

# URS BILLING SERVICES, LLC

## October 2010

*Medical E-Newsletter*



Headlines:

\* *Alternatives to Halloween Candy*- Passing out items such as erasers, silly bands, toothbrushes, mini books can help parents feel safer about tampered candy and just limiting the candy intake of their children. KidsHealth.Org

\* *Parental Halloween Safety Tips*- Don't use open flame candles in jack-o-lanterns; an adult should always accompany children under 12 years of age; parents should never let their children carve a pumpkin unsupervised; do not hand out homemade or unwrapped candies to children; parents should plan a route for your children to use while trick-or-treating and set an early return time for your child; to welcome trick-or-treaters, switch on your porch lights or any exterior lights. NYC.gov

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E-mail us @  
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with your questions or  
comments!

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## Keeping Motivated through the Holidays

It's fall season! Time for heavy foods, cold weather and less exercise. The cold weather tends to keep people inside, but don't let those warm blankets make you pack on the pounds you lost over the summer. Take advantage of the seasonal activities such as snowboarding and skiing! The average 145 lb woman burns almost 600 calories

just for an hour of downhill skiing while the average 180 lb man burns around 700 calories for an hour. Everyday activities also go unnoticed for how many calories are burned such as shoveling snow, putting up decorations and holiday shopping.

If you would like to accurately calculate the amount of calories burned, think about investing in a heart rate monitor (HRM). The HRM calculates how hard your heart is working which can motivate you to push yourself to burn maximum calories.

In order to maintain or continue to lose weight, make sure you don't fall in the trap of eating too much hearty and dense meals. They tend to be packed with more calories, sodium and fat. Here is a list of the top 9 most fattening meals people tend to eat more of as the cold weather approaches adapted from WebMD.com.

1. Macaroni & Cheese - A 12-ounce serving of Stouffer's macaroni and cheese has 529 calories, 25.7 grams of fat, and 10.6 grams of saturated fat.
2. Cream-based soups, bisques and chowders - The New England clam chowder at Chili's, meanwhile, has 940 calories, 65 grams fat, and 34 grams of saturated fat
3. Cream - Just 1 serving of cheese based casseroles has 568 calories, 40 grams of fat and 21 grams of saturated fat -- and this is for a side dish!
4. Cheesecake treats - In just one slice of chocolate Oreo mudslide cheesecake from the Cheesecake Factory, you get 1,050 calories, 71 grams of fat, and 34 grams of saturated fat.
5. Chili and stews loaded with ground beef, sausage and/or cheese - At Quizno's, the bread bowl chili has 760 calories, 23 grams of fat, and 7 grams saturated fat.
6. Pies topped with whipped cream or ice cream - A slice of coconut cream pie at Denny's, for example, will set you back 701 calories, 32 grams of fat and 20 grams saturated fat.
7. Cookies - Panera's shortbread cookie (2.5 ounces) has 350 calories, 21 grams of fat, and 12 grams saturated fat.
8. Fried side dishes - chili cheese fries, onion rings and plain old French fries - McDonald's 6 ounce side of fries is 570 calories, 30 grams of fat, and 6 grams saturated fat.
9. Creamy pot pies with pastries on the top and bottom - The individual Boston Market chicken pot pie has 780 calories, 47 grams of fat and 17 grams of saturated fat.



Many of us set ourselves up for disaster when we eliminate all comfort foods from our diets. But don't put yourself at risk, remember *portion control*. You can have your favorite foods but share ½ with a friend or take the other ½ home in a doggie bag. Remember - Eat Sensibly!

Source: WebMD.com

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## Special Feature

### Motivated Staff = Accuracy

By: Richard Tamburello

Motivated staffs are a critical component to achieving accuracy in the overall efficiency of any business. Accuracy in employee production directly impacts the overall profitability of the business. Accuracy improves the bottom line, motivates employees, optimizes cash flow and facilitates a spirited atmosphere of teamwork. I have worked with several senior executives in major corporations who have greatly influenced my philosophy and approach to motivating employees through accuracy.

The first step is establishing standards, goals and objectives, including monetary rewards or other means of appreciation for achievements such as additional paid vacation days.

The URS management team has established several key financial accuracy ratios. For example, URS expects 100% of its filed claims to be 100% accurate! Therefore, having established this as the benchmark, billers compete to getting as close as possible to this figure and those who achieve the highest 'accuracy ratio' are rewarded. Accuracy ratios not only play a vital role in effectively managing our client's medical accounts receivables but act as an 'invisible manager' overseeing each medical practice's production level. That is to say, these analytical measurements dictate to the medical biller > which areas of the billing process are on target and which need undivided attention. Financial rewards have been created for meeting these accuracy measurements and when the medical biller has met all, URS pays an additional bonus. These accuracy measurements have been in place for more than 12 years.

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## The Coding Corner

### *ICD-10 Implementation*

The department of Health and Human Services (HHS) has mandated the replacement of the ICD-9-CM code sets medical coders and billers in the United States use now to report health care diagnoses and procedures with ICD-10 code sets, effective Oct. 1, 2013. ICD-10 implementation will radically change the way coding is currently done; the code-set will grow from its current 17,000 codes to more than 141,000, and the format is new with seven alpha-numeric codes instead of five numeric digits. These dramatic changes, and others, will require very significant effort to implement, and the time to prepare for ICD-10 implementation is now.

Source: AAPC.com

## Q & A

**Q:** Can URS Billing Services work remotely through our billing system?

**A:** Yes, URS Billing Services will access and conduct all billing processes via remote access, including:

- Verifying insurances
- Making sure CPT codes & diagnosis codes are congruent
- Preparing and filing claims to insurance companies electronically
- Viewing error reports & making all necessary corrections
- Posting payments and insurance adjustments and conducting insurance inquiries

*Please direct questions, comments or desired topics for future discussion to [info@e-urs.com](mailto:info@e-urs.com)!*