



PO Box 190477  
Boise, ID 83719

### 24/7 Telehealth

Dustin Reno, NP: 208-203-0783

Velma Seabolt, NP: 208-271-4460

*Contact one provider per issue,  
please allow two hours for a call back.*

### Benefit Questions

208-938-8199

[benefits@iii-a.org](mailto:benefits@iii-a.org)

### Claim Reimbursement

[claims@iii-a.org](mailto:claims@iii-a.org)



**Need accountability on  
your wellness goals?**

**III-A Health Coach:**  
208-938-5632 or  
[Wellness@iii-a.org](mailto:Wellness@iii-a.org)

### III-A Board of Trustees

- Dan Hammond, Chair, City of American Falls
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- Suzanne McNeel, Secretary, City of Blackfoot
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- Tyler Lewis, Eagle Fire Protection District

## Medical Members Newsletter • Winter 2025



Shared Strength • Trusted Care

April 2025 Calendar Photo Winner Hana Waters, III-A, Tubbs Hill CDA

### A New Year Detox

2025 is here and 'New Years Resolutions' are full-fledged! Have you picked a resolution that you have tried to tackle year after year? If so, try changing your mindset about what you want to detox in 2025. [Read our full blog article on Detoxing at iii-a.org/blog/](https://www.iii-a.org/blog/)

### Congratulations to the 2024 Wellness Screening Winners

- Alicia Flavel, Boise Kuna Irrigation District
- Chris Berrier, Nampa Police Department
- Jennifer Arrotta, City of Hayden
- Brock Perry, City of Fruitland
- Teresa Koepke, City of Orofino
- Scott Spencer, Black Canyon Irrigation District
- Lindsey Pettyjohn, City of Garden City
- James Lockett, Minidoka Highway District
- Amantha Sierra, City of Lava Hot Springs
- Robert White, King Hill Irrigation District
- Rodney Denker, Minidoka Irrigation District
- Cody Parrish, Mica Kidd Island
- Maureen Strausbaugh, City of Shelley
- Roberto Hernandez, City of Franklin
- Jasmin Griffin, City of Victor

We will be mailing your \$50 Visa gift card, check your mailbox.

### Welcome, New III-A Agencies:

- City of Genesee
- City of Kendrick

### Be WELL in 2025

Go to [iii-a.org](https://www.iii-a.org) to view these upcoming Wellness events on the calendar and register.

15-MINUTE  
MINDFUL  
MONDAYS

WELLNESS  
CHALLENGES

WELLNESS  
WEDNESDAY  
WEBINARS

# American Heart Month - February 2025

## III-A Wellness Screening Findings



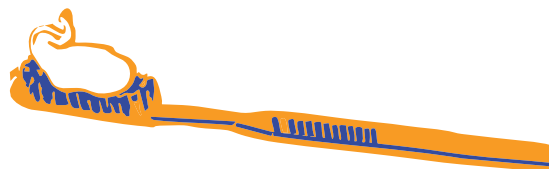
of III-A members screened had an elevated Lipid Panel (High Cholesterol)



of III-A members screened had Hypertension (High Blood Pressure)

## Heart Disease and Oral Health

- Gum disease can triple the risk of a heart attack.
- The bacteria that causes gum disease travels to the blood vessels, causing inflammation and damage. This damage may eventually lead to heart disease.
- The body's immune response to oral disease may result in inflammation that leads to vascular damage throughout the body, including the heart.



## Heart Disease Prevention Tips

- Eat a heart-healthy diet
- Get active
- Maintain a healthy weight
- Quit smoking
- Control your cholesterol, blood sugar, and blood pressure
- Drink alcohol in moderation
- Manage stress
- Get enough sleep

## Prevention is the Best Medicine

- Brush for at least two minutes twice a day and floss once a day.
- Try to avoid foods that are heavy on sugars and starches and choose those that are rich in essential nutrients (vitamins A and C).
- Avoid cigarettes and other tobacco products (includes vaping and smokeless tobacco products).

## IMPORTANT REMINDERS

### SmithRx

Make sure your provider and pharmacy have your SmithRx ID Card on file.

There are numerous cost-savings programs available, watch for communication from SmithRx via mail, email, or phone call.

**Member Portal:** [smithrx.com/members](https://smithrx.com/members)  
Go to 'Find My Meds' Pricing Tool to locate the pharmacy with the lowest copay.

**Mail-Order Prescriptions: Save Time & Money:** Receive a 90-day supply of your prescription and only pay for a 60-day supply with Amazon, Cost Plus Drugs, and Walmart Mail Order Pharmacies.

### Blue Cross of Idaho

Deductible and maximum out-of-pocket amounts reset on January 1st.

The following services are covered at 100%. If you receive a bill, reach out to the III-A benefits team so we can ensure the claim has been processed correctly.

- Mammograms
- Breast Ultrasounds
- Vasectomies
- Colonoscopies
- Dermatological Biopsies

*If you have any questions or concerns about your medical, dental, vision, or mental health benefits, call the III-A Benefits Line: 208-938-8199.*



# Cancer Screening & Prevention 101

By: Velma Seabolt, III-A Nurse Practitioner

Cancer remains a leading cause of morbidity and mortality worldwide. According to the World Health Organization, 'between 30–50% of all cancer cases are preventable'. Cancer screenings play a critical role in early detection, prevention, and improving survival rates for various types of cancer.

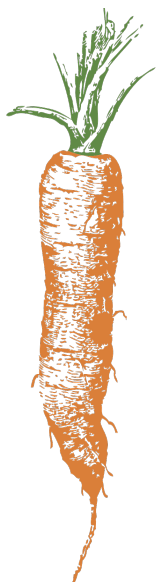
## Common Cancer Screenings:

- **Breast Cancer:** Mammograms for women starting at 40–50 years old.
- **Cervical Cancer:** Pap smears and HPV testing for women aged 21–65.
- **Colorectal Cancer:** Colonoscopies or stool tests starting at age 45 or earlier if family history.
- **Prostate Cancer:** PSA tests for men starting at 50 or earlier if at risk.
- **Lung Cancer:** Low-dose CT scans for individuals with a significant smoking history.
- **Skin Cancer:** Regular skin checks for high-risk individuals.

## What Else Can You Do?

By making a few lifestyle modifications, along with screenings, you can lower your cancer risks. According to the Centers for Disease Control - practicing a healthy lifestyle makes your risk of premature death from cancer **66%** less likely.

## Try Focusing on These Areas:



- Eat mostly whole foods – fruits, veggies, whole grains and lean proteins, avoid added/excess sugar and ultra processed foods, and incorporate anti-inflammatory foods like berries, leafy greens, turmeric, and nuts.
- Exercise regularly and maintain a healthy weight
- Avoid tobacco, limit secondhand smoke, and limit alcohol consumption
- Wear sunscreen / protect your skin
- Prioritize sleep
- Practice stress management
- Get vaccinated for HPV and Hep B
- Avoid exposure to harmful substances and environmental toxins
- Know your family history

Have questions about cancer screenings? Call a III-A Medical Telehealth Provider:  
Velma Seabolt, NP: 208-271-4460 or Dustin Reno, NP: 208-203-0783.

Visit [preventcancer.org](http://preventcancer.org) for more information.



## III-A Wellness Screening Findings:

- 3 Melanomas
- 1 Lung Cancer
- 1 Positive Cologuard
- 18 Elevated PSAs (Prostate Specific Antigens)
- 4 Liver Disease
- 40 Abnormal CBC's (Complete Blood Count)
- 27% Obese