

# URS BILLING SERVICES, LLC

## November 2011

*Medical E-Newsletter*



- Integrity
- Diligence
- Commitment

Headlines:

Making Thanksgiving a Healthy Holiday!

1. Add vegetables to dishes i.e. steam cauliflower and boil potatoes to make a healthier mashed potatoes side dish!
2. Make 1 side dish per food group i.e. either mashed potatoes, sweet potato casserole or rolls- not all 3!
3. Eat dinner at *dinner* time- that way you can have breakfast and lunch instead of grazing until "dinner" at 2 or 3 and being stuffed already!
4. Have one glass of wine and replace with sparkling water in your wine glass afterwards.

Check out our [about.me](http://about.me) page @ [about.me/ursbilling](http://about.me/ursbilling) where you'll find us on Twitter, Facebook and our website!

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Headlines



The Holidays are Knocking

Special Feature:  
Times are Changing Quality of Care

By: Richard Tamburello

The Coding Corner



New ICD-10 Codes

Q & A's

E-mail us @  
[info@e-urs.com](mailto:info@e-urs.com)  
for any questions or  
comments!

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## The Holidays are Knocking

What does this mean for you though? Let's count the ways:

1. Financial Stress
2. Relationship Stress
3. Physical Stress

Now let's do something about it aka manage holiday stress!

1. Exercise! Yes, yes you've heard it before, you'll hear it again but shouldn't that mean something? Yes, it works.
2. Set a budget- and stick to it! Whether it be a certain amount per person, or no gift can go over a certain number. It's the thought that counts, remember this!
3. Be realistic, if it's going to stress you out too much to visit both you and your spouse's family over the holidays then don't! Visit one on Thanksgiving and one on Christmas

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## Special Feature

### Times are Changing Quality of Care

By: Richard Tamburello

Medical practices need to re-design office operations because costs are rising and reimbursements are on a downward trend. In fact, reimbursements are expected to decline over the next several years. What is adding more pressure to the practice's survival is the patient! Patients are becoming more demanding about the care, which they receive, including expecting to be seen by the doctor at the scheduled appointment time.

Patients are also becoming more *impatient* because of added bureaucracy such as being asked to see insurance cards, completing various demographic forms and being asked a barrage of questions on each visit.  
*Continue reading @ [ursbillingservices.blogspot.com](http://ursbillingservices.blogspot.com)*

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## The Coding Corner

### *ICD-10 Codes*

Beginning October 1, 2013- expect another headache, "As of Oct. 1, you'll have more changes than in previous years: 166 new codes to grapple with, along with 168 revisions and 88 deletions."

Source: [cms.gov](http://cms.gov)

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## Q & A

**Q:** Am I meeting the 5010 HIPPA Transaction Standards?

**A:** Check out [cms.gov](http://cms.gov) to find out, better yet, call us! **URS** is implementing the new version now!

Source: [cms.gov](http://cms.gov)

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