



THE PULSE



GRANVILLE PIKE FAMILY PHYSICIANS QUARTERLY PATIENT NEWSLETTER

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Why Do I Need to Bring my Insurance Card EVERY VISIT?

By: Ashleigh Keen, Office Manager

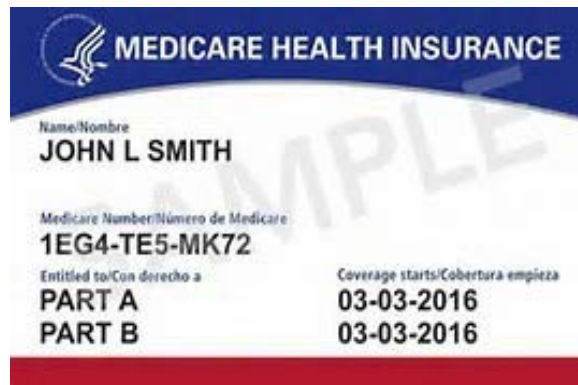
Patients often wonder, "Why must I present my insurance card at every visit? I was just here a few weeks ago and nothing has changed." As part of your insurance contract, the insurance companies ask you to bring the card to each and every visit. This is for the patient's benefit. By presenting the card every time, we will scan the card to your electronic health record and bill the plan presented to us that day. Insurance companies are notorious for changing a billing address or one number of the patient's ID or plan number. If just one number is not billed correctly, the insurance company could deny your claim, which could result in a bill to you! By presenting your information at each visit, you are providing us with all of the information to bill your visit or your labs correctly that day.

ALERT

NEW OFFICE POLICY

ALERT

We are now asking all patients that have a different card for prescription drug coverage to present the card at check-in. This will ensure we have all pertinent information if our office is asked by the pharmacy to perform a PRIOR AUTHORIZATION for your prescription drug coverage. Some prescriptions require the doctor's office to provide more information or 'authorization' for a patient to receive the medication.



New Medicare Cards are Coming in 2018!

Medicare enrollees can expect to receive new Medicare cards starting in 2018 that will have identification numbers that no longer contain the social security number. The cards will automatically be mailed, so members do not need to request them. The new cards will have a randomly assigned Medicare Beneficiary Identifier (MBI) made up of 11 letters and numbers.



RECIPE CORNER

This edition's recipe was found online at www.holidayinsights.com/recipes/figgy-pudding-recipe.htm

Steamed Figgy Pudding

Ingredients:

*12 dried figs *1/2 cup raisins *1/2 cup water *1/2 cup spiced rum *3 large eggs
*1/4 cup brandy *1 1/4 cups flour *1 1/2 teaspoons baking powder *1/4 teaspoon salt
*1 1/2 teaspoons cinnamon *1 teaspoon ground ginger *1/2 teaspoon ground nutmeg
*1/4 teaspoon ground cloves *1 cup brown sugar *2 cups bread crumbs
*1/2 cup unsalted butter, melted *1 cup dried cranberries
*1 cup dried apricots, chopped (or other dried fruits) *Whipped cream or whipped topping

In a small saucepan, add chopped figs, raisins, water, rum, and brandy. Bring to a simmer. Then, very carefully light the mixture and remove pan from heat. Burn off alcohol for about 1 minute. In a separate bowl, whisk together flour, baking powder, cinnamon, ginger, nutmeg, cloves, and salt.

In a third bowl, whisk together eggs, sugar, bread crumbs, and melted butter. Once combined, stir in fig mixture (let it cool slightly).

Add and mix in dry ingredients. Fold in other dried fruits.

Butter a large Bundt (or angel food) pan.

Add two to three cups of water into a pot large enough to hold the Bundt pan. Place the Bundt pan into a larger pot. The water should come at least halfway up the side of the Bundt pan. Remove pan from larger pot. Scoop pudding batter into Bundt pan. Cover with foil. Place the Bundt pan into the larger pot. Cover the large pot. Bring to a simmer, reduce heat to low and let pudding steam for 2 hours. Check water levels every 30 minutes or so.

After steaming, let the pan cool. Then, remove it from the larger pot. Remove foil.

Flip pudding over onto a plate and remove Bundt pan. Cut into serving slices.

Serve warm with whipped cream or whipped topping.