

2018 Cigna Healthspring Rx Comprehensive Drug List Formulary

Can the ethical mission of health care survive among organizations competing for survival in the marketplace? On this question hinges not only the future of health care in the US, but that of the health care systems of all advanced countries. This book presents both an analytic framework and a menu of pragmatic answers. The team of authors, physician-ethicists from Harvard Medical School and the National Institutes of Health, worked with a consortium of health care organizations to explore some of the most challenging dilemmas in health care today: How can health plans determine medical necessity in a way that ensures quality care, controls costs, and builds trust with patients and physicians? What are the strategies for caring for vulnerable populations that meet their special needs without dramatically increasing costs? To answer these and other similar questions the authors blend ethical analysis with real-world example. The outcome is a rich analysis of the ethical challenges facing health care organizations, combined with tangible examples of exemplary methods to address these challenges. This book will help health care leaders, regulators, and policy makers incorporate exemplary practices, and the underlying themes they embody, into the very heart and soul of health care organizations.

Featured in U.S. News and World Report, the fourth edition of this best-selling Medicare guide is now available. This book shares up-to-date Medicare information with 2019 cost analyses, program changes under the Trump administration, a review of Medicare's latest preventive screening offerings, and a discussion of Medicare's controversial 2-Midnight Rule. Simple worksheets guide you through the Medicare maze to help you on your way. What does Medicare cover? How can you avoid late penalties? Should you choose a Medicare Advantage plan over Original Medicare? Do you need a Medicare Supplement Plan, i.e., Medigap? What will Medicare really cost you? Written by Tanya Feke MD, a board-certified family physician and the Medicare expert for Verywell.com, Medicare Essentials tells you everything you need to know about the program. With experience caring for patients and working with administrators, she has learned tricks that can save you money and improve your healthcare experience. Let Dr. Feke be your advocate and explain the fine print.

The Patient Protection and Affordable Care Act (ACA) was designed to increase health insurance quality and affordability, lower the uninsured rate by expanding insurance coverage, and reduce the costs of healthcare overall. Along with sweeping change came sweeping criticisms and issues. This book explores the pros and cons of the Affordable Care Act, and explains who benefits from the ACA. Readers will learn how the economy is affected by the ACA, and the impact of the ACA rollout.

Opioid use and infectious diseases are intertwined epidemics. Despite the fact that the United States is more than two decades into the opioid crisis - the cause of tens of thousands of deaths every year on its own - the health system has not sufficiently addressed the morbidity and mortality of drug use coupled with infectious diseases. This is at least in part due to traditional models of substance use disorder care wherein substance use disorder treatment is delivered independently of other medical care, thereby inhibiting the delivery of comprehensive care. As a result, the United States is experiencing a drastic increase in infectious diseases that spread with drug use. Opportunities to Improve Opioid Use Disorder and Infectious Disease Services examines current efforts to integrate care and describes barriers, such as inadequate workforce and training; lack of data integration and sharing; and stigma among people who use drugs and have also been diagnosed with an infectious disease. The conclusions and recommendations of this report will help to promote patient-centered, integrated programs to address this dual epidemic.

Explore the many changes in hip and knee arthroplasty in recent years with completely new information on implants, bearing surfaces, surgical approaches, alternate approaches, risk reduction, and blood management. Expand your knowledge with the standard in adult hip and knee reconstruction, while you advance patient care with the best practices available.

The Future of Nursing explores how nurses' roles, responsibilities, and education should change significantly to meet the increased demand for care that will be created by health care reform and to advance improvements in America's increasingly complex health system. At more than 3 million in number, nurses make up the single largest segment of the health care work force. They also spend the greatest amount of time in delivering patient care as a profession. Nurses therefore have valuable insights and unique abilities to contribute as partners with other health care professionals in improving the quality and safety of care as envisioned in the Affordable Care Act (ACA) enacted this year. Nurses should be fully engaged with other health professionals and assume leadership roles in redesigning care in the United States. To ensure its members are well-prepared, the profession should institute residency training for nurses, increase the percentage of nurses who attain a bachelor's degree to 80 percent by 2020, and double the number who pursue doctorates. Furthermore, regulatory and institutional obstacles -- including limits on nurses' scope of practice -- should be removed so that the health system can reap the full benefit of nurses' training, skills, and knowledge in patient care. In this book, the Institute of Medicine makes recommendations for an action-oriented blueprint for the future of nursing.

Dietary supplements can contain a wide variety of ingredients, either singly or in combination, including nutrients, botanicals and 'bioactive components' commonly found in foods. They are marketed and used by consumers for a range of reasons: to enhance "well-being", as traditional medicines, for health promotion or disease risk reduction, and as alternatives or complements to conventional drug therapies. On a global basis, the dietary supplement industry has enjoyed rapid growth, becoming a multi-billion dollar enterprise over the last 10 years. This growth has been associated with significant changes in both the types of products available and the reasons for using these products. In many cases, these changes have occurred without the benefit of a sound scientific basis for evaluating the safety and efficacy of these products under the new conditions of use and frequently the same limited scientific evidence is used, even though current product composition, user populations, purported beneficial effects, and conditions of use may differ significantly from the available evidence or historical usage. This book presents systematic examinations of the scientific data that are available and/or needed to substantiate and evaluate the safety and efficacy of dietary supplements. A series of case studies that are illustrative of the types of scientific challenges that have been encountered in substantiating safety and efficacy for various product types are employed to point out some of the successes but also frustrations that have occurred in recent years. Discussions among presenters and participants identify the lessons learned from these experiences and formulate ideas for improved approaches to identifying research needs and for enhancing the quality and relevance of the scientific evidence available for policy decisions. Dietary Supplements and Health constitutes a useful resource for nutritionists, biochemists, public health researchers and anyone interested in herbal, alternative medicines.

A core reference for residents and practitioners for more than 40 years, this volume has been thoroughly revised and reorganized to provide complete, authoritative coverage of the modern clinical practice of obstetrics and gynecology.

This guide helps people with Medicare understand Medigap (also called Medicare Supplement Insurance) policies. A Medigap policy is a type of private insurance that helps you pay for some of the costs that Original Medicare doesn't cover.

The Immunoassay Kit Directory, Series B: Infectious Diseases deals with commercially available immunoassay kits for the diagnosis of clinically important infectious diseases. Detailed information about each kit is provided; over 19 different major parameters are listed in a consistent manner to allow for easy comparison. Each organism is introduced by a short article and there are also review articles of relevance to the current issue. Comprehensive indexes are provided. This part of the Directory

covers kits for the diagnosis of genitourinary infections such as chlamydia, hepatitis A, B, C and D, herpes simplex, HIV, HTLV, neisseria, streptococcus and treponema. In total almost 600 kits are described in detail. Further parts of the Directory deal with respiratory infections (Part 2) and enteric and other infections (Part 3).

The purpose of this monograph is to describe the principles of drug treatment in old age and the best therapeutic practice for the elderly. The present text is based on those drugs likely to be available in most countries, and thus of universal relevance. The WHO Model List of Essential Drugs have been given some preference over others.

Community and Public Health Nursing: Promoting the Public's Health, 10th Edition delivers an engaging introduction to the principles of public health nursing and employs a highly visual, student-friendly approach to guide students in developing the understanding and skills to confidently promote health, foster disease prevention, and protect at-risk populations — including older adults, homeless populations, veterans, refugees, and the LGBTQ community — whether practicing in acute care or community and public health settings. Extensively revised and featuring a wealth of real-world examples, this updated edition reflects today's most prominent public health issues and empowers students to provide the most effective nursing care wherever they may choose to practice.

Implement TMR with Your Patients and Improve Their Quality of Life Developed by Dr. Todd A. Kuiken and Dr. Gregory A. Dumanian, targeted muscle reinnervation (TMR) is a new approach to accessing motor control signals from peripheral nerves after amputation and providing sensory feedback to prosthesis users. This practical approach has many advantages over other neural-machine interfaces for the improved control of artificial limbs. Targeted Muscle Reinnervation: A Neural Interface for Artificial Limbs provides a template for the clinical implementation of TMR and a resource for further research in this new area of science. After describing the basic scientific concepts and key principles underlying TMR, the book presents surgical approaches to transhumeral and shoulder disarticulation amputations. It explores the possible role of TMR in the prevention and treatment of end-neuromas and details the principles of rehabilitation, prosthetic fitting, and occupational therapy for TMR patients. The book also describes transfer sensation and discusses the surgical and functional outcomes of the first several TMR patients. It concludes with emerging research on using TMR to further improve the function and quality of life for people with limb loss. With contributions from renowned leaders in the field, including Drs. Kuiken and Dumanian, this book is a useful guide to implementing TMR in patients with high-level upper limb amputations. It also supplies the foundation to enable improvements in TMR techniques and advances in prosthetic technology.

Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

This exciting new publication is the first authoritative resource on the market with an exclusive focus on Trigger Point ((TrP) dry needling. It provides a detailed and up-to-date scientific perspective against which TrP dry needling can be best understood. The first section of the book covers important topics such as the current understanding and neurophysiology of the TrP phenomena, safety and hygiene, the effect of needling on fascia and connective tissue, and an account on professional issues surrounding TrP dry needling. The second section includes a detailed and well-illustrated review of deep dry needling techniques of the most common muscles throughout the body. The third section of the book describes several other needling approaches, such as superficial dry needling, dry needling from a Western Acupuncture perspective, intramuscular stimulation, and Fu's subcutaneous needling. Trigger Point Dry Needling brings together authors who are internationally recognized specialists in the field of myofascial pain and dry needling. First book of its kind to include different needling approaches (in the context of evidence) for the management of neuromuscular pain conditions Highlights both current scientific evidence and clinicians' expertise and experience Multi-contributed by a team of top international experts Over 200 illustrations supporting the detailed description of needling techniques

Mergers, Acquisitions, and Other Restructuring Activities: An Integrated Approach to Process, Tools, Cases, and Solutions, Tenth Edition, is the most comprehensive and cutting-edge text available on the subject. Supported by recent peer-reviewed academic research, this book provides many recent, notable deals, precedent-setting judicial decisions, government policies and regulations, and trends affecting M&As, as well as takeover strategies and tactics. Today's policies, politics and economics are reflected in the book's 40 case studies, 90% of which involve deals either announced or completed during the last several years. These cases represent friendly, hostile, highly leveraged, and cross-border transactions in ten different industries, involving public and private firms and those experiencing financial distress. Sections discuss an overview of M&As, key regulations, common strategies and tactics, how managers may choose a business strategy from available options, valuation methods and basic financial modeling techniques, the negotiating process, how deal structuring and financing are inextricably linked, how consensus is reached during the bargaining process, the role of financial models in closing the deal and strategic growth options as alternatives to domestic M&As. Provides a rigorous discussion of the strengths and limitations of financial modeling as applied to M&A and how these models can be applied in various areas Includes new academic research and updated/revised case studies Presents updated M&A tactics and strategies, along with court cases and new regulations governing business combinations, valuation methodologies and financing

Reviews what has been learned over the past decade about performance-based payment strategies in health care and offers recommendations for the design, implementation, and monitoring and evaluation of value-based purchasing programs. This text guides patterns of practice; improves quality of care; promotes appropriate use of health care services; and explains physical therapist practice to insurers, policymakers, and other health care professionals. This edition continues to be a resource for both daily practice and professional education.

Comprised of the accounts of twelve heterosexual couples in which the man is on the Autism Spectrum, this book invites both partners to discuss their own perspectives of different key issues, including anxiety, empathy, employment and socialising. Autism expert Tony Atwood

contributes a commentary and a question and answer section for each of the twelve accounts. The first book of its kind to provide perspectives from both sides of a relationship on a variety of different topics, *Neurodiverse Relationships* is the perfect companion for couples in neurodiverse relationships who are trying to understand one another better.

A report on recommended clinical preventive services that should be provided to patients in the course of routine clinical care, including screening for vascular, neoplastic and infectious diseases, and metabolic, hematologic, ophthalmologic and ontologic, prenatal, and musculoskeletal disorders. Also, mental disorders and substance abuse, counseling, and immunizations/chemoprophylaxis. Tables. An inspiring collection of stories written by two successful leaders that highlights the unique role micro communities play in helping individuals achieve their goals and overcome obstacles--physical or otherwise--even in the face of great adversity.

"The new edition of this practical accessible text introduces preservice SLPs to 12 evidence-based interventions that improve the communication and social skills of people with autism spectrum disorder"--

The annual CPT "TM" Professional Edition provides the most comprehensive and convenient access to a complete listing of descriptive terms, identifying codes, and anatomical and procedural illustrations for reporting medical services and procedures. The 1999 edition includes more than 500 code changes. To make coding easy, color-coded keys are used for identifying section and sub-headings, and pre-installed thumb-notch tabs speed searching through codes. Also includes 125 procedural and anatomical illustrations and an at-a-glance list of medical vocabulary.

The Complete Guide to Human Resources and the Law will help you navigate complex and potentially costly Human Resources issues. You'll know what to do (and what not to do) to avoid costly mistakes or oversights, confront HR problems - legally and effectively - and understand the rules. The Complete Guide to Human Resources and the Law offers fast, dependable, plain English legal guidance for HR-related situations from ADA accommodation, diversity training, and privacy issues to hiring and termination, employee benefit plans, compensation, and recordkeeping. It brings you the most up-to-date information as well as practical tips and checklists in a well-organized, easy-to-use resource. The 2019 Edition provides new and expanded coverage of issues such as: The Supreme Court held in March 2016 that to prove damages in an Fair Labor Standards Act (FLSA) donning/doffing class action, an expert witness' testimony could be admitted *Tyson Foods, Inc. v. Bouaphakeo*, 136 S. Ct. 1036 (2016). Executive Order 13706, signed on Labor Day 2015, takes effect in 2017. It requires federal contractors to allow employees to accrue at least one hour of paid sick leave for every 30 hours they work, and unused sick leave can be carried over from year to year. Mid-2016 DOL regulations make millions more white-collar employees eligible for overtime pay, by greatly increasing the salary threshold for the white-collar exemption. Updates on the PATH Act (Protecting Americans From Tax Hikes; Pub. L. No. 114-113. The DOL published the "fiduciary rule" in final form in April 2016, with full compliance scheduled for January 1, 2018. The rule makes it clear that brokers who are paid to offer guidance on retirement accounts and Individual Retirement Arrangements (IRAs) are fiduciaries. In early 2016, the Equal Employment Opportunity Commission (EEOC) announced it would allow charging parties to request copies of the employer's position statement in response to the charge. The Supreme Court ruled that, in constructive discharge timing requirements run from the date the employee gives notice of his or her resignation--not the effective date of the resignation. Certiorari was granted to determine if the Federal Arbitration Act (FAA) preempts consideration of severing provisions for unconscionability. Previous Edition: Complete Guide to Human Resources and the Law, 2018 Edition ISBN 9781454884309

Women suffer disproportionate rates of chronic disease and disability from some conditions, and often have high out-of-pocket health care costs. The passage of the Patient Protection and Affordable Care Act of 2010 (ACA) provides the United States with an opportunity to reduce existing health disparities by providing an unprecedented level of population health care coverage. The expansion of coverage to millions of uninsured Americans and the new standards for coverage of preventive services that are included in the ACA can potentially improve the health and well-being of individuals across the United States. Women in particular stand to benefit from these additional preventive health services. *Clinical Preventive Services for Women* reviews the preventive services that are important to women's health and well-being. It recommends that eight preventive health services for women be added to the services that health plans will cover at no cost. The recommendations are based on a review of existing guidelines and an assessment of the evidence on the effectiveness of different preventive services. The services include improved screening for cervical cancer, sexually transmitted infections, and gestational diabetes; a fuller range of contraceptive education, counseling, methods, and services; services for pregnant women; at least one well-woman preventive care visit annually; and screening and counseling for interpersonal and domestic violence, among others. *Clinical Preventive Services for Women* identifies critical gaps in preventive services for women as well as measures that will further ensure optimal health and well-being. It can serve as a comprehensive guide for federal government agencies, including the Department of Health and Human Services and the Center for Disease Control and Prevention; state and local government agencies; policy makers; health care professionals; caregivers, and researchers.

Home parenteral nutrition (HPN) is the intravenous administration of nutrients carried out in the patient's home. This book analyses current practices in HPN, with a view to inform best practice, covering epidemiology of HPN in regions including the UK and Europe, USA and Australia, its role in the treatment of clinical conditions including gastrointestinal disorders and cancer, ethical and legal aspects and patient quality of life.

A lifelong runner's groundbreaking guide to fighting depression and anxiety, one run at a time Everyone knows that running builds stronger muscles and a healthier heart. In *Running Is My Therapy*, longtime runner Scott Douglas shows how endurance running is also the best form of exercise to develop a healthier brain. A natural antidepressant, running reinforces the benefits of therapy and triggers lasting, positive physiological changes. In fact, some doctors now "prescribe" a running regimen as part of their first-line treatment plan for depression. Marshaling expert advice and a growing body of research, Douglas explains how we can all use running to improve mental health—and live happier.

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