Centering Pregnancy
A New Option in Prenatal Care

Imagine a new kind of prenatal appointment: 90 minutes of time dedicated to your pregnancy and baby’s development, an instant support network of women at the same stage of pregnancy as you are, and confidence-building education on caring for yourself and your baby.

Imagine Centering Pregnancy: prenatal care in small group settings.

In place of traditionally scheduled OB appointments, expectant moms at Mayo Clinic Health System can join the Centering Pregnancy Program. Led by a certified nurse midwife and registered nurse, groups of 8-12 women with similar due dates meet regularly throughout their pregnancy. Participants get one-on-one time with the nurse midwife to check their baby’s growth and address any personal concerns. Then the group comes together to share experiences and discuss topics such as prenatal nutrition, breastfeeding, labor and delivery.

Interested in Centering Pregnancy? The Benefits Include:

» A support network: Get reassurance and validation that your experience is shared by other women, and gain confidence that what you’re going through is normal.

» Extended provider contact. You’ll still get one-on-one time with a Certified Nurse Midwife to get measured and hear your baby’s heartbeat in a semi-private setting. Centering Pregnancy sessions give you 90 minutes of combined private and group time with the provider – extended time to ask questions, learn about your baby’s development and practice self-care skills.

» Amplified knowledge. Centering Pregnancy empowers you to become more active in your own care, giving you with information and tools to make healthy choices for you and your baby.

» Simplified scheduling. You don’t have to worry about setting up an appointment each month. All your appointments are scheduled at the beginning of your pregnancy. Sessions will always start and end on time with no waiting, making it easier for you to plan other activities and coordinate child care.

Join the Centering Pregnancy Program:

The Centering Pregnancy Program is open to all patients whether you see a midwife for your care or not.

Women with due dates from January 31 – March 17, 2012 are invited to join the first Centering Pregnancy group that will begin meeting in September.

Meetings will be held on weekday evenings at Mayo Clinic Health System in Onalaska.

LEARN MORE: If you have questions or would like to register for Centering Pregnancy, please call the Obstetrics Department at Franciscan Healthcare at 608-392-9866.
Concussion Baseline Testing
Protecting Our Children’s Heads

It’s fall sports time and that means our children are taking to the sports fields. It also means that an estimated 1 in 10 of those kids will suffer a concussion this season. Concussion is a traumatic brain injury that alters the way your brain functions. Unfortunately, it’s often difficult to diagnose and treat. Common symptoms include headache, dizziness and trouble concentrating.

While the effects of a concussion are usually temporary, every concussion injures your brain to some extent. Even after one concussion, some victims sustain varying degrees of long-term health problems. Even worse, people who sustain subsequent concussions may acquire lasting, and even progressive impairment that limits functional ability. That’s why it’s so important to properly diagnose a concussion and ensure the injury has time to heal properly.

New technologies can evaluate and document pre-season brain functioning, as a baseline prior to a concussion occurring. Many high schools are now offering ImPACT testing, a computerized program that evaluates and documents multiple aspects of neurocognitive functioning including: verbal and visual memory, attention span, brain processing speed, reaction time and post-concussive symptoms.

ImPACT Baseline Testing
Student athletes complete the test, which takes approximately 30-40 minutes, before a concussion occurs. Results are saved in the WI Sports Concussion Collaborative database so results can be obtained by any provider caring for the athlete. The test is good for two years.

Check if your school is offering the test. The cost – usually $20 to $25 – is not covered by most insurances. If your school does not offer the testing, ImPACT testing is available at a number of Mayo Clinic Health System locations. To schedule an appointment for ImPACT baseline testing call La Crosse Pediatrics Department at 608-392-9881.

Why Get a Baseline?
If a concussion is suspected during the season, a follow-up test is administered to see if the results have changed from the baseline. This comparison helps to diagnose and manage the concussion. ImPACT can help answer difficult questions about an athlete’s readiness to return to play, protecting them from the serious consequences of returning too soon.

Working Together to Raise the Bar in Healthcare
The Power of Mayo Clinic Health System

As Franciscan Skemp Healthcare begins a new era as Mayo Clinic Health System, what does that mean for you? It means thousands of medical experts are working together and sharing knowledge for a single purpose: you.

AskMayoExpert. Our providers have streamlined online access to Mayo Clinic specialists, sharing advice on hundreds of medical conditions, plus access to the latest clinical research findings.

Mayo Clinic Ranked 3rd in Nation
U.S. News & World Report has named Mayo Clinic 3rd overall on its “America’s Best Hospitals” list. This is the 22nd year U.S. News has conducted these rankings, and Mayo Clinic has been in the top 3 every year.

eConsults. This program allows providers to e-mail questions regarding specific patient issues to a Mayo Clinic specialist. The specialists review the situation and pertinent patient data, and respond with recommendations for care. This highly specialized referral line saves time and ensures efficiency if you or your family member is referred for additional care.

While much of this happens behind the scenes, rest assured that it means all system entities are joining strengths within the Mayo Clinic Health System into one cohesive entity that is dedicated to providing quality health care close to home.

Important: Currently, Mayo Clinic Rochester remains an out-of-network provider for Health Tradition members. Before you see an out-of-network provider, get prior authorization from Health Tradition. If you don’t, the services may not be covered. Health Tradition will notify you in writing if your referral is approved or denied. Please wait to hear if your referral request has been approved by the health plan before seeking services.
Before You Hit the Woods
What Hunters Need to Know

It’s that time of year again! It’s hunting season. Are you physically up to the challenge? It may be harder work than you’re used to: the vigorous walking through rugged terrain, dragging a deer, and climbing a tree stand. Before you take to the outdoors in search of your prey, learn the warning signs of heart disease – a leading cause of death for both men and women.

Learn the heart attack symptoms.
Some heart attacks have the classic symptoms you see on television – where people clutch their chests and writhe in excruciating pain. However, most heart attacks begin with much more subtle symptoms – with only mild pain or discomfort. Sometimes, the symptoms come and go. Don’t downplay your symptoms or brush them off as indigestion or anxiety. Take any warning signs seriously – and get emergency help immediately.

Common heart attack warning signs
» Chest discomfort – a tight ache, pressure, fullness or squeezing in the center of your chest lasting more than a few minutes. These feelings may come and go.
» Upper body pain – extending to your shoulders, arms, back, neck, teeth or jaw.
» Stomach pain
» Shortness of breath – you may pant for breath or struggle to take in deep breaths. This often occurs before you develop chest discomfort.
» Anxiety – feeling a sense of doom or feeling as if you’re having a panic attack for no apparent reason.
» Lightheadedness – feeling dizzy or like you might pass out.
» Sweating – suddenly break out into a sweat with cold, clammy skin.
» Nausea and vomiting

If you suspect you’re having a heart attack, call for emergency medical help immediately. Don’t waste time trying to diagnose your own symptoms. Of the people who die of heart attacks, about half die within the first hour after the signs and symptoms begin.

Don’t “tough out” the symptoms of a heart attack, such as pressure or pain in your chest, for more than five minutes. If you are having a heart attack, rapid treatment can dramatically reduce the amount of damage to your heart muscle and prevent long-term complications.

Every minute is crucial. Clot dissolving drugs and procedures – such as coronary angiogram and coronary balloon angioplasty – have to be given early during a heart attack to best limit the extent of heart damage.

College Students: Here’s Your Health Checklist

» Set up an online account. Simply go to HealthTradition.com and click on MMSIservices.com under the Quick Links pull-down menu. Click on the “register now” button. Our website can help you with lost/stolen membership cards, coverage in an emergency, eligibility or claim forms, pharmacy / prescription information, nearest participating providers and much more!

» Take a nurse along. What if you have a health question while away at college? Call a nurse. Ask Mayo Clinic is a toll-free nurse line for Health Tradition members, available 24 hours a day. The phone number is on the back of your membership card.

» Know your coverage. Only urgent or emergency care services are covered by Health Tradition when the services are received outside the Health Tradition network of providers (unless you have a POS plan that covers out-of-network care). You must contact Health Tradition for authorization soon after receiving urgent care services, even if the services were received in a clinic setting. Health Tradition must be notified within 48 hours or the next business day. If not, the services may not be covered.
State of Wisconsin Employees Only: Effective January 1, 2011, all of the Mayo Clinic Health System - Northland, Eau Claire, Oakridge, Chippewa Valley and Red Cedar providers and facilities are no longer included in the Health Tradition Health Plan network for the State of WI employees and dependents.

You may not be aware that our health plan (then named Greater La Crosse Health Plan) was the first local health plan for employers in the region, along with many other firsts. A lot has changed over the past 25 years. We’ve grown tremendously in that time and accomplished many impressive endeavors.

But what hasn’t changed is our commitment to keeping you well. Health and Wellness is at the core of Health Tradition’s mission and philosophy. Health Tradition incorporates wellness tools, programs and exclusive services in our benefit designs. We appreciate you, our members, and look forward to serving you for many years to come!

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Health Tradition Health Plan
A Mayo Clinic Health System Choice in Wisconsin

Steven M. Kunes, Executive Director
Alan Krumholz, MD, Medical Director
Martha Binn, MD, Associate Medical Director
Tiffany Gulinson, DO, Associate Medical Director
Michael Eckstein, Director of Sales & Marketing

The purpose of Healthmate is to inform and communicate with health plan members. Please submit suggestions or ideas to: 1808 East Main Street | Onalaska, WI 54650

New Providers

CAMERON
Mayo Clinic Health System – Northland in Cameron
» Marilyn Adlin, MD, Family Medicine

CHIPPEWA FALLS
Mayo Clinic Health System – Chippewa Valley
» Kikelomo Babata, MD, Pediatrics

EAU CLAIRE
Mayo Clinic Health System – Luther Campus
» Eusebio Ferrer, MD, Internal Medicine
» Stefan Collinet-Alder, MD, Infectious Diseases
» Patricia McCafferty, MD, Behavioral Health
» Blenda Yun, MD, Women’s Health
» Moses Jones, MD, Neurosurgery
» Daniel Lynch, LPC, Behavioral Health
» Carrie Gilman, CNM, Women’s Health

MENOMONIE
Mayo Clinic Health System – Red Cedar
» Edward Wojciechowski, DO, Family Medicine

WINONA, MN
Winona Health Services
» Steve Sullivan, RN, CNP, Family Medicine
» Brian Kosiak, MD, Internal Medicine

Family and Children’s Center
» Kathryn Hollenhorst, LP, Behavioral Health

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DECORAH, IA
Winnesheik Medical Center
» Jo Nord, MD, Family Medicine

Providers Leaving our Network

LA CROSSE & FOUNTAIN CITY
Bronston Chiropractic Clinic
» Jacob Peterson, DC, Chiropractic

WINONA, MN
Winona Health Services
» Edgar Hicks, MD, Family Medicine
» Various providers from the area

WESTBY
Erlandson Chiropractic Clinic
» Martin Erlandson, DC, Chiropractic

For a current list of provider updates, visit: www.healthtradition.com