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Interim Final Rules for Group Health Plans and Health Insurance Issuers Relating to Coverage of Preventive Services; etc.

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Comment on FR Doc # 2010-17242

Submitter Information

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Organization: Whole Hearted Health

General Comment

An Educational Remedy for Healthcare

The best medicine for the ailing U.S. healthcare system is consumer education. That's the message promoted by Dr. David W. Jensen, president and founder of Whole Hearted Health, and professor at Lone Star College – Tomball. Jensen has developed a new educational package to provide urgently needed help for healthcare consumers. It will be presented at the inaugural meeting of the International Conference on Health, Wellness and Society, to be held at the University of California at Berkeley, January 20 – 22, 2011. The title of his talk is "Proactive and Protective Personal Healthcare Systems".

Jensen's resource package is a remedy for two broken parts of healthcare. One is showing consumers how to interact proactively with their physicians. Using a Lifestyle Toxicity Test, consumers learn how to measure how much their lifestyle habits contribute to their medical complaints. Other helpful aids in the package are: medical-legal documents and forms needed to act as a patient advocate; crucial questions to ask your doctor; how to get prepared for doctors visits; how to construct a medical information network; how to construct a low-tech personal insurance and medical information filing system; and how to check the accuracy of hospital bills for errors.

In addition, the resource pack shows consumers how to adjust critical lifestyle practices to enhance wellness and performance. Guidelines show how to adjust key lifestyle areas that regulate genes that make powerful enhancements of health. Included is a unique motivational questionnaire to help folks overcome addictive lifestyle habits that keep folks overweight, unfit, and unhealthy.

The International Conference on Health, Wellness and Society is a new organization created to provide an interdisciplinary forum for experts to discuss issues at the intersection of personal physiology and social living. Pivotal ideas and social challenges in health and wellness will be the focus

Attachments

HHS-OS-2010-0018-DRAFT-0006.1: Comment on FR Doc # 2010-17242

An Educational Remedy for Healthcare

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The International Conference on Health, Wellness and Society is a new organization created to provide an interdisciplinary forum for experts to discuss issues at the intersection of personal physiology and social living. Pivotal ideas and social challenges in health and wellness will be the focus of intellectual collaborations in knowledge communities across academic organizations. The conference is supported by five institutions: The University of Illinois, University of California, British Holistic Medical Association, Western University of Health Sciences, and De Montfort University in Great Britain.

Whole Hearted Health is a non-profit scientific and educational corporation created by Jensen in 2001. Jensen feels strongly that providers of health insurance should show employees how to make the most cost effective use of those benefits. "The way it works now", Jensen says, "Is that employers passively dole out health benefits and provide practically zero information about how to use them. That is like providing a complex machine where significant assembly is required, but without directions about how to put it together and use it! Human resource people aren't trained to perform this instruction; and that educational deficit multiplies medical costs and loss of productivity nationwide. This resource package removes an education gap that makes the cost of maintaining employees more than *twice* as high as what's necessary!" Consumer educational resources are available on Whole Hearted Health's website at www.wholeheartedhealth.org.