



The Beacon

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Med-Cert Medical Management Resources

"Guiding your way to better health management"

Address Update

Effective immediately, Med-Cert has changed the suite number for our address. Our complete address is: 13902 North Dale Mabry Hwy, Suite **121**, Tampa, FL 33618. All phone and fax numbers will stay the same. Please update your records accordingly.

Kidney Stones

Kidney stones are made of salts and minerals in the urine that stick together to form small "pebbles." They can be as small as grains of sand or as large as golf balls. They may stay in your kidneys or travel out of your body through the urinary tract. The urinary tract is the system that makes urine and carries it out of your body which is made up of the kidneys, the tubes that connect the kidneys to the bladder (the ureters), the bladder, and the tube that leads from the bladder out of the body (the urethra).

When a stone travels through a ureter, it may cause no pain. Or it may cause great pain and other symptoms.

What causes kidney stones?

Kidney stones form when a change occurs in the normal balance of water, salts, minerals, and other things found in urine. The most common cause of kidney stones is not drinking enough water. You

should drink enough water so that your urine is light yellow or clear like water (about 8 to 10 glasses a day). Some people are more likely to get kidney stones because of a medical condition, such as gout.

Kidney stones may also be an inherited disease.

What are the symptoms?

Kidney stones often cause no pain while they are in the kidneys, but they can cause sudden, severe pain as they travel from the kidneys to the bladder.

Call a doctor right away if you think you have kidney stones. Watch for severe pain in your side, belly, or groin or for urine that looks pink or red. You may also feel sick to your stomach (nausea) and may vomit.

How are kidney stones diagnosed?

You may first find out that you have kidney stones when you see your doctor or go to an emergency room with pain in your belly or side. Your doctor will ask you questions about your pain and lifestyle. He or she will examine you and may do imaging tests such as a CT scan or an ultrasound.

You may need more tests if you have more than one stone or have a family history of stones. To find out the cause of your kidney stones, your doctor may order a blood test and ask you to collect your urine for 24 hours. This can help your doctor find out if you are likely to have more stones in the future.

Kidney stones may not cause any pain. If this is the case, you may learn you have them when your doctor finds them during a test for another disease.

How are they treated?

For most stones, your doctor will suggest that you take care of yourself at home. You may need to take pain medicine. You'll need to drink enough water and other fluids so you don't get dehydrated. Your doctor may give you a medicine to help the stone pass.

If a stone is too large to pass on its own, or if it gets stuck in the urinary tract, you may need more treatment.

The most common treatment is extracorporeal shock wave lithotripsy (ESWL). ESWL uses shock waves to break a kidney stone into small pieces. The bits can pass out of your body in your urine. Other times, a doctor will need to remove the stone or place a small flexible plastic tube (called a stent) in the ureter to keep it open while stones pass.

How can you prevent kidney stones?

After you have had kidney stones, you are more likely to have them again. You can help prevent them by drinking plenty of water, enough so that your urine is light yellow or clear like water, about 8 to 10 glasses of water a day. You may have to eat less of certain foods. Your doctor may also give you medicine that helps prevent stones from forming.

Med-Cert provides:

Utilization Management, Maternity Management, Large Case and Wellness Disease Management, Transplant Coordination and Stop Loss Assessments
For information on any of our services, please call 866-261-5657 (toll free). We are on the Internet. Visit us at:
www.medcertinc.com

Sunscreen Tips



You have finally picked a sunscreen product but do you know how to apply it properly? Here are some tips to help you:

Use enough. Use about a full ounce of sunscreen to fully cover all exposed areas of skin for adults. That's enough to fully cover the palm of your cupped hand.

Use it early. Sunscreen takes about 15 minutes to absorb into the skin, so put it on before you head outdoors.

Use it often. Even if your sunscreen has a high SPF, it should be reapplied every 2 hours.

Don't use expired products. Sunscreen loses its effectiveness when it starts to separate, which happens 2 to 3 years after it was made. Throw away expired products or products that look gritty or have changed appearance.

Never rely on sunscreen alone. Experts advise covering up with sun protective clothing, including a hat with wide brim and sunglasses. Try to avoid the sun altogether during midday.

July is Juvenile Arthritis Awareness Month

Approximately 294,000 children under the age of 18 are affected by Juvenile Arthritis. For more information contact
1-800-328-847620 or go to:
<http://www.arthritis.org/juvenile-arthritis.php>

DON'T FORGET TO PRECERTIFY

Med-Cert's Toll-free Precert Telephone Number is (800)-356-7126 and should be reflected on your health insurance ID cards.

It is ultimately the responsibility of the employee/participant/member to make sure precertification has been done. Many plans will reduce your benefit amount if you fail to precertify.

Group Health Plans vary from one employer to the next so it is important for you to know what your health plan requires. Call the customer service representative for your health plan if you have questions.

Below is a list of some of the common Standard Precertification Notification Requirements.

- *Inpatient Hospital Stays*
- *Inpatient Treatment for Mental and Emotional Conditions or Substance Abuse*
- *Inpatient Rehabilitation Therapy*
- *Skilled Nursing Care*
- *Outpatient Stays over 12 hours*
- *Outpatient Surgeries*
- *Physical Therapy after first 6 visits*
- *Speech Therapy after first 6 visits*
- *Home Health Care*
- *Hospice Care*
- *Maternity – on confirmation of pregnancy (or at least 2 months prior to delivery) and again on admission for delivery*
- *Outpatient Procedures – refer to your Employee Benefit Plan booklet as some plans require precertification for outpatient procedures*

Did you know??

The total weight of skin in an average human adult is 61 pounds...

Recipe Corner

Spinach and Tortellini Soup



Ingredients

- 4 cups stock
- 1 cup water
- 9 ounce package of cheese tortellini
- 6 ounce package of baby spinach
- Parmesan cheese
- Season with salt and pepper

Directions

Bring 4 cups stock and 1 cup water to a boil in a large saucepan. Reduce heat, add a 9 ounce package of tortellini, and simmer until pasta is tender, about 6 minutes. Stir in a 6 ounce package of baby spinach and cook until just wilted. Season with salt and pepper to taste. Ladle soup into 4 bowls and shave or grate Parmesan over top.



This newsletter is brought to you courtesy of Med-Cert, Inc. Our sources for this edition are Web MD and Prevention magazine.