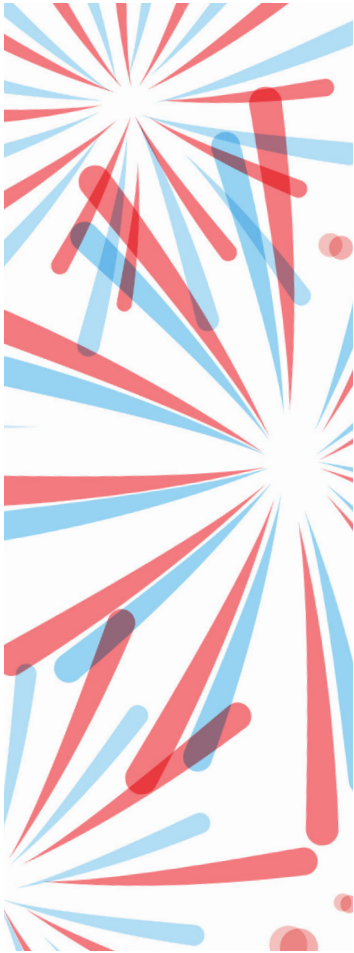


# Discovery

FROM MDWRITER

"A monthly newsletter to inform and entertain our clients and friends"

July 2015



## A Personal Note From Linda

Summer is officially in full swing, and here at MDWRITER's home office in Pennsylvania we are embracing the longer days, the warmer sun and as much time with friends and family as possible. Where ever you are, we hope you are able to enjoy the same.

As seasons change, I can't help but think of how businesses change, as well. The upcoming ICD-10 deadline is a great example of this, which is quickly approaching. In your own life, as well, I'm sure you have had your fair share of change through the years and possibly even are going through change now. As someone who has always embraced change and tackled it head first – no matter how hard, tiring or even exciting it may be – I'm a firm believer that change is necessary for all of us... in both business and life. One of my favorite quotes even speaks of change, having been said by John F. Kennedy:

***"Change is the law of life. And those who look only to the past or present are certain to miss the future."***

Looking ahead, there is certain change in your work environment due to the ICD-10 deadline that will take place this October 2015. But what won't change is the commitment and support you have from your friends here at Diskriter. I want you to confidently feel assured that despite the change taking place, we are as committed in supporting you as we have always been. You may get



busier, you may feel stressed or you may even be a bit confused about all that is going on – but no matter what, we are here for you. Whether it's about the ICD-10 changes, audits, transcription codes or anything else, I am just a phone call or email way. Please don't ever hesitate to get in touch.

And while we're speaking of change – I hope you will enjoy the latest issue of Discovery from MDWRITER, which you will notice has recently experience some changes, well. We have a new design for you to enjoy, but the trusted industry news, light laughs, informative reads and more are still the same. And as always, know that we value your feedback and questions – which we encourage you to share with us throughout the year. I can't tell you enough how much I enjoy each and every note or call I receive from our clients – and I look forward to hearing from you, as well.

Wishing you a beautiful summer with friends, family and all the things that you enjoy.

Till next time,  
Linda

### Inside This Issue

Almanac.....	2
Did You Know.....	2
Because They Said So.....	2
Everyday Living.....	3
Recipe In a Snap.....	4
Healthy Living 101.....	4
Industry News.....	5
Discover MDWRITER.....	5
Till Next Time.....	6
Beat the Heat.....	6

# ALMANAC

**July** is a month rich in history, with Independence Day being the most notable holiday on the July Calendar for Americans. But did you know there are many other countries which have their Independence Day during the month of July, as well? These include Belarus, Venezuela, Argentina, Belgium, the Bahamas, and the Maldives. The national days for France and Canada occur in July, also. In addition to Independence Day, Americans can enjoy celebrating National Ice Cream Month, National Blueberry Month, National Hot Dog Month, National Picnic Month and National Pickle Month during July.

**Birthstone:** Ruby

**Flower:** Lakespur or Water Lily

**Zodiac Signs:** Cancer and Leo

**Total Days:** 31

### Famous Birthdays:

- July 1 – Princess Diana, 1961 (d. 1997)
- July 2 – Larry David, 1947
- July 3 – Tom Cruise, 1962
- July 6 – Sylvester Stallone, 1946
- July 6 – George W. Bush, 1946
- July 7 – Ringo Starr, 1940
- July 9 – Tom Hanks, 1956
- July 10 – Sofia Vergara, 1972
- July 15 – Ariana Huffington, 1950
- July 18 – Nelson Mandela, 1918 (d. 2013)
- July 27 – Mick Jagger, 1943

## Did You Know ?

Life is full of surprises, and when it comes to random facts there are countless ones to enjoy. For that matter, there are countless ones to laugh at, ponder over or even dismiss. But the fact that there are so many random facts is what it's all about. Ready to learn something random today?

- **After John F. Kennedy's WWII PT boat was sunk, he wrote a message on a coconut asking for help. Later, Kennedy used that same coconut as a Presidential paperweight.**
- **The Harry Potter series were the most banned books of the 20th century in the United States.**
- **East and West Germany look different from space because of the type of street lamps used in each respective part of the country.**
- **Benjamin Franklin was not trusted to write the Declaration of Independence because it was feared he would put a joke in it.**
- **The US Currency is the official currency of Ecuador, El Salvador and Panama.**
- **The song "Crazy Little Things Called Love" was written by Freddie Mercury as a tribute to Elvis Presley. He supposedly wrote it in only ten minutes.**
- **One in 10,000 people have their internal organs reversed – or mirrored – from their normal positions.**
- **The City of New York will pay for a one way ticket for any homeless person if they have a proven, guaranteed place to go and stay – not returning to NYC.**
- **Crying can actually make you feel better – proven to reduce stress and even aiding in keeping bodies healthy.**

## Because They Said So

*"We become what we think about."* - Earl Nightingale

*"Laughter is a tranquilizer with no side effects."* - Arnold Glasow

*"Strive not to be a success, but rather to be of value."* - Albert Einstein

*"I attribute my success to this: I never gave or took any excuse."* - Florence Nightingale

*"The two most important days in your life are the day you are born and the day you find out why."* - Mark Twain

## Everyday Living



### Getting Organized... At Work & At Home

Staying organized isn't everyone's cup of tea. For some, it's a dreaded task that steals your time and drives you nuts. Fortunately, there are some (fairly) easy solutions to help even the most feared organizer get organized.

To help conquer your organizing challenges, consider the following tips to help you in your office space and at home.

#### AT THE OFFICE

"Spoon" your paper. Take a tip from your kitchen silverware drawer, where each utensil has its own compartment. Use boxes, trays and shelves to create dedicated homes for invoices, accounting papers, administration worksheets, tape, staplers and more. This works great for both a shared desk area or your own private work space.

Be a team player. Use bulletin boards to display department information, hospital news and any other relevant updates. Display notices so they are easy to read, leaving breathing space between them. What you want to avoid is tacking pages on top of each other. Use pockets – such as envelopes – to hold cards and fliers with more information that people can take to read later. The key is to keep the bulletin board clean and easy to navigate, so all employees can ben-

efit from the notices and various announcements being shared.

Keep the lavatory organized. Resist the urge to store boxes or anything else in your office bathroom. Instead, aim to keep the space pristine and stocked with soap, toilet paper and towels. Your goal should be to create a restroom that is clean and clutter-free... giving you a calming escape from your workspace. An above the top tip? Add pretty décor and a nice spray scent to make your work bathroom feel more like home.

#### AT HOME

Mind your piles. Whether it's the console by the front door or the top of your dresser, everyone has places where clutter piles up. Analyze your clutter and contain it appropriately. Small boxes and bowls will corral keys and other items; a magazine file or letter tray is great for neatly stashing papers, mails or anything else that piles up until you have time to address them.

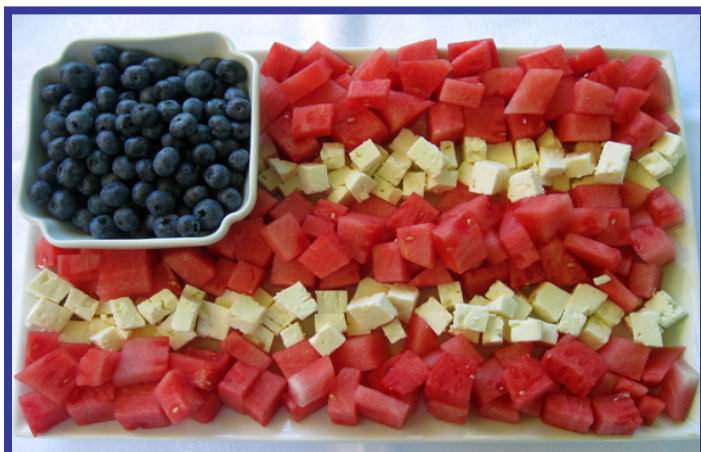
"Merchandise" your closets. Treat the insides of your closets like store. Make closets pretty and functional by getting matching hangers, grouping similar things together, and using attractive hooks and boxes to contain items. You'll be surprised at how much more you'll enjoy your space and feel organized.

Avoid making the garage a dumping ground. The garage is made to store your car, not your junk. But let's face it... that isn't always reality. The garage can be a rough environment, so make sure anything that's stored here is in containers that are waterproof, weatherproof, and critter-proof. This is the place for rugged sports equipment, not precious family photos.

Finally, while getting organized may seem like a tough mountain to climb, staying organized is actually a lot easier. Once you have some organized systems in place – both at work and at home – the good news is that it is actually easy to keep on top of it. Your goal should be to commit to once a week getting "organized" again instead of letting weeks and weeks pass before you aim to catch up. As a result? A more rewarding way to live everyday – with less clutter.. or even no clutter.. surrounding you.

You have to admit, that does sound nice... doesn't it?

## Recipe In a Snap



We know you're busy, but we also know you love to eat well and enjoy what you eat, also. Keeping this in mind, the below recipe is easy to make... without compromising on taste. So with no time to waste – who has time, after all – dig in and enjoy!

### Fruit & Cheese Flag

**What You Need:** Rectangular shaped platter & one square shaped bowl

**Prep Time:** Fifteen Minutes

**Ingredients:** Red fruit (watermelon, strawberries or cherries are all good options), white cheese and blueberries

**Directions:** Clean and prepare your fruit and cheese in bite size pieces, eliminating seeds or stems if necessary. Dice your cheese into bite size pieces, as well. Position your square bowl on the top left of your rectangular platter, placed horizontally. To the right of your bowl, create one row-like line of red fruit. Below it, add one row of your bite sized cheese. Repeat this so that there are three red rows, and two white rows. Add blueberries to the bowl already on the platter. Wa-la! You now have a beautiful, healthy appetizer, side dish or snack tray that is perfect for a party or just because.

## HEALTHY LIVING 101

### Exercise, Busy Schedules & You

The majority of adults don't like exercise... so if that's you, you aren't alone. The reality is, however, that exercise helps keep your heart, soul and overall body healthy.

To help make exercise part of your routine, consider the below three tips as ways to help improve your healthy living – no matter how busy you are.

**Tip #1** - Kill two birds with one stone. Exercise with a family member or friend who you would normally meet for dinner or happy hour. Instead of spending your time with this person in a restaurant or bar, use this time to be active together. Not only will the conversation take your mind off the workout, time will fly by!

**Tip #2** – Plan when you will work out. On Sunday night sit down and take a look at your calendar for the week. Pick the best times to fit in a 30 minute or up to one hour of exercise. Block off this chunk of time by scheduling it into your Google calendar or planner, like you would the hours you go to work. Hold yourself accountable for missed workouts – just like you do when you don't complete your work. Health – like business – isn't be accomplished when ignored.

**Tip #3** – Have a plan for your workout. You wouldn't plan a party without figuring out what to serve, who to invite or how you will spend the time... would you? Just like party-planning, workouts take some upfront decision making. Will you be going to the gym? Walking with a friend? Attending a spin class? Prepping your workouts in advance allows you to properly plan for your day – including packing a change of clothes to bring to work if necessary. Don't forget a water bottle and workout shoes, as well.

Want another DISKovery inspired tip? Do workouts you enjoy. You are busy enough. Do you want to spend your one hour or so a day doing something you hate? No way! Stick to exercises you enjoy doing and that fit with your health goals. For example, if you hate running, don't plan on doing 30 minutes on the treadmill. Do activities you enjoy and try new things. You may be surprised that you actually like working out... or at the very least, be thrilled with the many positive effects exercise brings to your life. From combating stress to helping weight loss to alleviating achy body pains, exercise is bound to bring positive change to your life.

## Discover INDUSTRY NEWS & MORE



**iHealthBeat.org reported recently that data shows that less than half of physicians working at solo practices report having an electronic health record system.** Compiled by medical software vendor Kareo, this data shows that 53% of practices with two providers have an EHR system, while 60% of practices with three to five providers report having an EHR system.

**With the ICD-10 implementation deadline only three months away, there's no time to spare for healthcare providers to continue their preparations for the coming ICD-10 transition.** The Centers for Medicare & Medicaid Services (CMS) includes a variety of tools and resources for providers to utilize when getting ready for the ICD-10 implementation deadline, including videos and expert insight. This deadline – which is October 1, 2015 – will improve the more outdated ICD-9 codes being utilized across healthcare facilities today... plus offer a lot more. For a comprehensive overview of what to expect and what you may need to do, DISKover more at [www.road-to10.org](http://www.road-to10.org).

**According to NJ.com, eighty-two percent of cities or geographic regions in the United States have seen their hospital prices rise between 2011 and 2013.** This is based on data compiled by the website and healthcare price transparency service BetterDoctor.com. As stated on BetterDoctor.com, "people generally use the healthcare facilities around where they live, so living in a city where hospital costs are under control is extremely important." Additionally, the list identified areas in Ohio and Massachusetts had the five biggest hospital price increases. Canton, Ohio led the list with an increase of more than 39 percent. That was far higher than in Springfield, Massachusetts, where prices rose 18.4 percent. Interestingly, however, there were 32 cities or geographic areas on the list where prices actually decreased during the two-

year time period. Casper, Wyoming led the pack, with a price decrease of 8.3 percent. Morristown, New Jersey was second with a drop of 4.4 percent. It was one of two cities in New Jersey that saw decreases, although a significant proportion of the group was in Southern states.

**Did you know that AHIMA is always welcoming new members?** By joining this industry association, you can gain immediate connections with more than 101,000 health information professionals. Plus, you will receive guidance, resources and expertise that can help you develop and grow your career. Learn more at [www.ahima.org/membership](http://www.ahima.org/membership).

**According to a recent American Medical Association (AMA) press release, the organization is looking to ensure all medical students are properly trained and ready to join the constantly evolving healthcare sector upon graduating.** The AMA has adopted a policy that encourages medical students to obtain much-needed experience utilizing certified EHR systems – something we're confident hospital administration and professionals can appreciate. Some typical hands-on experience that medical students would benefit from include entering patient encounter data and clinical orders into relevant EHR systems. To help make this happen, the AMA has implemented the Accelerating Change in Medical Education initiative, which is designed to make medical students gain EHR training as part of new undergraduate medical education models. The innovative policy also asks to define specific "characteristics of an ideal software system" to be used at medical schools.

## Discover MDWRITER

Did you know that MDWRITER has been in business since 1947? Besides MDWRITER first making its mark among healthcare providers of all types and sizes, there were quite a few other interesting things taking place in 1947. The average cost of a new house, for example, was only \$6,600 while the average wages per year were \$2,850. A gallon of gas was 15 cents while a loaf of bread was 13 cents. A lot has changed since then, but the need for timely healthcare information hasn't. This is critical to patient care and your facility's success - which means it's critical for us, as well, to support you as best as we can. We want to do just that... now and always... so be sure to get in touch should you need anything at all!

800.242.1622

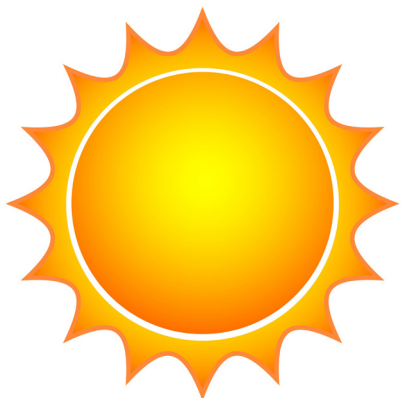


## Till Next Time

There's a lot that can happen in one month! Here are a few fun things to try between now and the next time we say "hello" via Discover from MDWRITER:



Fly a kite! But did you know that on average, 12 people are killed each year throughout the world due to kite flying? Have fun... but please don't be one of them!



*Enjoy your summer as safely as possible!*

## BEAT THE HEAT

It's the heart of the summer, which means the sun is roaring its rays throughout (nearly) every day. While this extra warmth is good for our souls, it isn't always safe for our bodies. You can wind up with heat stress, heat stroke or other heat related problems if you aren't careful. Rather than avoid being outside, however, consider these 3 ways to stay as cool as possible despite the summer's heat.

**1. Hydrate, hydrate, hydrate.** Drink plenty of fluids (preferably water) before, during and after physical activity – as well as all day long. Eight glasses a day should always be your goal, but when in the heat you should drink even more than this to help your body combat the summer sun.

**2. Exercise smarter, not harder.** If working out in the sun is on your summer to-do-list, aim to do so when the sun's radiation is minimal. This is in the early morning or early in the evening, and definitely not during the mid-day hours. Decrease exercise intensity and duration at high temperatures or relative humidity. And don't hesitate to take your exercise inside. Even walking your local mall a few times around can be a nice change if the sun is just too hot for an outdoor stroll.

**3. Dress the part.** While dressing appropriate is always necessary, you can still alter your attire to wear more minimal clothing or lighter weight clothing that allows for your body to cool by evaporation. It's not sweating that cools the body; rather, the evaporation of sweat into the atmosphere. With this in mind, wear lightweight, light-colored clothing in breathable fabrics such as cotton.

You know your body better than anyone. Listen to the signs your body gives you and make sure you react to them to help your body manage the summer heat. Finally... enjoy! The sun may be hot, but it's bright and beautiful, as well.