



RELIANCE

MEDICAL GROUP

"Quality Healthcare Is A Right, Not A Privilege"

Holiday Issue
November/December 2019

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Reliance App

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New Pediatrics Practice

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Smiling Faces

RELIANCE MEDICAL GROUP

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RELIANCEMEDICALGROUP.NET



THE PULSE



Reliance Pleasantville October Breast Pink Day



Left Photo: Wahida Shams, Tamika Brown, Carmen Ruiz, Farida Yesmin, Michelle McFadden, Wilma Figueroa, Intern Jose Nay.



A Message From The President & Vice President

It seems as though we were just putting out our Fall edition of The Pulse and here we are already publishing our Holiday issue. With Thanksgiving, Christmas and other end-of-year holidays quickly approaching, and a New Year on the horizon, we find ourselves appreciating all that we have, celebrating all that we have achieved, and recognizing all of the positive impacts we have had upon the lives of others.

Reliance Medical Group remains one of the largest, independent medical practices in New Jersey and our offices and presences span throughout all of southern New Jersey. Patients

are overwhelmingly satisfied with the service that they receive at Reliance, and Reliance's staff members are the organization's greatest asset.

In an ever-changing healthcare landscape, Reliance remains a beacon for many patients, their surrounding communities and our employees.

We would like to take this opportunity to wish all of our personnel, as well as their families, patients, vendors, and the community at large a "bright and healthy" holiday season and a new year filled with opportunity and optimism.

Jon M. Regis, M.D.
PRESIDENT/CEO

Vince Papaccio
EXECUTIVE VP/COO

THE OFFICE MEDICAL PRACTICE TRANSFORMING RIGHT BEFORE OUR EYES

I have documented this in previous emails; however, I thought I would return to the subject as Reliance is embarking upon a very progressive and innovative path to addressing all of the changes necessary to operate a medical practice now and in the future.

Over the last 5 years, we have gone through what we thought were the most significant changes since the start of Medicare in 1965; however, the reality is that this period of time was really just a trial whereby there were many false starts and hiccups. Accordingly, what was being established all along was the ground work for groundbreaking transformation of the primary care or gatekeeper medical office. I would classify that period of time with the word "transition".

So, here we are today at the start of a period that could be best described as a "transformation".

Reliance is rolling-out a phone app for each of its patients. (CAREMINDr)

Reliance has partnered with an national firm to provide the data platform and assistance needed in navigating population health which involves increasing quality while lowering cost. (NAVVIS)

Reliance has an electronic medical record vendor that is large enough to keep up with the changes, but small enough to act and react as needed when a new data point is needed. (PICASSO)

Reliance has also created a quality team of staff at the corporate level and the office level. (See Pictures Below)

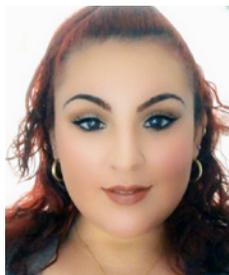
Reliance is establishing a virtual office inside the physical office to improve its capability to provide preventative medicine, screenings and, most of all, stay in touch with our patients in their homes. All this and more is defined as Population Health Medical Care.

Reliance is partnering with hospitals, independent physicians and healthcare companies to provide the most innovative and creative means to care for its patients as cited by many of the above-mentioned initiatives.

All this and we really have just begun the journey into the future.

Vince Papaccio
EXECUTIVE VP/COO

Clinical Coordinators



Lizbeth Tamayo



Leyda Encarnacion



Camisha Stokes



Wanda Rivera



Dinah Abad

Corporate Quality Staff & Virtual Coordinator



Jennifer Farrell



Carmen Ruiz



Miriam ElBaaith



Angel MacKain,
Kathleen Putney



Latoya Whaley

RELIANCE

MEDICAL GROUP

"Quality Healthcare Is A Right, Not A Privilege"

MOBILE APP

HOW TO DOWNLOAD

ALL FAMILY CARE's mobile app is part of our commitment to use the best technology to help you remain as healthy as possible.

We are pleased to announce our new MOBILE APP! It is FREE to all our patients. The app contains important information about our office, common health conditions and quick links to our office phone, your Patient Portal, pharmacy locations and more!

The office is happy to help you load the app onto your smartphone, but it's very simple:

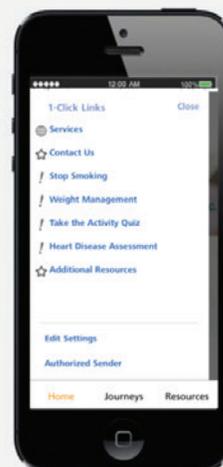
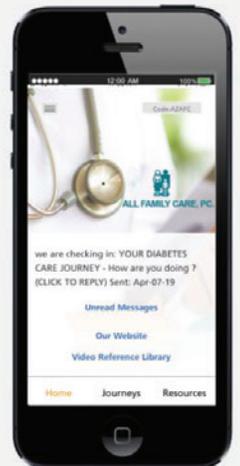
HOW TO DOWNLOAD THE APP

easy as 1, 2, 3!

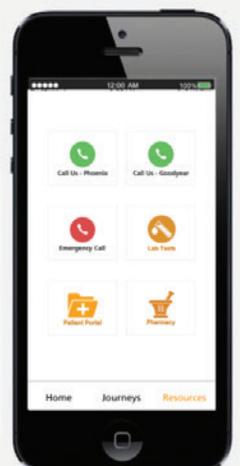
1. Go to APP STORE (iPhone) or PLAYSTORE (android)
2. Search for CAREMINDr - then download/install
3. ENTER CODE: Each Reliance location will have it's own code.

Check it out....

Within the app, are quick links you will find helpful...



Information to improve your health



From the app you can....

- Call us
- Check your portal
- and more!

CHECK IN WITH US BETWEEN VISITS

WITH OUR EASY-TO-USE APP

Your doctor has recommended a powerful new program for you. It is a special care management tool we can use to regularly check in with you.

This app provides you with 1-click access to our appointment desk, 24-hour help line, your health records portal, medical information, and many other resources you might find very useful.

It is also a way for our office to check in with you on a regular basis — in a convenient, simple way that fits in to your daily schedule.

The Reliance Medical Group mobile app is part of our commitment to use the best technology to help you remain as healthy as possible.

The office will help you load the app onto your phone or other mobile device and will show you how it works. It's very simple.

Once the app is implemented, you will receive one **Short Message** each day for the first five days, to orient you to the program and make sure you are confident in using it. You will have access to short educational videos.

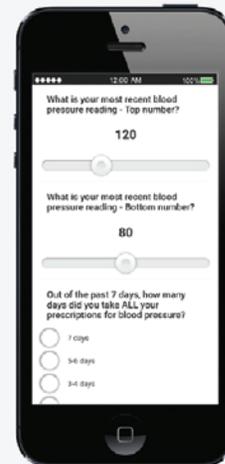
In about a week, you will begin receiving **Care-Related Messages** and will be asked to fill out short, simple **Reply Forms**: Most are on a 1x per week schedule. Your replies will let your doctor know how you are doing, and will let us know if anything is happening where we may be able to help.

You are in complete control: You can always choose to discontinue receiving the messages and Reply Forms if this program is not right for you. But please give it a try — it's an easy and important way to support your good health.

If you have any questions, please call us directly; there is even a special button right in the app that will directly dial our number.

An Easy Way to Let Us Know About Your Progress

You will receive reminder notifications on your phone that you have a "Journey" to complete.



*Answer each of the questions; then click on **SUBMIT** to send your responses directly to our office.*



Our app has special 1-click buttons, to make it easy to reach us or get information.



Your Family Is Our Family

RELIANCE MEDICAL GROUP NEWS

RELIANCE PEDIATRICS LLC WELCOMES DR. GLENN BUDNICK

Reliance Pediatrics is pleased to announce that Dr. Glenn Budnick has recently joined our team and will be seeing patients at our newly acquired locations located in Galloway, NJ and Margate, NJ.

Dr. Glenn Budnick received his Doctor of Medicine at Georgetown University located in Washington, D.C. He completed his residency at The New York Hospital Cornell Medical Center located in New York, NY. As a pediatric practitioner, Dr. Budnick has been seeing patients at his private practice since 1981 and has seen over 300,000 patient visits. Dr. Budnick continues to be vastly involved within the community and actively holds the title as the Medical Inspector for both the Margate City School District and the Atlantic Community Charter School.

Along with Dr. Budnick, Barbie Arnold, APN will also be seeing patients at our new location. Our new location, previously known as Pediatric Associates, is located at 108 W. Jimmie Leeds Rd, Galloway, NJ.

Barbie Arnold, APN has over twenty years of pediatric experience, serving in various roles throughout her career including, but not limited to: staff nurse, Director of Nursing, and clinical nurse manager for a large children’s hospital. She prides herself in her experience with treating medically fragile and complex children and enjoys serving the community of children on the Autism Spectrum. While previously having worked for Reliance before accepting other career opportunities, she has returned to Reliance as an Advanced Practice Nurse for the last three years. Barbie enjoys being active in the community, as well as traveling, photography, and, most importantly, spending time with her family.

NEW LOCATION INFORMATION:

Galloway:

108 W. Jimmie Leeds Rd. Galloway, NJ 08205

Tel: 609.652.6872

Hours: Monday-Friday, 7:30AM-3:30PM

Margate:

9009 Ventnor Ave, Margate City, NJ 08402

Tel: 609.823.2773

Hours: Monday & Tuesday, 8:30AM-11AM



RELIANCE PEDIATRICS LOCATIONS

521-523 Tilton Road
Northfield, NJ 08225
609-272-9040

400 W. Black Horse Pike
Pleasantville, NJ 08232
609-383-4111

4401 Ventnor Avenue
Atlantic City, NJ 08401
609-318-6990

9009 N. Ventnor Avenue
Margate, NJ 08402
609-823-2773

108 W. Jimmie Leeds Rd
Galloway, NJ 08205
609-652-6872

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SMILING FACES



Barb Greenling, DNP from the EHT office at New Shiloh Baptist Church Women's Ministry.



Pleasantville office Carmen Ruiz, Eulalia Soto, and Jose Nay at the Atlantic City Health Fair.



Annette Scribetta from Galloway office at the Senior & Adult Expo in Margate.



Galloway Reliance Office Staff on Halloween.



Ewing Reliance Office Staff on Halloween.



Northfield Reliance Staff.



Northfield Pediatrics.

RELIANCE MARKETING



Lisa Diane Hall, Dr. Jon Regis, Dr. Ann Petit at Gospel 88.7 FM

This past year has been exciting in making great strides within marketing at Reliance.

The following are just a few of the recent marketing endeavors that I am particularly excited about.

I will be introducing a 2020 marketing plan, including a digital footprint, as I am eager to continue marketing Reliance and its efforts as we move into the new year. Please reach out with any suggestions that you may have, michaelb.reliance@gmail.com

Michael Langlois
Marketing Director

Dr. Regis' Weekly Radio Show

Dr. Regis hosts "Medical Mondays" from 7:30 am - 8:30 am every Monday morning on Channel WEHA 88.7/100.3 FM

Reliance Location Map Display & NJ HealthSource Magazine Advertising
Various Wawa Super Stores are displaying the Map of Reliance's office locations in Atlantic County. Look for our maps in the following Wawa stores:

- | | |
|---|--|
| Absecon
719 5th Ave | Mays Landing
4262 Black Horse Pike |
| Egg Harbor Township
6743 Black Horse Pike | Pleasantville
513 West Delilah Rd |
| Galloway
716 White Horse Pike | Somers Point
112 New Road |



Ocean County Woman Magazine
Featuring our Reliance Brick location.

Look for Our Billboard!
Black Horse Pike Heading to Atlantic City, just past Highway 9



Atlantic County Woman Magazine
Reliance now has a 2-page display in the publication. Dr. Barbara Greenling (Reliance's Nurse Practitioner) has been featured in the magazine for over a year and next to her article is a write-up on Reliance.

The Case for Screening Students for Addiction, Mental Health Issues

Lilo H. Stainton | October 2019

A school-based program of early intervention has worked in other states. Health advocates and others argue for its widespread adoption in New Jersey.

To tamp down the epidemic of behavioral problems among young people, New Jersey should ensure schools systematically screen all students for mental health and drug use issues. That's the recommendation of a group of lawmakers, health advocates and educators in a report released Tuesday, which also urged intervention before these problems emerge publicly or escalate, and connecting those who need more help with appropriate treatment.

These specific school-based programs are part of a proven clinical model and are effective and efficient in preventing suicide, substance use disorders and other chronic health problems later in life. This approach — which is growing nationwide — can also improve school attendance and performance, as well as future employment, they said.

In New Jersey, the model — known as SBIRT, for Screening Brief Intervention, and Referral to Treatment — has been used since 2012 at a half-dozen health care systems, and leaders said it works to reduce drug and alcohol use. The process uses standardized questions to create a score that can be used to determine an individual's vulnerability to drug use or mental health issues; those with a certain score are identified for further assistance and possibly referred to outside treatment.

"A simple five to ten-minute screening and intervention has the potential to prevent years of addiction, saving not only the individual and family extensive pain but the fiscal cost to the larger community," Lee Ruszczuk, the director of behavioral health at Henry J. Austin, a clinic in Trenton that is among those using SBIRT, said in "Youth at Risk," the report, which was published by New Jersey Citizen Action.

Garden State schools are required to provide some form of screening and intervention services, but only a handful have adopted the SBIRT plan, advocates said, including facilities in Bordentown in Burlington County, and Morris County. By requiring this model in schools statewide, all children would be assured a screening at some point and the process would become de-stigmatized if integrated into an annual preventive care routine, the group said.

Changing How the Education System Responds

"This program is proven to identify students who may be at risk for addiction in a way that is both confidential and compassionate," said Sen. Joseph Vitale (D-Middlesex), who has championed a bill to expand

it to all high schools. "SBIRT is a key tool in preventing drug and alcohol abuse, and could help us save generations of kids from addiction."

Vitale and his allies also hope that greater use of the model in schools here would also change how the education system responds to students struggling with behavioral health issues. Instead of punishing young people for mental health issues or substance use — which may appear as bad behavior — the advocates said school systems should be better equipped to address these issues as clinical diseases.

"For far too long we've been focused on things like 'zero tolerance'" models, which can lead students to be expelled or suspended, said Maura Collinsgru, the health program director for New Jersey Citizen Action. Zero tolerance has been particularly harmful to students of color, research shows, and has not been found to be particularly effective, the report notes.

Programs like SBIRT are "a public health response to a public health problem," Collinsgru said. They can also help flag students who might be particularly vulnerable to mental health problems or substance abuse, not just those who already have a problem. "It's a preventative program that will help both save lives and improve academic outcomes," she said.

The need is urgent, the group agreed. Suicide is now the third leading cause of death for New Jerseyans between ages 12 and 20, according to the report, and, nationwide, it has increased by more than 50 percent among this age group over the last decade. Those who identify as lesbian, gay, bisexual or transgender are five times more likely to kill themselves as their heterosexual peers.

Substance Use Is a Primary Cause of Absenteeism

In addition, federal data shows that in 2015, a quarter of a million Americans aged 12 to 17 years reported using pain medication for "non-medical" purposes. Substance use is a primary reason for school absenteeism, experts note, and those not in school are more likely to have drug or alcohol problems. Research also shows that nine out of 10 adults with a substance use disorder began using drugs before their 18th birthday.

The SBIRT model was developed within the health care system years ago, but is not used in all practices. Recently, it has been implemented in some schools and universities, according to the report from the White House task force on opioid addiction,

which was chaired by former New Jersey Gov. Chris Christie. "School nurses and counselors are uniquely positioned to discuss substance use among young people," the task force wrote in August 2017.

The White House panel urged the federal government to spend \$47 million to help states expand SBIRT programs, and the U.S. Department of Education to work with local educators to deploy programs in middle schools, high schools and on college campuses. Christie also pledged to expand SBIRT in New Jersey in the months before he left office, although it's not clear what changes were implemented by his administration or that of Gov. Phil Murphy, who cancelled a number of Christie addiction initiatives when he took office in January 2018.

Nationwide, more than a dozen states have incorporated SBIRT programs in some of their schools, including New York, Maryland and North Carolina. In 2016, Massachusetts implemented a statewide approach in all middle and high schools and invested \$2.4 million in the program over two years.

Annual Screenings For All High Schoolers?

Under the bill, parents would be given advance notice of the screenings and could have their child opt out; any information discussed would be kept private. School districts could select who should administer the test — a nurse, counselor or other professional — and the state Department of Human Services would help coordinate training for these individuals. While the legislation does not include funding, advocates would like to see the state set up a training fund to ensure that school districts did not incur additional expenses. They also want to make sure Medicaid could be used to cover aspects of these programs; other states have tapped this and federal education dollars to help fuel SBIRT initiatives. According to some studies, every dollar invested in prevention saves \$4 in treatment costs and up to \$7 in law enforcement and criminal justice expenses.

"We have to work on prevention and intervention to protect our students as youth suicide rates increase and the opioid crisis rages on," said Assemblywoman Carol Murphy (D-Monmouth), another sponsor of the bill. "Students spend most of their days at school, it is crucial that teachers are able to recognize the signs of abuse and mental health issues early on. Using SBIRT will give our teachers all the tools they need to look out for New Jersey's children."

For Your Good Health

Helpful Tips To Keep In Mind As The Seasons Change

Maintain a Routine

As summer fades, so does the sunlight, which can throw your body clock all out of whack. People should be encouraged to keep the same routine they had when the weather was nicer. Go to sleep at an appropriate hour, get at least seven hours, and plan your week ahead.

Eat Your Autumn Colors

Autumn is the season of warm, earthy colors; think deep greens, dark yellows and brilliant oranges. Fall foods are vibrant, colorful and nourishing. One rule of thumb is that the more colorful the fruit, the better it is for your health and your immune system.

Boost Your Immune System

With the changing season, now is the perfect time to boost your immune system. Some natural immune-boosters are: to drink plenty of fresh water, eat plenty of alive (living) raw foods, garlic, lysine, probiotics, Vitamins B, C and D, E3 Live, reishi mushroom, zinc, propolis and Manuka honey.

Go Outside!

And while you're outside, get a workout. Take in the changing scenery on a run, hike or bike ride. Join an intramural fall sport, such as flag football, soccer or Ultimate Frisbee. Want a workout that's a little less intense? Consider this: For a 150-pound person, 30 minutes of raking leaves, 30 minutes of planting and weeding and 30 minutes of playing with the little ones each burn roughly 150 calories

Love Your Skin

Changes in humidity and temperatures can drastically affect your skin's balance. Keeping your skin hydrated, especially on areas of the body that tend to get drier, like elbows and feet. Get a facial for your skin type, don't wait until winter when it may be too late to prepare your skin for harsher temperatures.

Avoid The Flu & Common Cold

WASH YOUR HANDS! This will kill germs that you might otherwise spread. Avoid touching your mouth, nose and eyes: By doing so, you can avoid spreading germs and causing infection. Eat Yogurt. Yogurt is a probiotic that boosts the immune system. Eating yogurt will help avoid the common but not so spectacular cold.

You Are
BRAVER
Than You Seem

SMARTER
Than You Believe

STRONGER
Than You Think

& Twice As
BEAUTIFUL

As You Ever
IMAGINED

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