



The Beacon

The Newsletter of
Med-Cert, Inc.
Volume 1
Issue 58
May/June
2017

Med-Cert Medical Management Resources

“Guiding your way to better health management”

Arthritis

There are over 100 types of arthritis, including osteoarthritis, rheumatoid arthritis, and gout. The word "arthritis" means "joint inflammation." Inflammation is one of the body's natural reactions to disease or injury, and includes swelling, pain, and stiffness. Inflammation that lasts for a very long time or recurs, as in arthritis, can lead to tissue damage.

A joint is where two or more bones come together, such as the hip or knee. With arthritis, an area in or around a joint becomes inflamed, causing pain, stiffness and, sometimes, difficulty moving.

Osteoarthritis This is the most common type of arthritis. It occurs when the cartilage covering the end of the bones gradually wears away. Without the protection of the cartilage, the bones begin to rub against each other and the resulting friction leads to pain and swelling. Osteoarthritis can occur in any joint, but most often affects the hands and weight-bearing joints such as the knee, hip and facet joints (in the spine).

Rheumatoid arthritis Rheumatoid arthritis is a long-lasting disease that

can affect joints in any part of the body but most commonly the hands, wrists, and knees. With rheumatoid arthritis, the immune system -- the body's defense system against disease -- mistakenly attacks itself and causes the joint lining to swell. The inflammation then spreads to the surrounding tissues, and can eventually damage cartilage and bone.

Gout Gout is a painful condition that occurs when the body cannot eliminate a natural substance called uric acid. The excess uric acid forms needle-like crystals in the joints that cause swelling and severe pain. Gout most often affects the big toe, knee and wrist joints.

What are the symptoms?

Different types of arthritis have different symptoms and the symptoms vary in severity from person to person. Osteoarthritis does not generally cause any symptoms outside the joint. Symptoms of other types of arthritis may include fatigue, fever, a rash and the signs of joint inflammation, including:

- Pain
- Swelling
- Stiffness
- Tenderness
- Redness
- Warmth

What causes Arthritis?

There are many different types of arthritis and the cause of most types is not known. It's likely that there are many different causes. Researchers are examining the role of genetics (heredity) and lifestyle behaviors in the development of arthritis.

How Is Arthritis Diagnosed?

Osteoarthritis is typically diagnosed with a complete medical history, including a description of your symptoms, and physical examination. Imaging techniques—such as X-rays or magnetic resonance imaging (MRI)—are sometimes used to show the condition of the joints. If other types of arthritis are suspected, laboratory tests on blood, urine and/or joint fluid may be helpful in determining the type of arthritis. These tests also can help rule out other diseases as the cause of your symptoms.

How is it treated?

The goal of treatment is to provide pain relief and increase joint mobility and strength. Treatment options include medication, exercise, heat/cold compresses, use of joint protection and surgery. Your treatment plan may involve more than one of these options.

June is Cataract Awareness Month

Cataract affects over 24.4 million Americans age 40 and older, or about one in every six people in this age range. By age 80, more than half of all Americans have cataract. Cataract is slightly more common in women than in men.

For more information call: 800-331-2020 or visit:

www.preventblindness.org

Drink Your Milk.....



Calcium is good for your bones AND your blood pressure? Just 3-4 low-fat milk servings a day can lower your chances of getting high blood pressure and lower blood pressure that is already high.

Did you know??

Nails and corneas are the only two tissues in the body that do not receive oxygen from blood....

Med-Cert News

Our office will be closed on Monday, May 29th for the Memorial Day holiday and on Tuesday, July 4th for the Independence Day holiday.

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*

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

Recipe Corner



Spinach and Garlic Penna Pasta

Ingredients

- 1 (16-ounce) package uncooked penne pasta
- 1 pound fresh spinach, washed, dried, stemmed, and shredded
- 8 slices bacon, diced
- 1 tablespoon minced garlic
- 2 tablespoons butter
- 1/3 cup extra-virgin olive oil
- Freshly grated parmesan cheese

Directions

1. Cook pasta according to package directions; drain and return to pan to keep warm.
2. In a large frying pan over medium-high heat, fry bacon until crisp; remove bacon to a plate with paper towels to drain. Remove and discard all but 2 tablespoons of bacon fat.
3. Reheat frying pan; add butter and olive oil and heat. Stir in garlic until aromatic. Add spinach, stirring until spinach is cooked. Add pasta and stir until blended.
4. Remove from heat and transfer onto individual serving plates. Scatter bacon over top and sprinkle with parmesan cheese.

Makes 4 servings.



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