframe	Considered Granted	Timeframe	Considered Granted
<b>Beginning June 1, 2023</b>	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
<b>After May 1, 2024</b>	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
<b>Valid for</b>	A minimum of 60 days or the length of time that's clinically appropriate, whichever is longer			

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.

## 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 quality 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 Michigan  
American Autoimmune Related Diseases Association  
American Cancer Society  
Cancer Action Network  
American College of Cardiology, 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  
Hemophilia 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  
Macomb County Medical Society  
MI Academy of Family Physicians

MI Bioscience  
MI Chapter American Academy of Pediatrics  
MI Coalition for Affordable Prescriptions  
MI Council For Maternal & Child Health  
MI Dermatological Society  
MI Podiatric Medical Association  
MI Psychiatric Society  
MI Radiological Society  
MI Rheumatism Society  
MI Society of Anesthesiologists  
MI Society of Eye Physicians and Surgeons  
MI Society of Hematology & Oncology  
MI Society of Interventional Pain Physicians  
MI Society of Pathologists  
MI State Medical Society

Muskegon County Medical Society  
National Marrow Donor Program  
National Multiple Sclerosis Society, Michigan Chapter  
New Day Foundation for Families  
Oakland County Medical Society  
Saginaw County Medical Society  
Sickle Cell Disease Association of America - Michigan Chapter  
St. Clair County Medical Society  
Susan G. Komen  
UNIFIED - HIV Health and Beyond  
Washtenaw County Medical Society  
Wayne County Medical Society of Southeast Michigan

[www.healthcantwait.org](http://www.healthcantwait.org)

## CMS TO UPDATE PRIOR AUTHORIZATION RULE

The [Washington Post](#) (1/9, Sausser) reports that CMS “is weighing a proposed rule that could help millions” of Medicare Advantage patients by requiring “some insurers to automate their prior authorization processes, respond to expedited prior authorization requests within 72 hours and standard requests within seven calendar days, and provide more information when they issue denials.” However, the agency “closed the public comment period on the rule 10 months ago and has said nothing since then about when, or if, it will be finalized.” AMA President Jesse M. Ehrenfeld, MD, MPH, told KFF Health News on Monday that he hopes the proposed rule would “move the needle a little bit” – but cautioned that it may not be enough. “I think we’re going to have to have regulatory relief from Congress,” said Dr. Ehrenfeld.

From the **AMA** 

## CKD

[MedPage Today](#) (12/29, Monaco) reported, “Adding salt to food, even just sometimes, was significantly associated with a higher risk for chronic kidney disease (CKD), a large prospective cohort study showed.” Investigators found that among “U.K. Biobank participants, those who said they always added extra salt to their food had an 11% higher risk for developing CKD compared with those who never or only rarely added salt.” The data indicated that “who usually or sometimes added salt had a 7%...and 4%...higher CKD risk, respectively.” The [findings](#) were published in JAMA Network Open.





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## ***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 [executivedirector@gcms.org](mailto:executivedirector@gcms.org) 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.



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Our team of caring experts can help you and your family with enrollment into a variety of health care coverage programs that suit your needs, including:

**Genesee Health Plan,  
Healthy Michigan Plan (Medicaid) and  
HealthCare.gov Marketplace (Obamacare)**



Our Plan for *Better Health*

**Call Toll Free: 844-232-7740**

Visit [www.geneseehealthplan.org](http://www.geneseehealthplan.org)  
for more information.



Confidence comes with every card.®



**Dedicated to health equity and opportunity**

Whether we're working in part to improve maternity outcomes, refer members to community resources, or provide a Wellness & Opportunity Center in Detroit, we're committed to helping our members live their healthiest lives.

Learn more at [mibluccrosscomplete.com](http://mibluccrosscomplete.com).



Blue Cross Complete of Michigan LLC is an independent licensee of the Blue Cross and Blue Shield Association.



# ARIA

ART OF RADIOLOGY IMAGING ASSOCIATES

Radiology services provided at:

- Ascension Genesys Hospital (810) 606-6801
- Ascension Standish Hospital (989) 907-8222
- Ascension St. Mary’s Hospital (989) 907-8222
- Ascension St. Joseph Tawas Hospital (989) 907-8222

**Call us today to schedule an appointment!**



hurleymc.com

## SUMATHI MUKKAMALA CHILDREN'S CENTER HURLEY CHILDREN'S CENTER

With its bright murals and open layout, Hurley Children’s Center–Sumathi Mukkamala Children’s Center, is adjacent to the Flint Farmers’ Market and within walking distance of the bus station.

*The clinic’s unique approach to family-centered care includes:*

- Full Access to Pediatric Specialists
- Nutrition Counseling
- Behavioral Medicine
- Vaccinations
- Sports & School Physicals
- Well Child Visits
- Monitoring of Chronic Conditions
- Sick Call Appointments
- Follow-up Post-hospitalization
- Minor & Acute Care Needs
- Double-up Dollars at the Farmers’ Market for Fresh Produce

Call Hurley Children’s Center to find out how our vision of modern pediatric healthcare can help make your patients the picture of health.



# 810.262.9773



# FOR POSSIBILITIES THAT SEEMED UNREACHABLE.

A cancer diagnosis can cause people to look at the world differently. Karmanos Cancer Institute at McLaren Flint and the McLaren Proton Therapy Center help patients find a path forward. With medical, radiation, breast, gynecologic, head and neck, and surgical oncology specialists, patients can get the care they need close to home. The Karmanos Cancer Institute at McLaren Flint is part of Michigan's largest cancer care network. The Barbara Ann Karmanos Cancer Institute, headquartered in Detroit, is one of only 53 National Cancer Institute-designated comprehensive cancer centers in the nation.



**YOUR BEST CHANCE.**  
[KARMANOS.ORG/FLINTCANCER](https://www.karmanos.org/flintcancer)

*If you missed the opportunity to  
sponsor last years*

*PRESIDENT'S BALL.... Please  
consider sponsoring for next  
years!!Just click the link at the  
**bottom of the page!***

*Thank you!*



**To sponsor**

# 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 Ozburn**  
517-899-1457  
jozburn@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**  
517-336-5780  
bmarenich@msms.org

**REIMBURSEMENT ADVOCACY**  
**Stacie Saylor**  
517-336-5722  
ssaylor@msms.org

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**MSMS SUBSIDIARIES & AFFILIATES**  
MSMS Physicians Insurance Agency.. 877/742-2758  
Physician Review Organization..... 517/336-1400  
Prof. Credential Verification Service.. 517/336-1400

**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  
and Surgery..... 517/335-0918  
MI Department of Health and Human Services  
• Local..... 517/373-3740  
• Toll free..... 800/292-2550  
MI Health Prof. Recovery Corp..... 800/453-3784

**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!*



# COMMIT TO FIT!

## Virtual Fitness Guide

### Commit to Fit!



Visit [commit2fit.com](https://commit2fit.com) to track all of your physical activity and keep track of your fitness goal!

### University of Michigan - Flint



Click [HERE](#) for daily workouts!

### Crim Fitness Foundation



Visit [crim.org](https://crim.org) for a variety of yoga and mindfulness practices!

### Ascension Genesys Athletic Club



Click [HERE](#) for intense & moderate workout videos!

### YMCA - 360



Visit [ymca360.org](https://ymca360.org) for fitness classes of all ages!

### Arthritis Foundation



Click [HERE](#) for arthritis exercises!



# COMMIT TO FIT

## WINTER FREE HEALTH & WELLNESS PROGRAMS

Programs listed below 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.

### The Learning Kitchen

The Learning Kitchen is a free six-week, innovative, adult nutrition education program for Genesee County residents.

#### Classes Include:

- Weekly Recipe Tastings
- Weekly Nutrition Topics
- Giveaways
- Physical Activity Demonstrations & More!

#### Registration Link:

<https://www.surveymonkey.com/r/C2FPrograms>

### Fresh Conversations

Fresh Conversations is a free 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.

To register call 810-232-2228.

### Rec-Connect™

Rec-Connect™ is a 6-week physical fitness demo class offered by Commit to Fit. Get active through a variety of fun physical activity demonstrations. All sessions can be done seated or standing.

No experience necessary!

- Week One: Chair Bingo
- Week Two: Exercise Bands
- Week Three: Chair Yoga
- Week Four: Chair Circuit Training
- Week Five: UNO Movement
- Week Six: Beachball Exercises

To register call 810-232-2228.

### Upcoming Sessions:

**Date:** January 8th - February 12th (Mondays)

**Time:** 1:30-2:30pm

**Location:** Flushing Senior Center

**Date:** January 16th - February 20th (Tuesdays)

**Time:** 10:00-11:30am

**Location:** St. Mark Community Outreach Center

615 W. McClellan St. Flint, MI 48504

### Upcoming Sessions:

**Date:** January 10th - February 14th (Wednesdays)

**Time:** 1:30 - 2:30pm

**Location:** Swartz Creek Senior Center

**Date:** January 23rd - February 27th (Tuesdays)

**Time:** 2:00pm - 3:30pm

**Location:** Oak Street Health North

102 Pierson Rd, Flint, MI 48505

**Date:** February 27th - April 2nd (Tuesdays)

**Time:** 11:00am - 12:15pm

**Location:** Hasselbring Senior Center

### Upcoming Sessions:

**Date:** January 11th - February 15th (Thursdays)

**Time:** 10:00 - 11:00am

**Location:** Thetford Senior Center

**Date:** January 17th - February 21st (Wednesdays)

**Time:** 10:00 - 11:00am

**Location:** Eastside Senior Center

**Date:** February 21st - March 13th (Wednesdays)

**Time:** 1:30 - 2:30pm

**Location:** Krapohl Senior Center



# CMS UPDATE ON PRIOR AUTHORIZATIONS



The [Washington Post](#) (1/9, Sausser) reports that CMS “is weighing a proposed rule that could help millions” of Medicare Advantage patients by requiring “some insurers to automate their prior authorization processes, respond to expedited prior authorization requests within 72 hours and standard requests within seven calendar days, and provide more information when they issue denials.” However, the agency “closed the public comment period on the rule 10 months ago and has said nothing since then about when, or if, it will be finalized.” AMA President Jesse M. Ehrenfeld, MD, MPH, told KFF Health News on Monday that he hopes the proposed rule would “move the needle a little bit” – but cautioned that it may not be enough. “I think we’re going to have to have regulatory relief from Congress,” said Dr. Ehrenfeld.






**For Daily Genesee County Covid-19 Numbers**

[Coronavirus \(COVID-19\) Data Dashboard for Genesee County](#)



**For Reporting**



**EMPLOYERS + SCHOOL ADMINISTRATORS:**

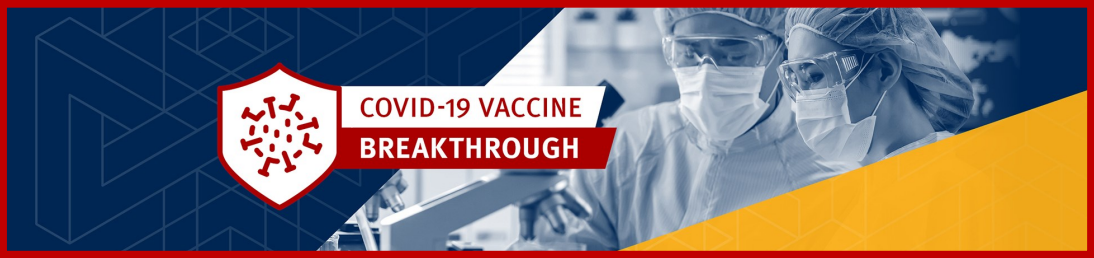
Do you need to report a laboratory-confirmed positive COVID-19 case?

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



**For State of Michigan Covid-19 Information**





[!\[\]\(1d3a1175dd4902218e694b9c098adb83\_img.jpg\) CLICK HERE](#)

**COVID-19 VACCINE  
PROVIDER GUIDANCE  
& EDUCATIONAL  
RESOURCES**

**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\*\*](#)

[!\[\]\(cbe80b694ebd74fcfe136a095b608235\_img.jpg\) CLICK HERE](#)

**COVID-19 VACCINE RESOURCES**

**IMMUNIZATIONS DURING COVID-19**

**CDC FAQs**

**PROVIDER GUIDANCE & EDUCATION**

NEW BENEFIT  
FOR  
MEMBERS!

*GCMS can help YOUR PRACTICE  
meet the ADA requirements  
and provide impeccable services to your patients  
at a DISCOUNTED price!*

GCMS is very pleased to announce a relationship with Luna Language Services. Luna offers a number of different virtual options to assist physician offices with language interpretation services. As an added benefit to your GCMS Membership, a discount is now offered to all GCMS members utilizing

**Luna Virtual Language Services.**

Please contact **David Hoff** Executive Director to register your office for discounted services.

*Genesee County Medical Society Members  
receive a discount for language services!*



**Interpreting Services**

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

**LUNA**  
Language Services

To become a GCMS member, or to receive details about this discounted service

Please contact :

[ExecutiveDirector@GCMS.org](mailto:ExecutiveDirector@GCMS.org)

# Hope and health

in the community



*Supporting recovery,  
prevention, health,  
and wellness of the  
body, the mind, and  
the community.*

#### Customer Services

Monday - Friday 8am-5pm

**(810) 257-3705**

Toll Free: 866-211-5455

TTY: (810) 257-1346

[www.genhs.org](http://www.genhs.org)

#### 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

#### 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



# 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](http://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.



**Don't Forget!**  
Donations are tax deductible!

**Please contact GCMS at 733-9923 or email [executivedirector@gcms.org](mailto:executivedirector@gcms.org)**



## Do you have an advertising NEED?

- Are you a Physician **and** you are a member of GCMS and you have a new practice in Michigan?
- Do you have a medical practice **and** 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/](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 **NO** additional fee.

[Click here](#)

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



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





**safe haven™**  
CONFIDENTIAL SUPPORT

# 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



Legal and financial consultations and resources, available 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



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



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



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](http://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™.



THANK YOU  
THANK YOU

**TO ALL OUR SPONSORS. .**

THANK YOU  
THANK YOU



WE HAVE A NEW WEB PAGE DESIGN!!



***THANK YOU DR. CHRISTY***

**[WWW.GCMS.ORG](http://WWW.GCMS.ORG)**

Application Code: \_\_\_\_\_

## State and County Medical Society MEMBERSHIP APPLICATION

Join MSMS and your County Medical Society online at [www.joinmsms.org](http://www.joinmsms.org)



- I am in my first year of practice post-residency.
- I am in my second year of practice post-residency.
- I am in my third year of practice post-residency.
- I have moved into Michigan; this is my first year practicing in the state.
- I work 20 hours or less per week.
- I am currently in active military duty.
- I am in full, active practice.
- I am a resident/fellow.

Male  Female

First (legal) Name: \_\_\_\_\_ Middle Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  MD  DO

Nickname or Preferred Form of Legal Name: \_\_\_\_\_ Maiden Name (if applicable) \_\_\_\_\_

Job Title: \_\_\_\_\_

W Phone \_\_\_\_\_ W Fax \_\_\_\_\_ H Phone \_\_\_\_\_ H Fax \_\_\_\_\_

Mobile: \_\_\_\_\_ Email Address \_\_\_\_\_

Office Address  Preferred Mail  Preferred Bill  Preferred Mail and Bill

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Address  Preferred Mail  Preferred Bill  Preferred Mail and Bill

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

\*Please base my county medical society membership on the county of my (if addresses are in different counties):  Office Address  Home Address

\*Birth Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Birth Country \_\_\_\_\_ MI Medical License #: \_\_\_\_\_ ME #: \_\_\_\_\_

Medical School \_\_\_\_\_ Graduation Year: \_\_\_\_\_ ECFMG # (if applicable) \_\_\_\_\_

Residency Program \_\_\_\_\_ Program Completion Year \_\_\_\_\_

Fellowship Program \_\_\_\_\_ Program Completion Year \_\_\_\_\_

Hospital Affiliation \_\_\_\_\_

• Primary Specialty \_\_\_\_\_ Board Certified:  Yes  No

• Secondary Specialty \_\_\_\_\_ Board Certified:  Yes  No

Marital Status:  Single  Married  Divorced Spouse's First Name: \_\_\_\_\_ Spouse's Last Name: \_\_\_\_\_

Is your spouse a physician?:  Yes  No If yes, are they a member of MSMS?:  Yes  No

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, 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 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: \_\_\_\_\_

County Medical Society Use Only  
Reviewed and Approved by: \_\_\_\_\_