

JIB Medical: An incredibly valuable benefit – don't miss out on it!

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Dr. Makover,
Chief Medical
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How often have you visited a doctor and experienced long waits? The doctor eventually rushes in for a ten- or fifteen-minute visit, much of which is spent on the computer. Then you are turned over to an assistant, who is

very strictly and employs a HIPAA compliance manager. Only your doctor, you and those at JIB Medical who are directly involved in your care have access to your personal information. JIB Medical employees are strictly prohibited from accessing any record unless specifically needed for your care; compliance is strictly monitored.

JIB Medical takes all precautions to protect patients from COVID-19.

JIB Medical does not administer any drug testing on any patients. All drug testing required for other JIB and Union departments is done outside of JIB by a contracted agency and JIB Medical does not receive the results.

JIB Medical provides a long list of important services

This issue of Union World describes the many benefits available that make JIB Medical *one of the most advanced medical practices.*

All preventive care has no copay and non-preventive services entail a limited copay lower than required elsewhere.

JIB Medical offers the following services:

- Complete annual examinations (one hour)
- Follow-up visits as needed (30 minutes or more)
- Other exams as needed, for pre-surgery and other needs
- Referrals as needed
- You can choose a JIB Medical doctor as your primary physician
- CardioPrevention Program (CPP)

also rushed.

Not at JIB Medical, PC — your medical department at the Electrical Industry Center in Flushing, Queens, where medicine is practiced professionally, in an advanced 21st century medical facility.

Our doctors have the time you need

JIB Medical doctors see at most 8 patients in the time doctors elsewhere are usually seeing 20-35 or more patients. Our doctors spend an entire hour with you for an extensive and thorough annual physical exam and then follow up as much as needed. JIB Medical doctors respond to your needs, calls and questions.

At JIB Medical, you are treated like family. It is your medical home, a benefit solely for Local 3 members, retirees, dependents and other participants 18 years and older and in the welfare benefit plans.



Our doctors are Board-certified specialists

JIB Medical staff are here to help you. The physicians are carefully selected, highly skilled, Board-certified and academically trained specialists in internal medicine, as well as obstetrics and gynecology for our gynecologist.

We help take care of the health problems you already have and any new ones that arise, but most of all we want to help you prevent any new problems!

Many of the resources you need are on the premises, along with wonderful preventive programs to help you stay healthy. Some programs are available virtually from your home by telehealth.

JIB Medical is extremely careful about your privacy and safety

JIB's IT department has strong privacy safeguards against outside cyber intrusion. JIB Medical follows the HIPAA privacy law

- Advanced radiology and sonography (ultrasound)
- 3D mammography (tomosynthesis)
- Laboratory tests, sent to Northwell Health CORE lab
- Patient Portal for easy access to lab results and other functions
- Electrocardiogram
- Screening lung tests
- DEXA scans for osteoporosis
- All adult immunizations
- Flu shot program every fall season
- Gynecology, including testing for cervical and endometrial cancer when needed
- Podiatry, including testing for early diabetic neuropathy
- Body Composition Test to measure total and visceral fat to guide risk assessment
- Full optometry care for eyes at Jena Optical. Advanced tests are being evaluated.
- Advanced optical tests (OCT, Retinal photography, Visual Fields).

- Blood pressure, pulse, height, weight and BMI measurements
- Dietitian services
- LightenUp! weight control program
- Diabetes education specialists
- Diabetes and hypertension programs under development
- Stress reduction
- Smoking cessation
- Acupuncture
- Telehealth virtual visits where applicable
- Medical assistance to JIB substance abuse program as needed
- Mental health care is being evaluated as a possible new department

Caring physicians

JIB Medical currently has 8 physicians, all Board-certified and trained in academic medical centers. All were specifically selected for their expertise, dedication, listening skills and empathy. They care greatly about you and will help you be as healthy as possible now and in the future. Being self-funded and completely non-profit, your welfare is our only goal.

The physicians perform Annual Complete Examinations and other exams as patients require. They listen to your concerns, opinions and view of life, take a careful history and perform a complete physical exam. They explain everything carefully and answer your questions. No recommendations are imposed and all are discussed with you, which is called Shared Decision Making. They follow up with

hood and can cause problems at any age if not managed properly. Essentially everyone in the developed world already has atherosclerosis. *If you are an American, you almost certainly have atherosclerosis!*

Atherosclerosis is also the most preventable and treatable disease we face. It should be far less common, but current practices are not enough and miss as many as half of heart attacks. *Our CardioPrevention Program (CPP) shows you how to help preserve your arteries and prevent or reduce most cardiovascular diseases, such as heart attacks, strokes, dementia, erectile dysfunction, heart failure, peripheral arterial disease and poor aging.*

The CPP uses more detailed evaluation of risk and treats earlier and more intensively than current guidelines. This approach is described in detail in an article by Dr. Michael Makover and his colleagues in the December 2022 issue of the *American Journal of Preventive Cardiology*, available online for free. Copies are also available at JIB Medical.

Your JIB Medical doctor will evaluate you carefully, do tests as indicated and then discuss with you your current status and what you can do to have a much healthier future. *You decide* how much you want to do.

Jena Optical: Newly improved and expanded optometry services

Jena Optical has moved across the street to a *new and larger facility in the Electchester Shopping Center* across from the Electrical



revisits, letters and telephone calls as needed and virtual telehealth visits where feasible.

Your doctor will make referrals to specialists as needed, either from our select list or to any physician of your choosing and they will follow up on the results.

Our doctors can concentrate on your needs

JIB Medical uses an Electronic Medical Record (EMR) called eClinicalWorks, which facilitates much of your care. Our EMR minimizes bureaucratic information because the Pension and Hospitalization Benefit Plan (PHBP) is self-funded and does not bill participants for its services other than some small copays due to the Plan on the date of service. *Minimized EMR requirements free our doctors to spend more time on your care and much less on the computer.*

Patient Portal: Now you can access much of your health information

JIB Medical now offers a Patient Portal, which has already proved popular. Patients can see their lab work, list of immunizations and visit summaries. They can use the portal to request appointments and medication renewals and send e-mails to their doctors.

CardioPrevention Program (CPP): Help avoid a heart attack

Atherosclerosis (hardening of the arteries due primarily to cholesterol) causes more disability and death in the United States and the rest of the world than any other chronic disease. Atherosclerosis begins in early child-

hood and can cause problems at any age if not managed properly. Essentially everyone in the developed world already has atherosclerosis.

Jena now offers *contact lenses*. It also has a new lab on the premises to provide a *much faster turnaround for glasses* or they can be mailed to you for a small fee.

New, advanced optical testing will be available in March, 2023, including OCT (provides a microscopic side view of the retina), *retinal photography* (important in diabetes) and *visual field testing*.

Our optometry program is advised by experts at the ophthalmology department of the Columbia University Irving Medical Center and our optometrists are all highly trained in the newest techniques. They not only fit you for glasses or contact lenses, they assess your visual health. Where needed, they can treat eye problems within their scope of practice. We are evaluating adding advanced eye tests that are usually available only from an ophthalmologist.

LightenUp! Program: Learning to achieve a healthy weight

Excess weight can cause as many as 50 diseases and impairs health and fitness for everyday activities. Nutritional choices are vital for a healthier life.

JIB Medical offers our unique and innovative LightenUp! Program, which is accessible on the Internet in many states. It was created and designed by leading experts in weight loss at Weill Cornell Medicine (Professor

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Louis Aronne and Professor Alpana Shukla) and is strictly based on vigorous scientific evidence. ***Some participants have lost as much as 100 pounds!*** Dr. Aronne and Dr. Shukla were recently lead investigators for a newly approved weight reduction medicine that is safe and helped users lose as much as 22.5% of their body weight! ***When learning new eating habits is not enough, new, much safer medications, prescribed by LightenUp doctors, can help you reduce weight and keep it off.***

Being overweight has a great deal to do with your biology! Excess weight is due to the

accessible mental health talk therapy in our program.

JIB Substance Abuse Program

Anette Rivera, LMHC, CASAC, is the new director of the revitalized JIB Substance Abuse Services Program (SAS), which is being restructured and redesigned to better serve those with substance abuse problems (alcohol, drugs and tobacco) and other mental health issues including outreach, early detection, prevention, engagement, enrollment, assessment, referrals to appropriate clinical services and crisis intervention.



biological action of fat cells inside the body, called visceral fat. They make it easy to gain but very hard to lose. Despite that, you can overcome those challenges and successfully achieve the weight that is healthiest for you and then keep it that way. A Body Composition Test at JIB Medical accurately measures how much visceral fat you have; it is easy to do and takes only minutes.

There is no fee to PHBP participants to get the benefits of *LightenUp!* The program is unique in that you are assigned an online dietitian, who interviews you and helps guide you through the program. There are also brief and easy online lessons and a food-tracking program.

In addition, JIB Medical has two dietitians who are also certified diabetes educators and can meet with patients individually in person (or remotely in some cases). They are developing programs to help patients understand and control diabetes and hypertension.

3-D Mammography: Improved and much more comfortable

Our ***new state-of-the-art*** Siemens 3D mammogram machine (tomosynthesis) is not only better at detecting disease and reducing the need for follow-up tests, but also much more comfortable for patients than older machines.

Some quotes from patients:

"It's amazing!"
 "The paddles are more comfortable and do not hurt."
 "Happy that the JIB Medical Department made the investment into an advanced mammography unit."
 "I will definitely be coming back next year."
 "I have confidence in the technologist doing the mammography and you are all so wonderful and kind."

Mental health care options

Most Americans find it extremely difficult to get to see mental healthcare therapists who accept insurance. Waits for insurance appointments can take up to a year, if at all. Mental healthcare is a critical unmet American need. We are evaluating whether we can provide

Stress reduction, smoking cessation and acupuncture

Stress can impair happiness and lead to many problems. Our stress reduction program is here to help you learn to ***tame and control stress*** and find ways to keep it from ruling your life.

Mariusz Mikulec is a leading expert and teacher in this field. He brings great empathy and skill. His approaches to stress include empathic listening, counseling, mindfulness, meditation, acupuncture and progressive muscle relaxation. He also practices ***user-friendly*** techniques, including ***acupuncture*** if needed, for smoking cessation and other addictions. He has had success with many patients. He is highly expert and experienced in acupuncture, which is covered by the Plan only at JIB Medical.

Help with medication prescriptions

Michael Delio, RPh, is the Director of JIB Medical and he is a highly experienced clinical pharmacist. He and his staff are available to help with problems with prescriptions and pre-authorizations. When there is a well-documented need for medication, he and his staff can overcome barriers to make sure you receive the treatment you need, within the rules of the Plan.

The EGWP (Employer Group Waiver Plan) program and the SaveOnSp Program are saving PHBP many millions of dollars and at the same time ***eliminating copays for patients for many high-cost medications.***

JIB Medical - we are here to help you!

For appointments and questions, please call (718) 591-2014.

JIB Medical is located on the second floor of the Electrical Industry Center, 158-11 Harry Van Arsdale Jr. Avenue, Flushing, Queens, 11365. Parking is available on the street and in the shopping center.

Note: Employees Security Fund (ESF) members have more limited JIB Medical benefits as negotiated in their collective bargaining agreement.