



In this Issue

- Closing Gaps in Care
- Promoting Interoperability
- Preferred Provider Highlight – Wellish Vision Institute
- National Doctors Day
- From the NIH
- Laughter is the Best Medicine

Upcoming Practice Meetings:

Southern Nevada: Wednesday,
May 1st at Summerlin Hospital

Northern Nevada: Thursday,
May 2nd at NNMC Sparks
Medical Building

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www.silverstateaco.com

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Closing Gaps in Care - Deadline Closing In

Silver State ACO (SSACO) Quality Coordinators continue to review charts, research missing records and examine new data presented to them. The deadline to file CMS quality reporting for 2018 will close soon. Keep in mind that every gap filled helps improve our quality score. Help us be successful and achieve our goals by responding to your quality coordinators. You, at the practice, know your patients, your charts, and your habits, including “hiding places” for data within your EMR or office. Please help us improve SSACO quality scores which will, in turn, benefit your practice, as well.

Promoting Interoperability – More Important than Ever!

We’ve said it before, we’ll say it again because it is so important! Promoting Interoperability (previously known as Advancing Care and, before that, Meaningful Use) must be filed by each practice. Filing Promoting Interoperability counts as 30% of your MIPS score, and that percentage may increase in coming years. Although the scores are aggregated for the ACO as a whole (and all practices benefit from it at the same rate), Silver State ACO *cannot* file on your behalf. Filing must be done by the practice.

Can’t afford to get professional help? Get help for free! Call Aaron Hubbard, Project Manager at HealthInsight. HealthInsight is contracted with the Centers for Medicare and Medicaid Services (“CMS”) to assist medical practices in filing Promoting Interoperability, in addition to other services. We have gotten wonderful feedback from our practices. Why not call for help? Remember – it’s free.

Aaron can be reached at ahubbard@healthinsight.org or by calling (702) 948-0306.

Remember to Mark Your Calendar

Next practice meetings will be at Summerlin Hospital on Wednesday, May 1st at 7:30 am and 1:30 pm for Southern Nevada practices; and at

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the NNMC Sparks Medical Building on Thursday, May 2nd for Northern Nevada practices. For an additional chance to win prizes, respond to the email to which this newsletter was attached with “I’ll be there” in the subject line.

Wellish Vision Institute -SSACO Preferred Provider Highlight



The doctors and staff of Wellish Vision Institute are happy and proud to be joining Silver State ACO as preferred providers. Dr. Wellish and his team of medical professionals look forward to caring for Silver State ACO’s patients! Their practice is the culmination of decades of knowledge and experience. The Wellish team is devoted to providing the highest quality eye care with the latest technology. Dr. Wellish has been nationally recognized for his work in cataract surgery. Services include all-laser LASIK, laser-assisted cataract surgery with premium lenses, glaucoma diagnosis and treatment, diabetic eye care, corneal cross-linking for the treatment of keratoconus, dry eye treatments, and pterygium removal.

Wellish Vision Institute has three locations, including their new “flagship” office in Henderson. Their team of doctors is ready to provide excellence in eye care at a location that is convenient for your practice’s patients. They can be reached at 702-733-2020. More information can be found on their website: www.wellishvision.com.

Remember that SSACO’s management team carefully selects our Preferred Providers for their dedication to our mission – provide excellent care while reducing costs. Please be sure to refer to one of our Preferred Providers whenever possible. The full and most current list is always on our website: www.silverstateaco.com under the

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“Affiliates” tab. We have now posted a separate Preferred Provider Network listing for Northern Nevada, as well.

Thank Your Doctor in Honor Of National Doctors’ Day

The Clark County Medical Society invites Las Vegas residents to thank their doctors in honor of National Doctors’ Day on March 30.



The holiday, which was first observed in 1933, was officially signed into law in 1990 and is often celebrated by mailing thank you cards to physicians or their partners. The Clark County Medical Society wants to keep the tradition alive by creating a web page where residents can send messages to their doctors, which the medical society will then distribute.

“As the local medical society, we work every day to make sure that our doctors know how much we appreciate them here in Las Vegas,” said Alexandra P. Silver, Executive Director of the Clark County Medical Society. “We wanted to make it easy for the community as a whole to come together and show appreciation for the people that keep our fantastic city healthy.”

The page, which can be found at www.thankadoc.org, will collect thank you messages with a simple form and then the organization will forward the messages on to doctors here in Clark County. “I know for a fact that I will be sending a few messages out to some of the doctors that have taken care of my family for the past couple years, especially those that have helped my daughters,” Silver said.

Residents are encouraged to participate with their own thank you messages, and the Clark County Medical Society will distribute them to doctors across the valley.

About Clark County Medical Society

The Clark County Medical Society was chartered on July 15, 1955 by the Nevada State Medical Association and has grown to more than 1,500 members. We are proud to have served Southern Nevada physicians and their patients for the past 63 years.

Access information about the Clark County Medical Society on its website: www.ClarkCountyMedical.org. Follow CCMS on Facebook: <https://www.facebook.com/ccmsnevada/>, Twitter: <https://twitter.com/CCMSNevada>, and Instagram: <https://www.instagram.com/ccmsnevada/>

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From the National Institute on Aging at the
National Institute of Health:

Keep your heart healthy as you get older by:

- Be more physically active. Talk with your doctor about the type of activities that would be best for you. Move every day, even just for 10 minutes at a time (or less!). Start by doing activities you enjoy—brisk walking, dancing, bowling, bicycling, or gardening. Get more ideas on how to be active from Go4Life, our exercise and physical activity campaign.
- If you smoke, quit. It's never too late to get some benefit from quitting smoking. Quitting, even in later life, can lower your risk of heart disease, stroke, and cancer over time.
- Follow a heart-healthy diet. Choose foods that are low in saturated fats, added sugars, and salt. Eat plenty of fruits, vegetables, and foods high in fiber, like those made from whole grains. Get more information on healthy eating.
- Keep a healthy weight. Some ways you can maintain a healthy weight include limiting portion size and being physically active.
- Keep your diabetes, high blood pressure, and/or high cholesterol under control. Follow your doctor's advice to manage these conditions, and take medications as directed.
- Don't drink a lot of alcohol. Men should not have more than two drinks a day and women only one.
- Manage stress. Learn how to manage stress, relax, and cope with problems to improve physical and emotional health. Consider activities such as a stress management program, meditation, physical activity, and talking things out with friends or family.

Visit the website at www.nia.nih.gov to learn more about heart health and aging.

"Laughter is the Best Medicine"

There is no definitive source for when this saying became part of everyday speech, nor to whom it can absolutely be attributed. However, it's not as old as you may think. Most sources agree that its use only began within the last 50 years or so. Most presume that the phrase is derived from Proverbs 17 in the Old Testament, "A merry heart is like medicine". The saying suggests that a positive outlook can help us overcome adversity and sadness.

What most sources do agree on, however, is that laughter is truly good for you. In fact, in some companies in South Korea, workers are

asked to gather each morning and laugh together. Although this can be described as “forced laughter”, many maintain that it creates a sense of unity and also lifts the mood of the workers, making them more productive.

Research has shown that laughter has a beneficial impact on our health. This includes decreasing amounts of stress hormones in the body, increasing blood flow which is beneficial for cardiac health, and the release of more endorphins which make you feel happy, positive and confident.

So – go ahead – LAUGH. It’s good for you!



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