



eNEWS TO SEE FROM CBG

Your partner in healthcare

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Healthcare Related Links

<http://www.thecommercegroup.com/WebExchange/>
Full access to all of your medical claim information through CBG.

<http://www.americanheart.org>
Information about cardiovascular disease and stroke prevention.

<http://www.lungusa.org>
Information about lung disease and promotion of lung health. Links to your state smoking cessation programs.

<http://diabetes.niddk.nih.gov>
Information about diabetes control, prevention and kidney health.



Analysis: Medicare Auditing Program Saves Millions

Medicare is contemplating expanding its auditing program from New York, Florida, and California to all fifty states. The auditing program recouped overpayments of \$247.5 million dollars in fiscal year 2007. Many hospital groups feel the program should be limited. The program identified total overpayments of \$357 million, of which \$17.8 million of 7% was overturned on appeal. The auditing firms work on a contingency basis and the hospital groups feel this encourages them to be too aggressive.

CMS Acting Administrator Kerry Weems told California lawmakers the agency 'believes auditing is a valuable tool in the Medicare program as a way to recover past improper payments and to deter future over billing.'

In Fiscal Year 2008 the program is going to have several protective measures. First the auditing firm is going to have to have a Medical Director and Medical Coding Experts. Second they will have to refund any contingency fees overturned on appeal. Given the success of the program in 3 states, it makes sense for CMS to further increase the scope of program.

An article for everyone – Insurers Stop Paying for Care Linked Errors

M-Audits has championed this strategy for several years and we are anxious to illustrate the value-added benefits of utilizing **M-Audits**. On average, we are saving our clients over 10% of billed charges. These savings are over and above PPO discounts. As crazy as it seems, some hospitals are concerned that the new strategy could drive up costs in other ways as hospitals absorb or pass on the expenses of introducing the



safety and screening procedures needed to avoid these errors. Insurers are taking a new tactic in a bid to improve patient safety and reduce healthcare costs, refusing to pay - or let their members be billed - for hospital errors. The companies are following the lead of CMS for Medicare and Medicaid. CMS listed eight common errors it will no longer pay for and is adding hospital acquired blood infections, blood clots in legs and lungs and Pneumonia

BEST DIET TIPS EVER

1. Drink plenty of water
2. Think about what you can add to your diet, not what you can take away
3. Consider whether you are truly hungry
4. Choose late night snacks wisely
5. Eat several 'mini-meals' during the day
6. Eat Protein with Every Meal
7. Stock your kitchen with healthy convenience items
8. Swap pasta and breads with vegetables
9. Use non-food alternatives to cope with stress
10. Be physically active



Most businessmen and women can't imagine the business model that would allow them to pass on the cost of their common mistakes. The objective is not a matter of not paying for errors, but rather getting them not to happen in the first place.

Spurred by laws requiring more reporting of errors, some hospitals have adopted their own policies for reporting medical errors and have vowed not to charge for errors on the never-events list.

Exercise – Reduced Exercise Capacity an Ominous Sign

Studies show that people who have trouble exercising on a treadmill are at increased risk of suffering a heart attack or other heart-related events. 'Exercise Capacity' is one of many factors measured during an exercise treadmill test. This test is a simple procedure that can often be performed in your doctor's office. The study showed that those with low exercise capacity



- Are more likely to have other co-morbidities such as diabetes and high blood pressure
- Had abnormal heart rate recovery after exercise
- Had more than a two-fold increase in the risk of heart attack, experiencing chest pain, or needing vascular surgery

Regardless of the findings, you can make a positive impact by increasing the amount of cardiovascular exercise you incorporate into your workout. You can increase your exercise capacity by making 'cardio' an important part of your fitness routine.

Obesity rates are at an all time high in the U.S. Along with obesity, there are increases in other debilitating diseases like Type 2 Diabetes, Heart Disease, and Hypertension. Temptation and Sedentary jobs spell double trouble for many. What can you do to minimize weight gain at work?



1. Eat breakfast
2. Drink lots of water during the day
3. Take healthy snacks to work
4. Eat lunch at work (avoid going out for a big mid-day meal)
5. Get a work out partner or diet partner who shares your goals
6. Identify 'danger zones' and avoid them
7. Exercise before work
8. Use stairs, park further from the building or just move around during the day