

PLATEAU VALLEY CLINIC NEWS

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Specializing in Wellness, Medical Illnesses & Emergency Services

CLINIC SERVICES

Laboratory

Pharmacy

X-Ray & EKG

Emergent Care

- Fractures
- Lacerations
- Medical Emergencies

PROVIDERS

Physical Therapist

Massage Therapists

Chiropractor



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It's Been a Good Year...

Your Hospital District is back in the black. The District has actually retained profits this year - contrast that with losses of \$350,000 and \$250,000 from the previous two years!

Two years ago this community decided to try and keep the current medical clinic operating rather than scale back or shut down. The district residents voted almost 2-1 to return the mill levy to the original 8 mill level and remove the District from the confines of the TABOR statutes.

A big reason for the District's turn-about is a roughly 50% increase in tax revenue. Plus, since we are no longer subject

to TABOR and the total valley property value is increasing, the projected tax revenue for next year is estimated to increase another 20%.

The clinic income was budgeted to increase 3-5% last year. In fact, the gross income increased 6.5% and the net income increased 12%! This was due to an increase in total patients seen (4%), an increase in collections, and a decrease in expenses. Last year we added 23 NEW patients each month to the clinic. After hours, the doctors answered over 800 phone calls and saw 172 patients.

The physicians have written and received 4 grants for the District, to-

taling nearly \$400,000. Part of the proceeds have gone toward improvements here in Collbran and part is slated to purchase a new outreach clinic in the town of Mesa, with new furniture and equipment as part of the deal. Still more grant money is coming for exterior improvements on the Collbran building. Again, thanks to being immune from TABOR, we are able to receive these funds without risking future cuts in tax revenue.

The future looks bright. We are honored to serve you and look forward to growing with such a fine community.

Do You Use Child Car Seats Correctly? Think again.

In Colorado, 94% of all child restraint systems, including safety belts, need correction. The Mesa County Health Dept has begun offering monthly car seat safety checks at the Community Services Building (510 29 1/2 Rd) in GJ. Appointments are required, to reserve a spot

call 254-4112 and leave a message.

At fitting stations, nationally certified technicians evaluate all children in the vehicle and teach parents how to be sure their kids are traveling safely. The **three most common errors** are: 1)

Harness straps are too loose— only one finger should be able to fit between the harness strap and the child's collarbone, 2) The seat is too loose in the vehicle: when the seat belt is used correctly, the child's seat should only be able

(Continued on page 3)

DOCTORS' OFFICE SCHEDULE

Jan 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 SR	2 SR	3 SR	4 EW	5 EW	6 EW	7 EW
8 EW	9 EW	10 EW	11 SR	12 SR	13 SR	14 SR
15 SR	16 SR	17 SR	18 EW	19 EW	20 EW	21 EW
22 EW	23 EW	24 EW	25 SR	26 EW	27 EW	28 EW
29 EW	30 EW	31 EW				

Feb 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 EW	2 EW	3 EW	4 EW
5 EW	6 EW	7 EW	8 SR	9 SR	10 SR	11 SR
12 SR	13 SR	14 SR	15 EW	16 EW	17 EW	18 EW
19 EW	20 EW	21 EW	22 SR	23 SR	24 SR	25 SR
26 SR	27 SR	28 SR				

Mar 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 EW	2 EW	3 EW	4 SR
5 SR	6 SR	7 SR	8 SR	9 SR	10 SR	11 SR
12 SR	13 SR	14 SR	15 SR	16 SR	17 SR	18 SR
19 SR	20 SR	21 SR	22 EW	23 EW	24 EW	25 SR
26 SR	27 SR	28 SR	29 EW	30 EW	31 EW	

April 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 EW
2 EW	3 EW	4 EW	5 SR	6 SR	7 SR	8 SR
9 SR	10 SR	11 SR	12 EW	13 EW	14 EW	15 EW
16 EW	17 EW	18 EW	19 SR	20 SR	21 SR	22 SR
23 SR	24 SR	25 SR	26 EW	27 EW	28 EW	29 EW
30 EW						

Appointments: 487-3565 – After Hours Emergencies: 248-0222

Doctors available for emergencies 24 hrs/day, 7 days/wk. (Above schedule subject to change)

Business News: Mesa Clinic, Insurance, Appointment protocol

Mesa Clinic Update. Hurry up and wait - that seems to be the prevailing sentiment. We were ready to purchase a facility in May '05. We are still waiting on the Mesa County officials to bless the project and allow us to begin. The Hospital Board has been in constant contact with the county planners. The site plan looks great and we're excited to proceed. Need we say more...

Insurance Questions. Please bring your insurance card on the day of your appointment. Changes to insurance plans effect our ability to bill effectively. Obtaining up-to-

date information allows us to prevent any problems to our patients and saves us valuable time and cost in the billing and collections process.

Appointments. When patients need to see the doctor we prefer you call for a scheduled appointment, but of course illness is seldom predictable. We are happy to work around our regular schedule with these urgent visits and we appreciate your patience.

Since we function as an emergent-care facility we often have serious and unpredictable emergencies that can take several hours of our

physicians' time away from the regular schedule. Again, this can't be avoided and your patience is very helpful and greatly appreciated.

Please schedule even quick visits such as suture removals or blood draws. We do encourage just dropping by for a free BP check.

Remember that **insurance information** is your responsibility and must be kept updated. You also need to know what services your insurance will cover. We will kindly remind you for new card or insurance plan numbers!

Meet Our Team

Joy Campbell, receptionist, has been with us for 7 years. She and her husband, Wayne, have lived for the last 19 years on the small ranch that he grew up on. She enjoys working in her yard in the summers and reading and crocheting in her

spare time. Her daughter, Sheila, is living in AK with her husband while he is in the army. Joy & Wayne are looking forward to a visit soon.

Thanks to Joy for her many years of outstanding service. She is always ready to step in to help her co-workers and her reliability and enthusiasm for work are refreshing.

And thanks to the Campbells for overseeing our clinic aquariums!

Prescriptions filled in the clinic must be paid for at the time of service - please plan ahead.

MEDICATION REFILLS
Call your pharmacy at least 48 hours before you need a refill on your routine medications.

Car Seats (cont)

(continued from page 1)

to move 1 inch to the left or right, and 3) The clip that attaches both harness straps is too low: the strap should be at the armpit level on the child.

Some best practice tips that can be followed to ensure your child's safety: 1) Infants must ride in a rear-facing car seat until they are at least 1 year old AND 20 pounds, 2) Children 20-40 pounds and more than one year of age must ride in a forward facing car seat, 3) Children over 40 pounds, who are less

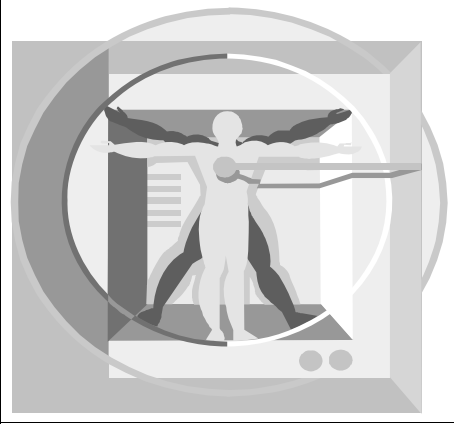
than six years old, must continue to ride in a booster seat (unless they are 55 inches tall).

All children should ride in the rear-seats - in general, back seats are SAFER. In cars with front airbags they should ride in back until they are 12 years old. Elderly and short adults should also ride in back. The driver should sit at least 10 inches from the steering wheel.

Fitting stations provide an excellent opportunity for participants to learn how to safely transport children using child restraint devices, including child safety seats and vehicle seat belts.

Mission Statement

The **Mission of the Plateau Valley Hospital District** is to provide family practice / 24-hour urgent care medical services and health related community resources to citizens of and visitors to Plateau Valley and those of surrounding communities through the provision of an adequately and equitably funded, community owned, medical facility operated by licensed physicians and qualified staff and paid for with public and private financial resources and fees.



Plateau Valley Hospital
District
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Collbran, CO 81624

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PLATEAU VALLEY CLINIC NEWS

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Written and produced by Drs. Rollins & Woodyard

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Regular Appointments

Monday-Friday 9 am - 5 pm 487-3565
(Tuesdays open for appt at 7 am)

After Hours Answering Service 248-0222
(24 hr/day, 7 days/week)

Medicare will not cover annual physicals.

Medicare will cover routine check-ups for chronic medical illnesses such as diabetes, hypertension or arthritis...

Insurances will not cover sports physicals or DOT (CDL) physicals.

Some insurances will cover annual well child physicals or annual physicals for adults under age 65. Check with yours...

We will perform sports physicals at *no extra cost* if your child is here for a annual well child check-up.

We will perform DOT physicals at *no extra cost* if you are here for an annual physical.