# A Publication by the Indiana Society of Medical Assistants

# **Greetings to all ISMA Members:**

My final message to our membership as ISMA President is simple.

**YOU** are the foundation and most valuable AAMA asset. You and you alone determine the level of benefit you realize for the dollars spent on your professional education and association membership.

My wish for you is the realization that you have found a profession and professional organization which makes you happy and gives you a true sense of value. May your pride in being a well-trained and caring member of the healthcare team always ride high on your shoulders. May you always demonstrate the Medical Assistants' Creed qualities: principles, effectiveness, service, confidence, dedication, loyalty, ethical professionalism, and compassion.

So go out there and continue to inspire others to exceed what they conceive to be their limitations by performing beyond the standards you have set for yourself. Demonstrate to others the AAMA Certification Gold Standard which we all realize because we have chosen the best credential in our profession.

# See you in April at the Abe Martin Lodge!

Jane B. Seelig, CMA-A (AAMA) 2018-2020 ISMA President



The Indiana Society of Medical Assistants, in affiliation with the American Association of Medical Assistants, strives to:

- -Promote professional growth of and identify its membership through Education and credentialing
- -Inspire members to provide honest, loyal and efficient service to the public they serve and the Proficient:
- -Stimulate a feeling of fellowship and cooperation with the medical profession in Improving public relations;
- -Encourage and assist medical assistants in forming component chapters.

March/April 2020 Issue

# **Table of Contents**

Presidents Letter	1
Creed, Mission Statement	2
Physician Advisors, Awards	3
State Officers/District Directors	4
Minutes of February 3 meeting	5-8
ISMA Liaison Report	8
2019 ISMA Annual Mtg Minutes	9-12
ISMA Deadlines	. 12
ISMA Coding Corner	. 13
State Conference Material	14-17
Meetings, MAS deadlines, Website	18
April 4 Business Mtg Agenda	19
April 3 Pre-Conference Agenda	. 20
Spring Break Travel	21-22
Final Notes	23



# **Medical Assistant Creed**

I believe in the principles and purposes of the profession of medical assisting.

I endeavor to be more effective.
I aspire to render greater service.
I protect the confidence entrusted to me.

I am dedicated to the care and wellbeing of all people.

I am loyal to my employer.

I am true to the ethics of my profession.

I am strengthened by compassion, courage, and faith.



# **ISMA Mission Statement**

The Indiana Society of Medical Assistants, in affiliation with the American Association of Medical Assistants, strives to:

- -Promote professional growth of and identify its membership through education and credentialing
- -Inspire members to provide honest, loyal and efficient service to the public they serve and the proficient;
- -Stimulate a feeling of fellowship and cooperation with the medical professional in improving public relations;
- -Encourage and assist medical assistants in forming component chapters.

# ISMA Physician Advisors 2019-2020

Kristi Peck, M.D. Evansville Surgical Associates Evansville, IN 3 years

Jeff Stidam, M.D. Jewish Hospital Louisville, KY 2 years

Scott Guenthner, M.D. The Dermatology Center of Indiana Plainfield, IN 1 year

# **Leon Levi Award Recipients**

1988	Patricia Kennington, RN, CMA* Jane Seelig, CMA-A Pauline Pinnick, CMA
1990	Bonnie Reidenbach, CMA-AC*
1991	Bettye Yard, CMA-C*
1998	Norma Harmon, CMA
2001	Eva Irwin, CMA*
	Eulah Dearing, CMA
2010	Marjorie Mikesell, CMA
	Tammy Daily, CMA (AAMA)
2014	Sandra Johnson, MS, CMÁ
	(AAMA), CPC
2016	Rita Michel, CMA (AAMA)
2019	Pam Neu, CMA (AAMA), MBA

# **ISMA Honorary Members**

1980	Herbert Dixon*
1997	Bruce Johnson
	Hubert Irwin*
2008	Earl Williams*
2013	Jack Begley
	Kathy Heck

# ISMA Life Members

1992 Bonnie Reidenbach, CMA-AC\*
1994 Patricia Kennington, RN, CMA\*
2005 Eva Irwin, CMA\*
2011 Eulah Dearing, CMA (AAMA)
2012 June Brown, RMA
2015 Tammy Daily, CMA (AAMA)
2018 Marjorie Mikesell, CMA
(AAMA)

\*Denotes Deceased



# **Golden Apple Recipients**

2000 Eva Irwin, CMA\*
2003 Sandra Johnson, MS,CMA
(AAMA), CPC
2004 Nancy Measell, CMA
2005 Cindy Abel, BS, CMA
2006 Pam Neu, CMA (AAMA), MBA
2009 Jennifer Weathers, CMA (AAMA)
2010 Rita Michel, CMA (AAMA)
2012 Nina Thierer, CM A (AAMA)
2019 Sherry Braye, CMA (AAM), BS

\*Denotes Deceased



# State Officers:

# **President**

Jane Seelig, CMA-A (AAMA) Columbus, IN 47201 E-mail: janeseelig@att.net

# **Vice President**

Karen Pershing, CMA (AAMA) Granger, IN 46530

E-mail: klpershing1@gmail.com

# **Recording Secretary**

Dianne Wimsett, CMA (AAMA) Charlestown, IN 47111

E-mail: d.m.wimsett@hotmail.com

# **Immediate Past President**

Clara Poirot, CMA (AAMA), CN-BC Newburgh, IN 47630

E-mail: spiritwind629@hotmail.com

## Treasurer

Joyce Edds, CMA (AAMA), CPT (ASPT) Jeffersonville, IN 47130 E-mail: mnedds@aol.com

# Med-A-Scoop Editor Website

Pam Neu, CMA (AAMA), MBA Wolcottville, IN 46795 E-mail: msneu@yahoo.com

# **District Directors:**

# **East Central**

Paula Schubert, CMA (AAMA), CPT (IAPS) Richmond, IN 47374 E-mail: schubertpaula63@gmail.com

#### **First District**

Marianne Hawker-Green, CMA (AAMA) Owensboro, KY 42301 E-mail: marianneh04@hotmail.com

# **Southeast District**

Sandra Johnson, CMA (AAMA), CPC Charlestown, IN 47111 E-mail: sanljohn@ius.edu

## St. Joe District

Brandi Gaumer, CMA (AAMA)
N. Liberty, IN 46554
E-mail: Blauderback86@gmail.com

# **Twelfth District**

Rita Michel, CMA (AAMA) Huntington, IN 46750 E-mail: rmichel@onlyinternet.net

# **West Central District**

Melissa Taylor, CMA (AAMA) West Lafayette, IN 47906 E-mail: mk.curtis@yahoo.com





# INDIANA SOCIETY OF MEDICAL ASSISTANTS BOARD OF DIRECTORS MEETING FEBRUARY 8, 2020

Franciscan Educational Service Center 421 Emerson Avenue Indianapolis, IN 46143

**Call to Order** President Jane Seelig, CMA-A (AAMA) called the meeting to order at 3:15 pm.

**Invocation** Heidi Sisson, CMA(AAMA), Chaplain; said the invocation.

Medical Assistant Creed Vice President Karen Pershing, CMA (AAMA); led us in reciting the Medical

Assistant Creed.

**Credentials Report** June Brown, RMA, Chair gave the credentials report. There were 26 registered for the

meeting, with a voting power of 12, a quorum of 7, a majority of 7, and a 2/3 vote of 8.

Introductions President Jane Seelig, CMA-A (AAMA), asked all the Medical Assistants of the Year,

Past Presidents, Life Members, Leon Levi Award recipients, and Golden Apple Award

recipients to stand.

**Secretary's Report** Secretary Dianne Wimsett, CMA (AAMA), reported that the report was printed in the

Med-A-Scoop. There were no additions or corrections. The report was filed for audit.

**Treasurer's Report** Treasurer Joyce Edds, CMA (AAMA), CPT (ASPT) gave the Treasurer's Report.

 Beginning Balance
 \$44,566.89

 Total Income
 \$566.92

 Total Expenses
 \$2,593.45

 Ending Balance
 \$42,540.36

 CD#9561
 \$31,248.04

 CD#70408
 \$15,570.83

 Total of CDs
 \$46,818.87

Eva I. Irwin CMA (AAMA)

Education Fund \$ 4,121.91 Student Support Fund \$ 1,998.00

There were no additions or correction. The report was filed for audit.

Presentation of Bills Correspondence

Jane Seelig, CMA-A (AAMA), President – There were no unbudgeted bills presented.

Corresponding Secretary Paula Schubert, CMA (AAMA, CPT (IAPS) read the correspondence

from **Debby Houston, CMA (AAMA), CPC, AAMA President** – Letter – Resignations of Trustee Franky Favata, CMA (AAMA), BS, and Trustee Tandra Bauman, CMA (AAMA).

Nicole McAmis - Letter - Humana Trafficking - Survey.

Debby Houston, CMA (AAMA), CPC, AAMA President – Letter - AAMA Board of Trustees

Agenda – Meeting – February 7-8, 2020.

Kathy Langley – Letter – AAMA representative for State Meeting – AAMA Secretary-

Treasurer Virginia Thomas, CMA (AAMA).

## Officers' Report

**President** – Jane Seelig, CMA-A (AAMA) – No report.

Vice President – Karen Pershing, CMA (AAMA) – No report.

Secretary – Dianne Wimsett, CMA (AAMA) – No report.

**Treasurer** – Joyce Edds, CMA (AAMA), CPT (ASPT) – No report.

Med-A-Scoop/Website Development – Pam Neu, CMA-A (AAMA), MBA – The Med-A-Scoop went out by email on December 24, 2019, because the website was hacked. Our Internet Service Provider's server was destroyed. Dan resigned as our webmaster. A Blue Host (web server) and a basic account was set up. Jake Neu is helping build the site up. Jake's rate is \$20/hour and he is willing to keep working for the ISMA to build and maintain our website. Pam needs to be contacted if there is something that should be posted. If she is unable to get it on the site Jake will get it on as quickly as possible, The first thing which needs to implemented is taking off the full addresses of all members listed. Some members have asked that all personal information be taken off the site, which was honored. Jake also

stated that in the Med-A-Scoop we need to take off most of the addresses for those listed. Since it is a public site Jake is suggesting taking off the phone numbers but it is up to us. Only email addresses will be listed.

Immediate Past President – Clara Poirot, CMA (AAMA), CN-BC – No Report.

**Budget & Finance** – Joyce Edds, CMA (AAMA), CPT (ASPT) – No Report.

Bylaws & Standing Rules – Cate Gardner, CMA (AAMA) – Still working on a couple of things.

**Certification** – Jeni Begley, CMA (AAMA) – No Report.

**Continuing Education** – Karen Pershing, CMA (AAMA) – The program today was CBD and Opiates. We had 32 in attendance. Certificates of Attendance were made available to all attendees.

Council of Past Presidents – Clara Poirot, CMA (AAMA) CN-BC – No report.

**Eva I. Irwin, CMA (AAMA) Medical Assistant Support Fund** – Sandra Johnson, MS, CMA (AAMA), CPC, CCS-P - The information did not make it to the Med-A-Scoop. Pam did put it on the Website.

Historian – Dorothy Geiger, CMA (AAMA) – No report.

**ISMA Liaison** – Tammy Daily, CMA (AAMA) – Family & Social Services Administration Pauses Requirements ISMA APP Facilitates Opioid Education The physicians' ISMA Convention will be held September 11-13, 2020 at the same location as last year, the Embassy Suites in Noblesville, IN. Once again, this is the same weekend as the AAMA Conference.

**Membership** – Clara Poirot, CMA (AAMA), CN-BC – The state of Indiana has 1113 members. This is a lower number than the previous year.

Mentoring – Rita Michel, CMA (AAMA) – No report.

Nominating Committee – Rita Michel – Nothing new since the last meeting.

**Procedure Manual** – Paula Schubert, CMA (AAMA), CPT (IAPS) – Still working on the manual. She is reviewing minutes from 2017, 2018, 2019, and 2020.

**Ways & Means** – Sandra Johnson, MS, CMA(AAMA), CPC, CCS-P – The Raffle items were donated by the East Central District. The raffle made \$243.00.

2020 State Conference – Sandra Johnson, MS, CMA (AAMA), CPC, CCS-P - Our 2020 conference will be held at the Abe Martin Lodge in Brown County State Park on April 3-5. All speakers have submitted CV, objectives, and presentation summary, so she is ready to submit to AAMA for approval. Vendors contacted are Tammy Unger for Nerium, Melinda Reynolds with jewelry, scarves, and purses, Jennifer Hunt with Zimmerman's Art Glass, handmade jewelry, and Andrea Roberts Sexton who creates special design t-shirts. A conference meeting was held at Cricket's Café in Sellersburg on January 11. Six members attended and we had good ideas from everyone present. A few ribbons need to be ordered, especially Chaplain which was misspelled Champlain! Additional name badges and holders will not need to be purchased as we have plenty from last year. Reminder for all districts to bring a raffle basket of your chosen theme to the conference worth \$50. A reminder also that each chapter is required to bring a door prize for the annual business meeting drawing worth \$25. Winners for the drawing have to be in attendance at this meeting to receive the door prize. We hope everyone will attend and encourage fellow members to experience southern hospitality. The Southeast District has 100 members.

**2021 Conference** – Brandi Gaumer, CMA (AAMA) – The committee has been working on a conference theme and developing a timeline for conference weekend. Members have been calling local businesses inquiring about goodies for goodie bags. Also ideas for speaker hahave started. The conference will be held April 16, 17 and 18, 2021, at the Holiday Inn in Mishawaka, Indiana.

**2022 Conference** – Jane Seelig, CMA-A (AAMA) – The conference will be held April 22, 23 and 24 at the Hilton Garden Inn located next to the Outlet Mall.

## **District Reports**

East Central District – Paula Schubert., CMA (AAMA), CPT (IAPS) – The Chapter met on Saturday, January 18, 2020; at IU Saxony Hospital and Medical Office Building, 13100 E. 136th St., Fishers, IN 46037. We were able to obtain 4 CEUs for the 3 speakers. Dr. Sandra McCabe, Urologist presented on Genitourinary Cancers, TURP and Foley Cath's. Shauna Hale, BS Owner: Salt for Your Soul. Sara Roorbach, CSW Prevail, INC. Prevail; 100 Men and Trauma Survivors. There were 36 in attendance, with 23 members and 13 non-members. After the workshop we had a Chapter meeting. We are going to have a workshop Saturday, March 7, at IU North Hospital, 11700 N. Illinois St., Carmel, IN 46032. We will be in Education rooms A-D. We will have Coolsculpting, ICD-10 Specificity, Modifiers and Missed Charges. The day will end with Graduation from Medical Assisting Program – Now What? If anyone is interested, we have flyers for the next workshop available. Our Chapter will meet following the workshop and will have elections for upcoming events. The East Central District has 309 members.

First District – Marianne Hawker- Green, CMA (AAMA) – First District has continued to be a very active Chapter. It's hard to believe another year has come and gone. First District had a Christmas carry-in & speaker Amber Ellis, Therapist on Holiday Stress for December. We meet at Ivy Tech College, Evansville campus. First District is very happy to have the support from their Medical Assisting Program Professors and the students. Most attend our meetings and join us in our endeavors. We sadly lost an Ivy Tech associate, Stella, who assisted us whenever we needed help with printing, coping, etc. We are now starting our meetings before the speaker, so everyone can get home a little earlier. Our meetings start at 6pm and our speaker is from 6:30 -7:30 pm. One CEU is earned for each speaker. January's speaker was Derek Shelton, DNP, APRN-BC COD at Orthopedic Associates and he spoke on healthy joints & how to maintain them. We are gearing up for the April conference & asked for ideas from our members for the district basket. The First District Chapter has 216 members.

**St. Joseph District** – Brandi Gaumer, CMA (AAMA) – St. Joseph District met on February 5, details for the Spring workshop were finalized. The Spring workshop will be on March 7, 2020, at Saint Joseph Health Systems in Plymouth FOR 6 CEUs. New officers for 2020-2021 will be voted on at the workshop. The St. Joseph District has 217 members.

**Southeast District** – Sandra Johnson, MS, CMA(AAMA), CPC, CCS-P –The report was presented with the 2020 Conference Report.

**Twelfth District** – Rita Michel, CMA (AAMA) They are planning a meeting for March 10. The meeting will be presented by Geneva Meyers. The topic will be Sex Trafficking – Gone through and recovering, two new laws that will be presented before the US House of Representatives. She will be speaking on the floor in February. The Twelfth District has 190 members.

**West Central** – Jeni Begley, CMA (AAMA) – Reported that they have not met since the last meeting. West Central has 129 members.

## **Unfinished Business**

Honor Flight requirements – It was reported that the age limit is not enforced in the state of Indiana. There was discussion on sending Bruce Johnson along with Paula Schubert. A motion was made by Pam Neu, CMA (AAMA), MBA that we send Paula Schubert, CMA (AAMA), CPT (IAPS) as guardian and Bruce Johnson as the veteran on the Honor Flight. Marianne Hawker- Green, CMA (AAMA) seconded the motion. The motion was voted on and approved.

## **New Business**

**Proposed Budget** – Joyce Edds, CMA (AAMA), CPT (ASPT) presented the proposed Budget for 2020-2021. The only areas that changed from the 2019-2020 budget was the Insurance amount from \$200 to \$300 and the amount of the State Conference from \$3000 to \$3500. It was reported that we are saving \$10,000 a year from not sending out the Med-A-Scoop. This budget will be presented at the Conference during the Annual Business meeting for approval.

**AAMA Board of Trustees Resignations** – It was reported the two Trustees who turned in their resignations for the National Board of Trustees were Franky Favata and Tanda Bauman. The State of Indiana's letter was not sent before their resignation. The Board of Trustees will function without replacing them.

AAMA Representative – The National AAMA Representative for our state conference will be Virginia Thomas, CMA (AAMA). She will arrive in Indiana on Thursday and stay until Sunday. Jane offered to use her points to accommodate her place to stay on Thursday. The state would pay for her meal that night. There was discussion about paying for the National Representative stay from Thursday until Sunday. Marianne Hawker-Green, CMA (AAMA) made the motion that the ISMA pays for the National Representative be allowed to come Thursday to Sunday. Sandra Johnson, MS, CMA (AAMA), CPC, CCS-P seconded the motions. The motion was voted on and approved.

Human Trafficking Knowledge Survey – The site for the survey will be published in the Med-A-Scoop. Combining supplies with East Central District - The subject of combining the East Central supplies with the State supplies was brought up. There was discussion on this subject. Sandra Johnson, MS, CMA (AAMA) CPC, CCS-P made the motion that the ISMA combine supplies with the East Central District to allow storage in one container location. Any district can use the supplies as needed. Marianne Hawker-Green, CMA (AAMA) seconded the motion. The motion was voted on and passed.

**Destruction of old conference name badge holders** - There was discussion about destroying old name badges. the motion was made by Paula Schubert, CMA (AAMA), CPT (IAPS) that Sandra Johnson repurpose or get rid of the badge holders that are not to be reused. Sandra Johnson, MS, CMA(AAMA), CPC, CCS-P seconded the motion. The motion was voted on and passed.

Physician Advisors Nominees – Dr. Guenthner's term expires in April. The name of Dr. William Pond from Fort Wayne was brought up. Jane and Tammy will work on a joint letter to contact him. Other names are welcomed to be submitted.

**Annual Reports** are due March 1.

**Announcements** 

**Med-A-Scoop deadline** is February 21.

**Next meeting** - April 3, 2020 at Abe Martin Lodge, Nashville, IN.

Raffle Baskets – State Ways and Means - \$50 in value.

**Door Prizes for Annual Business Meeting - \$25-\$35.** 

**Presidents Appreciation Gift** – President, Jane Seelig, CMA-A (AAMA) asked that any gifts to her be the amount donated to a charity of the District Choice. Three Strands and Cultivate were suggested.

**Adjournment -** President Jane Seelig, CMA-A (AAMA) adjourned the meeting at 4:33 pm.

Dianne Wimsett, CMA (AAMA)

**Recording Secretary** 

# **ISMA Liaison Report**

CMS issues Physician Fee Schedule, Quality Payment Program final rule for 2020

The rule includes changes to physician payment policies and rates, as well as to quality provisions for services furnished under the Medicare Physician Fee Schedule (PFS) effective on or after January 1, 2020. Their are many payment provisions that are effected.

Read the CMS fact sheet on the final rule at: www.ismanet.org/pdf/CMS-FinalRuleFactSheet.pdf For additional resources to help practices implement the changes, visit: www.ismanet.org/PhysicianFeeScheduleQPP

The 2020 Indiana General Assembly began in January and will run thru the statutory deadline of March 14. This year's short, non-budget session means legislators have only 10 weeks to discuss and vote on major health care policy changes. ISMA is pursuing several legislative priorities to protect patients and improve the practice environment for physicians.

One of the top priorities is continuing to push for a Tobacco Cessation due to the recent increased awareness of vaping-related illness. ISMA is also working to protect patients from Surprise Bills and will work to reform Non-Compete Agreements in physicians contracts, as well as pursuing more Stringent Advertising Standards for Health Care Professionals. More updated information will be available on these issues after the close of the Indiana General Assembly.

Tammy Daily, CMA (AAMA) ISMA Liaison



# INDIANA SOCIETY OF MEDICAL ASSISTANTS 63<sup>RD</sup> Annual Business Meeting April 6, 2019 Evansville, IN

Call to order President Jane Seelig, CMA-A (AAMA) called the meeting to order at

10:48 am.

**Invocation** Chaplain Heidi Sisson, Chaplain gave the invocation.

**Medical Assistant** 

**Creed** Karen Pershing, CMA (AAMA) led the reciting of the Medical Assistant

Creed.

Introductions Jane Seelig, CMA-A (AAMA) introduced Monica Case, CMA (AAMA),

AAMA Vice Speaker Board of Directors. She then introduced the elected and appointed officers and directors, Past Presidents, Medical Assistants of the Year, Leon Levi Award recipients, Golden Apple Recipients, and

**Honorary Members** 

**Credentials Report** Jeni Begley, CMA(AAMA), Chair gave the credentials report. There

were 44 members with a voting power of 38. There was a quorum of 19

and a majority of 20 and a 2/3 vote of 26.

**Additions/Corrections** 

to the Agenda

Jane Seelig, CMA-A (AAMA) – No corrections.

Adoption of the Conference

**Program Book** Tammy Daily, CMA (AAMA) – Recommended the adoption of the

conference book. The conference book was adopted.

**Correspondence** Paula Schubert, CMA (AAMA), CPT (IAPS), Corresponding Secretary

-We received a letter from the Wisconsin Society of Medical Assistant — stating their State Conference would be April 25-27, 2019 in DeFrost, WI. -We received a letter from Donald Balasa stating that the AAMA Board of Trustees has authorized him to remind our state society and local chapter leaders that Excelsior College has granted CMAs (AAMA) 26

semester hours of credit toward some of its degrees in health sciences and health care management.

We received a letter of thanks from

-We received a letter of thanks from the Indiana Medical History Museum

for our donation of \$500.

-We received a letter from Rebecca Walker, CMA (AAMA) CPC, Regent, Society of Past Presidents asking for donations for the Maxine Williams Scholarship Fund and the Ivy Reade Relkin Surveyor's Training Fund. It was recommend that we donate a \$100 to both. Marjorie Mikesell, CMA(AAMA) made the motion to accept the recommendation of the

committee to give \$100 each to the Maxine Williams Scholarship Fund and to the Ivy Reade Relkin Surveyor's Training Fund. Jeni Begley, CMA (AAMA) seconded

the motion. It was passed.

-We received notification from the National Conference about the State of

Indiana to be considered to host the Conference in the year 2022.

Secretary's Report

Dianne Wimsett, CMA (AAMA) – Report was printed in the Med-A-Scoop.

**Report of Minutes** 

Audit Heidi Sisson, CMA (AAMA) – Report of the audit was printed in the

Conference book on page 21.

**Treasurer's Report** Joyce Edds, CMA (AAMA), CPT (ASPT) – There was a report printed in

the Med-A-Scoop and the Conference Book that was up to middle of February on page 25 in the conference book. An updated report was

presented/

Beginning Balance \$35,204.53 Total income \$ 486.21 Total expense \$ 1,650.00 Balance \$34,040.74 CD 9561 \$30,897.88 CD 70408 \$15,383.45 \$ 4,121.91 Eva I. Irwin Fund Student Support Fund \$ 627.00

**Presentation of Bills** Jane Seelig, CMA-A (AAMA) – There was a bill presented for the

website development for \$2,250.

Jeni Begley, CMA (AAMA) motioned that we pay the bill for \$2,250. Sandra Johnson

seconded the motion. The motion was approved.

Report of the

Financial Audit Sandra Johnson, MS, CMA(AAMA), CPC- - presented the report of the

financial audit.

Beginning Balance \$25,181.34 Total income \$23,818.68 Total expense \$14,959.28 Balance (End of Year) \$34,040.74 CD 9561 as of 4-3-19 \$30.897.88 CD 70408 \$15,383.45 Total Invested \$46,281.33 **Total Funds** \$80,322.07 \$ 4,121.91 Eva I. Irwin Fund Student Support Fund \$ 627.00

Checkbook, Bank Statements, Expense Vouchers, and Ledge all balanced as of April 5, 2019. Note: Outstanding Check 2403 for \$72.12.

Report of Nominating Committee – Rita Michel, CMA (AAMA), Chair of the Nominating

Committee presented the slate of officers.

President – Jane Seelig, CMA-A (AAMA)

Vice President – Karen Pershing, CMA (AMMA)

Treasurer – Joyce Edds, CMA (AAMA), CPT (ASPT)

Recording Secretary – Dianne Wimsett, CMA (AAMA)

Med-A-Scoop Editor – Pam Neu, CMA (AAMA)

Marjorie Mikesell, CMA (AAMA) made the motion that we accept by acclamation the slate of officers presented at the conference annual meeting. The motion was seconded by Jeni Begley, CMA (AAMA). The motion was passed.

Introduction of the Tellers, Pages and Timekeeper – Jane Seelig, CMA-AAMA (AAMA)

Timekeeper – Glennella Bruce, RN, CMA-C (AAMA)

# Tellers-

June Brown, RMA -Head Teller

Marianne Hawker Green, CMA (AAMA)

Tonya Dix, CMA (AAMA)

# **Pages**

Debbie Hynema N, Kelsy McAllister. Becky Roberson, and Lauren Fields

**Annual Meeting Rules** – Rita Michel, CMA (AAMA), Parliamentary Advisor – Rita read the rules that were printed on page 12 of the conference book.

Instruction to Tellers, Pages, and Timekeeper – Rita Michel, CMA (AAMA), Parliamentary

Advisor read the instructions to the tellers, pages, and timekeeper.

Election of Officers – Jane Seelig, CMA-A (AAMA) – There were no nominations from the

floor. The nominations were elected by acclamation.

## **Unfinished Business**

**Adoption of the Proposed Budget** – The proposed budget was printed in the conference book on Page 26-27. Jackie Vickobratovich, CMA (AAMA), EMT-3 made the motion to adopt the proposed budget for April 2019 year. The motion was seconded by Cate Gardner, CMA (AAMA). The Proposed Budget was approved. **2019 ISMA Annual Conference Report** – Tammy Daily, CMA (AAMA) = There are 89 registered for the conference. Thirteen are students. There are a lot of great vendors. Any questions contact June Brown or Tammy Daily

**PIPS** – Seasoned member interview – new members – Potentially generate new members. This will be taken up at Post-Conference meeting.

**2020 ISMA Annual Conference Report**- Sandra Johnson, MS, CMA(AAMA), CPC – The conference will be held April 3-5, 2020 at the Abe Martin Lodge located at the Brown County

State Park. There will be pamphlets on the tables during the banquet. There will be additional information at the June meeting.

**Council of Past Presidents** – There was a total of \$269 collected this morning from the sale of the stickers. There was a recommendation made to match the money collected by the PIPS.

Marjorie Mikesell, CMA (AAMA) made the motion that we accept the recommendation of the PIPS to match funds collected by the PIPS for the general fund to support our charities for the year. 2019 only and revisit this yearly after reviewing our budget and funds. June Brown, RMA seconded the motion. The motion was approved.

**Ways and Means** – Sandra Johnson, MS, CMA(AAMA), CPC – Make plans to visit the Ways and Means table. The drawings will be at the banquet.

# **New Business**

**Website Development** – Pam Neu, CMA (AAMA) – It was announced that The Indiana Society of Medical Assistants has an APP that you can put on your phone. Instructions were given to access the APP. The instructions will be printed in the Med-A-Scoop.

Election of AAMA Delegate (3) and Alternate (1). — Members planning to attend AAMA Conference 9/13-16, 2019. There were 5 members nominated . June Brown, RMA made the motion for the nominations be closed and Glennella Bruce, RN, CMA-C (AAMA) seconded the motion. The motion was passed. A vote was taken. The delegates for the National Conference are Dianne Wimsett, CMA (AAMA), Joyce Edds, CMA (AAMA), CPT (ASPT), Rita Michel, CMA (AAMA), and alternate Jeni Begley, CMA (AAMA). A motion was made by Tammy Daily, CMA (AAMA) to destroy the ballots. The motion was seconded by Sandra Johnson, MS, CMA (AAMA), CPT.

The motion was passed.

**Donations – Standing Rule #8 indicates that a donation will be made by ISMA to the Maxine** 

Williams Scholarship Fund and the Eva I. Irwin Education Support Fund for each year at the annual meeting. The amount was changed to \$100. The Ivy Reed Survey Fund was added to the list.

Physician Advisory Board – At the Pre-Conference board of Directors meeting Dr. Peck was

appointed to the ISMA Physician Advisory Board for a three year term joining Dr. Jeff Stidam, has a two year term remaining and Dr. Scott Guenthner has a one year term to serve.

2022 National Conference – We received notification about the State of Indiana hosting the

National Conference in the year 2022. There was discussion about the notification. Karen Pershing, CMA (AAMA) made the motion that ISMA put into National to host the 2022 National Conference. Marianne Hawker Green, CMA (AAMA) seconded the motion. The motion was passed.

#### **Announcements**

Time for head table lineup will be 6:30 pm. Pictures at 6:15 pm.



# **DEADLINES**

Membership Dues	December 31, 2019 to be eligible to vote at ISMA Annual Conference
Medical Assistant of the Year	Nominations by Chapters to President by January 1, 2020 and forwarded to Physician Advisors (3) by February 1, 2020 for judging. Award to be presented at Annual State Conference Banquet.
Leon Levi Award	Nominations to President by February 1, 2020 for judging.  Award to be presented at Annual State Conference Banquet.

**Golden Apple Award** Nominations to President by February 1, 2020.

Award to be presented at Annual State Conference Banquet.

Nominating Slate (Officers) Slate of Officers to be presented at the February 8, 2020 State Board

Meeting.

**Bylaws, Standing Rules, Resolutions** Any proposed changes to Bylaws, Standing Rules, Etc. must be provided to the membership 60 days prior to Annual State Conference (February 3, 2020)

# ISMA CODING CORNER

The American Medical Association's (AMA's) 2020 update of CPT codes consists of 394 changes, including 248 new codes, 71 deletions, and 75 revisions. The majority of these changes are based on the increase in electronic visits and telemedicine in general. AMA President Patrice A. Harris, MD states, "With the advance of new technologies for e-visits and health monitoring, many patients are realizing the best access point for physician care is once again their home. The new CPT codes will promote the integration of these home-based services that can be a significant part of a digital solution for expanding access to health are, preventing and managing chronic disease, and overcoming geographic and socioeconomic barriers to care." Here is a summary of these new codes related to telemedicine:

• Six new codes to report e-visits through secure patient portal messages:

o 99421, 99422, and 99423 describe patient-initiated digital communications with a physician, nurse practitioner, or physician's assistant.

o 98970, 98971, and 98972 represent patient-initiated digital communications with a non-physician health professional (dietitians, home health specialists)

• Two new codes for home blood pressure monitoring due to the increased use of digital health tools: 99473 and 99474 will allow patients to report blood pressure measurements at home.

o CPT code 99473 indicates self-measured blood pressure readings/measurements must use a device validated for clinical accuracy; patient education or training and device calibration and can only be reported one time. This code does not include ambulatory B/P monitoring that records, scan and gives an analysis, review, interpretation and report as these relate to an automated cuff system that creates its own report (codes 93784, 93786, 93788).

o CPT code 99474 may be reported for the following:

- Separate self-measurements of two readings one minute apart, twice daily over a 30-day period
- Minimum of 12 readings
- B/P readings must be reported by the patient or caregiver to the physician or other qualified health care professional
- Report of average systolic and diastolic pressures
- Follow-up communication of a treatment plan to the patient

If the patient is in the office for face-to-face visit or exam, these codes cannot be used as it is part of the evaluation and management exam code. Tracking blood pressure at home helps patients take an active role in the management and treatment of hypertension, and may be more accurate, as many patients exhibit "white coat syndrome" in the physician office.

References: American Academy of Professional Coders (AAPC) – aapc.com

TCI Super Coder – blog.supercoder.com

Sandra Johnson, MS, CPC, CCS-P, CMA (AAMA) Southeast District – sanljohn@ius

# WELCOME TO THE INDIANA SOCIETY OF MEDICAL ASSISTANTS' 64th ANNUAL CONFERENCE

# 2020 Vision for the Certified Medical Assistant



April 3 - 5, 2020

**Hosted by Southeast District, Indiana Society of Medical Assistants** 

Abe Martin Lodge Brown County State Park 1450 State Rd. 46 W Nashville, IN 47448

# WELCOME TO THE INDIANA SOCIETY OF MEDICAL ASSISTANTS' 64th ANNUAL CONFERENCE

# 2020 Vision for the Certified Medical Assistant



# April 3 - 5, 2020

# Friday, APRIL 3, 2020

3:00-6:00 PM Registration Open

5:00 PM Pre-Conference Registration for Board Meeting

5:15-6:15 PM Pre-Conference Board Meeting

6:30 PM Buffet Dinner

7:00-9:00 PM Workshop #1 – Speaker – Trish Hernacki, O.D.,

Columbus Optical - Advances in Optometric Care-

Coordinating Eye Care with Medical Care (2 CEUs)

# Saturday, April 4, 2020

6:00-8:00 AM Registration Open

7:00 AM-5:00 PM Vendors

6:30-8:00 AM Breakfast Buffet (special seating for PIPS)

8:15-10:15 AM Workshop #2 – Speaker – Prafull Raheja, MD – Interventional Cardiology - (2 CEUs)

10:15-10:30 AM Credentials Check-In for Annual Business Meeting

12:15-1:15 PM Lunch buffet with AAMA Representative

1:30-3:30 PM Workshop #3 – Doug Breger, D.C. – Chiropractic

Techniques and Reimbursement (2 CEUs)

3:30-5:30 PM Free time

6:15 PM Head table lineup

6:30-9:00 PM Banquet/Awards/Installation/Ways & Means

# Sunday, April 5, 2020

6:30-8:00 AM Breakfast Buffet

6:45 AM Post-Conference Board Meeting (during breakfast)

8:15-11:15 AM Workshop #4 – James Ginder, MS, NREMT, PI, CHES,

NCEE, Health Education Specialist, Hamilton Co.

Health Dept. – Human Trafficking and STDS (3 CEUs)

# INDIANA SOCIETY OF MEDICAL ASSISTANTS, INC. 64<sup>TH</sup> ANNUAL CONFERENCE APRIL 3-5, 2020 BROWN COUNTY STATE PARK ABE MARTIN LODGE NASHVILLE, IN 47448

# ROOM RESERVATION AND CONFERENCE REGISTRATION FORM

Deadline: March 6, 2020

Please call Abe Martin Lodge for room reservations 877-563-4371, Code 0403SD Room rate \$119.00

# **Indiana Society of Medical Assistants, Inc. Conference**

Name and Credential:	Phone
Address (city, state, zip)	
Email:	District
Employer	
First time Attendee Newly Certified	Newly recertified
Member ID # Present office held: Local State	National
Name of Guest(s)	
Guest Prices for Meal functions: (Please list nu	umber of guests attending function.)
Friday night-\$16.00Saturday Bro	eakfast \$16.00Saturday Lunch \$16.00
Saturday Dinner/Banquet \$24.00	Sunday Breakfast \$16.00
Members\$175.00 Students\$150.	00 Non-members\$200.00
Saturday workshops only which includes breal	xfast and lunch\$130.00
A full schedule of workshops, meetings, and a	dditional information published in next Med-A-Scool

# Make checks payable to Southeast District Conference Fund

Send completed registration form by March 6, 2020

To: Sandra Johnson 5713 Bethany Rd Charlestown, IN 47111

Make check payable to **ISMA Southeast District**Call Sandy Johnson at 812-256-5917 or
Joyce Edds at 812-288-6025 with any questions.

# DON'T FORGET YOUR CHAPTER/DISTRICT'S THEME BASKET FOR WAYS & MEANS 64th ANNUAL CONFERENCE APRIL 3-5, 2020 Abe Martin Lodge-Brown County State Park Nashville, Indiana







# CHOOSE YOUR THEME-RELAXATION, WINE/CHEESE, MOVIE, GARDENING, etc. THE CHOICE IS YOURS!

(Value of basket must be at least \$50)

Bring to Ways & Means area Saturday morning, April 4, 2020



Santa Bruce will be waiting!

# Post-Conference Agenda ISMA Board of Directors April 5, 2020

Call to Order Karen Pershing, CMA (AAMA), President Joyce Edds, CMA (AAMA), CPT (ASPT), Chaplain Invocation Dianne Wimsett, CMA (AAMA), Vice President Medical Assistant Creed Introductions Karen Pershing, CMA (AAMA), President Credentials Report Brandi Gaumer, CMA (AAMA), Chair \_\_\_\_ registered voting power \_\_\_\_7\_\_ quorum \_\_\_\_\_ majority \_\_\_\_\_ 2/3 Secretary Report Motion to defer to next meeting Motion to defer to next meeting **Treasurer Report** Presentation of Bills Karen Pershing, CMA (AAMA), President Marjorie Mikesell, CMA (AAMA), Corresponding Secretary Correspondence Officer Report President – Karen Pershing, CMA (AAMA) Vice President – Dianne Wimsett, CMA (AAMA) Secretary – Heidi Sisson, CMA (AAMA) Treasurer – Paula Schubert, CMA (AAMA), CPT (IAPS) Med-A-Scoop/Website – Pam Neu, CMA-A (AAMA) Immediate Past President – Jane Seelig, CMA-A (AAMA) **Committee Reports** Budget & Finance – Paula Schubert, CMA (AAMA), CPT (IAPS) Bylaws & Stand Rules – Rita Michel, CMA (AAMA) Certification – Marianne Hawker-Green, CMA (AAMA) Continuing Education – Dianne Wimsett, CMA (AAMA) Council of Past Presidents – Jane Seelig, CMA-A (AAMA) Eva I Irwin CMA (AAMA) Medical Assistant Support Fund – Sandra Johnson, MS, CMA (AAMA), CPC Historian -ISMA Liaison – Tammy Daily, CMA (AAMA) Med-A-Scoop – Pam Neu, CMA (AAMA) Membership – Jane Seelig, CMA-A (AAMA) Mentoring – Rita Michel, CMA (AAMA) Procedure Manual – Joyce Edds, CMA (AAMA), CPT (ASPT) State Conference Guide – Joyce Edds, CMA (AAMA), CPT (ASPT) Ways & Means - Sandra Johnson, MS, CMA (AAMA), CPC Website Development – Pam Neu, CMA-A (AAMA) **Committee Reports** 2020 State Conference – Sandra Johnson, MS, CMA (AAMA), CPT (ASPT) 2021 State Conference – Brandi Gaumer, CMA (AAMA) 2022 State Conference – Jane Seelig, CMA-A (AAMA) Chapter Reports Defer to next meeting

# Post-Conference Agenda ISMA Board of Directors April 5, 2020 continued

Unfinished Business Education Coordinator board position discussion

New Business Election of the Executive Board according to Article XII

One Physician Advisor

Two Past Indiana Presidents

**Roster Corrections** 

District information forms

Members planning to attend AAMA Conference for HOD committees

Announcements Med-A-Scoop Deadline is April 25, 2020

# What to do in Nashville Indiana:

Brown County State Park Brown County Art Gallery

Hard Truth Hills Bear Wallow Distillery

Brown County Winery Yellowwood State Forest

Brown County Playhouse T.C. Steele State Historic Site

The Brown County Art Guild Hoosier Artist Gallery

Shopping in Nashville The Wild Olive

The Candy Emporium Jack & Jill Nut Shop

Lawrence Family Glass Blowers, Inc. Brown County Antique Mall\*

Come for the CEUs and information what is going on in the Indiana State Medical

Association and have FUN!

<sup>\*</sup>www.tripadvisor.com/Attractions

# **DATES TO REMEMBER**

# 2020-2021 ISMA STATE BOARD MEETINGS AND WORKSHOPS

State Board Meetings will be held at
St. Francis Franciscan Health Education Center
421 N. Emerson Ave
Greenwood IN 46143

# **Meeting Deadline**

# **Med-A-Scoop Deadline**

June 6, 2020 April 25, 2020
August 15, 2020 June 27, 2020
November 7, 2020 September 26, 2020
February 13, 2021 December 18, 2020
April 16, 17, and 18, 2021 February 26, 2021

Please e-mail all district news for publication directly to

Pam Neu, CMA (AAMA) Email: msneu@yahoo.com

# Website:

Insocmedasst.org

Find out what is going on within your Local and State Districts

**National Website:** 

Aama-ntl.org

Find out what is going on Nationally!

## INDIANA SOCIETY OF MEDICAL ASSISTANTS

# 64th Annual Conference **Business Meeting Agenda** April 4, 2020

Call to Order Jane Seelig, CMA-A (AAMA), President

Presentation of the Colors

Pledge of Allegiance Paula Schubert, CMA (AAMA), CPT (IAPS) Heidi Sisson, CMA (AAMA), Chaplain Invocation

Medical Assistant Creed

Karen Pershing, CMA (AAMA), Vice President

Introductions

Jane Seelig, CMA-A (AAMA), President

AAMA Representative: Virginia Thomas, CMA(AAMA) Secretary/ Treasurer

Board of Directors Past Indiana Presidents

Life Members

Medical Assistant of the Year Recipients

Leon Levi Award Recipients Golden Apple Award Recipients

**Honorary Members** 

Conference Chair/Co-Chair

Credentials Report June Brown, RMA, Chair

registered voting power quorum majority 2/3

Additions/Corrections to the Agenda Jane Seelig, CMA-A (AAMA), President

Reading of the Rules Rita Michel, CMA (AAMA) Parliamentary Advisor

Introduction of Pages, Tellers &

Timekeeper

Jane Seelig, CMA-A (AAMA), President

Instructions to Pages, Tellers &

**Timekeeper** Rita Michel, CMA (AAMA) Parliamentary Advisor

Adoption of the Conference Program

**Booklet** Sandra Johnson, CMA (AAMA) MS, CPC, CCS-P

Correspondence Paula Schubert, CMA (AAMA), CPT (IAPS) Corresponding Secretary Secretary's Report

Dianne Wimsett, CMA (AAMA)

Jane Seelig, CMA-A (AAMA)

Report of the Annual Meeting

**Minutes Audit Committee** 

Heidi Sisson, CMA (AAMA) Joyce Edds, CMA (AAMA), CPT (ASPT) **Treasurer's Report** 

Presentation of Bills

Report of the Financial Audit Committee

Sandra Johnson, CMA (AAMA), CPC

**Nominating Committee Report** Rita Michel, CMA (AAMA)

Nominations from the Floor Jane Seelig, CMA-A (AAMA), President **Election Results** Jane Seelig, CMA-A (AAMA), President

**Supplemental Reports of Standing Committees** 

**Unfinished Business** Adoption of Proposed Budget

> 2020 ISMA Annual Conference Report 2021 ISMA Annual Conference Report

**New Business** Election of AAMA Delegates (6) and Alternate (1)

Members planning to attend AAMA Conference 9/11-14, 2020

Lake Buena Vista FL

Education Coordinator Board of Directors position

Physician Advisory Board

**Announcements** 

Ways and Means

PIPs

Time for head table line up

Recess

# ISMA Board of Directors Pre-Conference Agenda April 03, 2020 Abe Martin Lodge Nashville IN

Call to Order Jane Seelig, CMA-A (AAMA), President Invocation Heidi Sisson, CMA (AAMA), Chaplain Karen Pershing, CMA (AAMA), Vice President

Credentials Report June Brown, RMA, Chair

registered voting power _	_7	quorum	majority <sub>_</sub>	2/3
---------------------------	----	--------	-----------------------	-----

Introductions Jane Seelig, CMA-A (AAMA), President Secretary's Report Dianne Wimsett, CMA (AAMA)

Secretary's Report Treasurer's Report Presentation of Bills Correspondence Officer Reports

Joyce Edds, CMA (AAMA) CPT (ASPT)
Jane Seelig, CMA-A (AAMA), President

Paula Schubert, CMA (AAMA), CPT (IAPS) Corresponding Secretary

President- Jane Seelig, CMA-A (AAMA) Vice President- Karen Pershing, CMA (AAMA) Secretary- Dianne Wimsett, CMA (AAMA)

Treasurer- Joyce Edds, CMA (AAMA) CPT (ASPT)

Med-A-Scoop/Website Development- Pam Neu, CMA-A (AAMA) MBA

Immediate Past President- Clara Poirot, CMA (AAMA), CN-BC

Committee Reports Budget & Finance- Joyce Edds, CMA (AAMA), CPT (ASPT)

Bylaws & Standing Rules- Cate Gardner, CMA (AAMA)

Certification- Jeni Begley, CMA (AAMA)

Continuing Education-Karen Pershing, CMA (AAMA)

Council of Past Presidents-Clara Poirot, CMA (AAMA), CN-BC Eva I Irwin CMA (AAMA) Medical Assistant Support Fund-

Sandra Johnson, MS, CMA (AAMA), CPC Historian- Dorothy Geiger, CMA (AAMA) ISMA Liaison-Tammy Daily, CMA (AAMA) Membership- Clara Poirot, CMA (AAMA), CN-BC

Mentoring- Rita Michel, CMA (AAMA) Nominating – Rita Michel, CMA (AAMA)

Procedure Manual- Paula Schubert, CMA (AAMA), CPT (IAPS) Ways & Means- Sandra Johnson, CMA (AAMA), MS, CPC, CCS-P

2020 State Conference - Sandra Johnson, CMA (AAMA), MS, CPC, CCS-P

2021 State Conference – Brandi Gaumer, CMA (AAMA) 2022 State Conference – Jane Seelig, CMA-A (AAMA)

**District Reports** East Central District – Paula Schubert, CMA (AAMA), CPT (IAPS)

First District – Marianne Hawker Green CMA (AAMA) St. Joseph District – Brandi Gaumer, CMA (AAMA)

Southeast District – Sandra Johnson, CMA (AAMA), MS, CPC

Twelfth District – Rita Michel, CMA (AAMA)

West Central District - Melissa Curtis, CMÁ (AAMA)

Unfinished Business Proposed Budget

Physician Advisor

New Business Delegates to AAMA HOD

**Announcements** Ways & Means Baskets

Annual Meeting Chapter door prizes

Head Table line up

# Adjournment

# **Spring Break Travel**

As spring approaches, many spring breakers will be looking forward to sunny destinations and a long week of relaxation. Some may travel to tropical hot spots, like Cancun or islands in the Caribbean, while others may opt for bustling cities, like Amsterdam or Bangkok. Not all spring break destinations are created equal: Some have specific health risks you should be aware of.

Wherever your travels take you this spring break, stay healthy and safe with these tips from CDC Travelers' Health.

# Before You Go

Find out what <u>vaccines</u>, medicines, or advice is needed for your <u>destination</u> and plan a visit with your doctor or a <u>travel medicine specialist</u> at least 1 month before you leave the United States.

Get your <u>flu</u> shot at least 2 weeks before you travel, as it can take up to 2 weeks to be fully protected. Also, stay clear of people who are coughing or otherwise appear to be ill, and wash your hands often with soap and water.

Make sure you are up-to-date on the MMR (measles, mumps, and rubella) vaccine. There are outbreaks of <u>measles</u> in popular destinations.

Talk to your doctor about the <u>hepatitis A</u> and <u>hepatitis B</u> vaccines.

# Other items to add to your to-do list:

Find out if your health insurance covers medical care abroad—many plans don't!

Consider <u>additional insurance</u> that covers health care and emergency evacuation, especially if you will be traveling to remote areas.

<u>Pack smart</u> and prepare a travel health kit with the items you may need on your trip, including prescription and over-the-counter medicines, insect repellent, sunscreen, alcohol-based hand sanitizer, and condoms.

Check the <u>US Department of State website</u> for information on security risks. Register with the <u>Smart Traveler</u> Enrollment Program so the US embassy or consulate can contact you in case of an emergency.

# **During Your Trip**

**Don't leave your healthy habits at home**— "what happens on spring break stays on spring break" may imply that taking risks is expected, but you should always play it safe when it comes to your health.

<u>STDs</u>. Use condoms every time, to reduce your risk of sexually transmitted diseases (STDs)!

**Road safety.** Motor vehicle crashes are the leading cause of death among healthy travelers. Choose safe transportation. Always wear a seat belt, and ride only in marked taxis or ridesharing vehicles. Be alert when crossing the street, especially in countries where people drive on the left.

<u>Prevent insect bites</u>. Use insect repellent to protect against diseases spread by mosquitoes, such as Zika, dengue, and malaria. Always apply after your SPF 15+.

Wear sunscreen with SPF 15 or higher when outdoors. Remember that <u>sun protection</u> isn't just for tropical beaches—you can get a sunburn even if it's cloudy or cold! **Be safe on tours.** Use a reputable travel guide or tour company if you plan on doing any <u>adventure travel</u> activities like reef diving, surfing, or zip-lining.

Be careful when indulging in the local cuisine. In developing countries, eat only food that has been fully cooked and served hot. Only eat fresh vegetables or fruits if you can peel them yourself. Drink only bottled, sealed beverages, and steer clear of ice—it was probably made with tap water.

**Norovirus.** Cruise ship outbreaks of vomiting and diarrhea, primarily caused by norovirus, have been reported. Don't let this virus ruin your trip. The best ways to prevent illness are frequent handwashing with soap and water, and practicing <u>safe eating and drinking habits</u> while on off-boat excursions.

If you get sick or injured and need immediate medical attention while you're on your trip, contact the <u>US embassy</u> or consulate in your destination; they can help you locate medical services in your area as well as notify friends, family, or your employer in case of an emergency. For more information, see <u>Getting Health Care Abroad</u>.

# **Pre-Travel Resources**

# **General Resources**

CDC Health Information for International Travel (the Yellow Book) contains the US government's most current travel health guidelines, including pre-travel vaccine recommendations, destination-specific health advice, and easy-to-reference maps, tables, and charts. Available free online and for iOS or Android.

# **General Vaccine Information**

Travel Vaccine Quick Guide

**Routine Immunization Schedules** 

Vaccine Information Statements (VIS)

Epidemiology and Prevention of Vaccine-Preventable Diseases (Pink Book)

Vaccine Administration (Pink Book)

The Vaccination Records: Finding, Interpreting, and Recording

## **Pre-travel Care Tools**

<u>Pre-Travel Quick Guide</u>: Highlights major topics for discussion to support your pre-travel consultations with patients traveling abroad.

<u>Destination Finder for Health Recommendations:</u> Search travel health recommendations by country.

<u>Providers' Rapid Evaluation Portal (PREP)</u>: a free interactive clinical tool to guide you through pre-travel consultations with patients traveling abroad.

<u>Travel Clinic Locator Tool</u>: provides resources to find pre-travel care at a health department, travel medicine clinic, or yellow fever vaccination clinic.

<u>Factsheets for Travelers</u>: featuring common travel health topics, general information for travelers, information for travelers with special needs, and information for different types of travel.

<sup>\*</sup>www.cdc.gov

<sup>\*</sup>National Center for Emerging and Zoonotic Infectious Diseases (NCEZIP)

<sup>\*</sup>Division of Global Migration and Quarantine (DGMQ)

Official Newsletter of the Indiana Society of Medical Assistants, Inc. An Affiliate of the American Association of Medical Assistants

Pam Neu, CMA (AAMA), Editor







NOTICE— If you have a name or address change PLEASE NOTIFY National AAMA at 1-800-ACT-AAMA or www.aama-ntl.org

# **Our Conference is being held at:**

Abe Martin Lodge
Brown County State Park
1450 State Rd. 46 W
Nashville, IN 47448