



ECOHGram

June 2010

The economy, high cost of medical care and the health reform bill passed by Congress in March 2010 have made us all aware that we all must get much better at maintaining good health. Obviously, the high cost of care becomes greatest when disease becomes more complicated. Therefore the aim is not to become severely ill. To attack this problem employers are ramping up their efforts to promote good health with programs at the work-site. Besides helping you stay healthy, it helps reduce their healthcare costs, which keeps them in business so they can continue to provide jobs and health insurance when you really need it.

The ECOH staff and employers are working together to develop programs.

Here are some key points:

1. Health risk appraisals of each individual so you can understand your risk of illness.
2. Lab screening tests to expand on the health risk assessment.
3. Health Coaching
4. Referral to a primary doctor
5. Smoking cessation programs
6. Good diets and weight reduction
7. Exercise programs



Another ECOH benefit is a pharmacy service that monitors drug use to be sure the medicines you take are safe and purposeful. If potential problems are discovered, your doctor is notified to review your medicine list and resolve any problems. This means safety and correct treatment for you plus, drug cost saving.

Working together we can enjoy better health at less cost.



Good health to all,
G.E. Boyd, MD
ECOH Medical Consultant

