



NYSCA SUFFOLK COUNTY

District 7

JANUARY 2024 NEWSLETTER



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Calendar of Events

Wed., Jan. 17 8:00 PM

Monthly Meeting - Radisson Hotel

Barbara Dematteo

Legal Ways to Hire Staff and
Essential Paperwork

Wed., Feb. 21 8:00 PM

Monthly Meeting - Radisson Hotel

Wed., Mar. 20 8:00 PM

Monthly Meeting - Radisson Hotel

The Force Law Firm

The Pitfalls of Waiving Patient
Balances (ICE)

Apr. 12-14 Spring Convention

Wed., May 15

2nd Annual Gold Sponsor Event
Venue and Time TBA

Wed., Jan. 17 8:00 PM

Monthly Meeting - Radisson Hotel

Barbara Dematteo

**Legal Ways to Hire Staff and
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PRESIDENT'S MESSAGE



Dear Colleagues:

Welcome to 2024 and all the excitement that comes with a new year! As we start anew, we look forward to continuing to bring you valuable content, ideas, and insights to help you start off strong!

Beyond this monthly newsletter, I wanted to take a moment to remind you all about our D7 District meetings. Our goal with these sessions is to spend more time and have deeper discussions around essential information you need to increase your bottom line, improve your business strategies, and keep you in compliance. And, of course, to socialize with your chiropractic brothers and sisters!

With this in mind, we are pleased to announce that at this month's meeting, our speaker will be Barbara de Matteo who is an HR specialist and will share the correct protocols to keep you in compliance. For example, are you aware that there are rules around hiring and firing employees, and that there is specific employee related paperwork that must be completed monthly, and yearly for our state and federal governments?

The last thing any of us wants is to spoil the good year of 2024 because of a lawsuit from a disgruntled employee or a notice from our government demanding fees because we did not have the correct paperwork completed. Let us make sure we are all up-to-date and in front of any employee-related issues. Hope you will join us.

As a reminder, D7 meetings are held on the 3rd Wednesday of the month at the Radisson Hotel in Hauppauge. We look forward to seeing you there on January 17. And please mark your calendar for the Spring Convention at Mohegan Sun from April 12-14.

Thank you for being a member of this great district and please remember to support our sponsors, as they support all of us.

Your President,
JoAnna Fasulo DC

Member Spotlight



Stephany Meng & Dr. Gerard Piering Hampton Bays Chiropractic

Stephany and Jerry graduated together from Palmer, where they met, in June of 1982. Driven by Jerry's desire to live and work on Eastern Long Island they started their practice in Hampton Bays in March of 1983. Forty plus years later they are still practicing, fueled by their desire to help as many people, as Stephany likes to say, "in our corner of the universe."

Over time the practice has included Chiropractic adjusting techniques of Diversified, SOT and Cox work. Adding a strong nutritional component by becoming certified in Applied Kinesiology and Nutritional Response Testing has allowed many patients to reach their overall health goals.

Living out east has allowed the opportunity to enjoy all aspects of outdoor life including tennis, biking, beautiful beaches and also great restaurants. Avid skiers, Stephany and Jerry take several weeks every winter to travel out west to ski and have also skied in Europe a half dozen times.

Jerry also continues to serve his local community by serving as the chairman of the Zoning Board of Appeals for the village of Westhampton Beach for the last 28 years.

They credit their chiropractic lifestyle with keeping them healthy to enjoy all aspects to their life and spending time with their daughter, son-in-law and three grandchildren.

Being members of NYSCA for decades have given them a great appreciation for the dedication and sacrifice of the leadership to protect the rights and future of our profession.

UP TO SPEED ON INSURANCE

2024 INSURANCE UPDATES-GET YOUR OFFICE READY

ATTENTION NORTHWELL DIRECT PROVIDERS: EFFECTIVE JANUARY 1, 2024

The Third Party Administrator (TPA) is changing from Brighton Health Plan Solutions to HealthComp.

- HEALTHCOMP PAYER ID: 36149
- HEALTHCOMP CLAIMS ADDRESS: PO BOX 2920, MILWAUKEE, WI 53201-2920
- PROVIDER SERVICES: 866-316-8438
- Chiropractic and Physical Therapy copays are increasing from \$20 to \$40.

CHANGES

ATTENTION APWUHP: EFFECTIVE JANUARY 1, 2024

Some American Postal Workers Union Health Plan (APWUHP) High Option members will be switching from Cigna to United Health Care.

CHANGES

EMBLEM HEALTH PROVIDER NETWORK CHANGE

For dates of service beginning 1/1/24, the provision of physical therapy, occupational therapy and CHIROPRACTIC CARE for EmblemHealth members will transition from Palladian to EmblemHealth. Preauthorizations and referrals will NO longer be required. Claims for these services should be submitted to EmblemHealth or the managing entity as listed on the member's ID card. Claims contacts are also listed in the Directory chapter of the Provider Manual. INFORMATION TAKEN FROM PALLADIAN HEALTH UM PORTAL

MEDICARE 2024 DEDUCTIBLES AND PREMIUMS

On October 12, 2023, the Centers for Medicare & Medicaid Services (CMS) released the 2024 premiums, deductibles, and coinsurance amounts for the Medicare Part A and Part B programs, and the 2024 Medicare Part D income-related monthly adjustment amounts.

READ MORE

FEDEX EMPLOYEE BENEFIT TRANSITION TO UNITED HEALTH CARE

READ MORE

Work Comp Corner

FORM CHANGES TO ALLOW AFFIRMATIONS IN LIEU OF AFFIDAVITS

Legislation was recently signed that takes effect January 1, 2024, that removes the notarization requirement and allows affirmations to have the same force and effect as affidavits.

To reflect this legislation, the Board has updated several forms that previously required notarized affidavits to remove the notarization requirement and allow affirmations under the penalties of perjury under the laws of New York, with the same force and effect as an affidavit.

The updated forms include the list below and can be found on the Board's website beginning January 1, 2024:

MORE INFO

BOARD TO INDEX EVERY COMPLETE CASE BY MID- 2024

In order to provide clarity and promote efficient resolution of workers' compensation claims, the Board plans to begin indexing every complete case by mid-2024. This means that every case with an Employee Claim (Form C-3) or First Report of Injury (FROI) and a medical report of treatment will be indexed by the Board. Following indexing, any denial of the claim must be filed with the Board within 25 days of the date of indexing or defenses listed in Workers' Compensation Law Section 25(2)(b) will be barred.

MORE INFO

PREPARE YOUR OFFICE FOR 2024

ANNUAL MEDICARE FRAUD AND ABUSE TRAINING WEB-BASED TRAINING COURSE

COURSE LINK

ANNUAL NYS SEXUAL HARASSMENT PREVENTION TRAINING

Model Prevention Policy

Every employer in the New York State is required to adopt a sexual harassment prevention policy. An employer that does not adopt the model policy must ensure that the policy that they adopt meets or exceeds the following minimum standards.

MORE INFO

KEEP UP TO DATE WITH GOOD FAITH ESTIMATES

Began in 2022

MORE INFO

ANNUAL CULTURAL COMPETENCY TRAINING (some insurance companies such as Fidelis require it)

MORE INFO

CHIROPRACTIC LEGISLATION IN THE WORKS

AFFIRMATION OF A HEALTH CARE PRACTITIONER BILL SIGNED INTO NYS LAW

The NYSCA Legislative Committee is pleased to share a legislative update regarding the passage of a bill (S2997/A6065) that will create a level playing field for all health care providers who are assisting a patient in a lawsuit. Chapter 585 of the Laws of 2023 amend New York's Civil Practice Law and Rules to extend provisions that allow for the submission of health care statements under the penalty of perjury instead of requiring a notarized statement from the health care provider.

READ MORE

NYSCA E-NEWS

NATIONAL PRACTICE EXPENSES SURVEY WILL INCLUDE CHIROPRACTORS.

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Regenerative Medicine and Non-Surgical Orthopedics

By Danielle DeGiorgio DO, FAAPMR

The emerging field of regenerative medicine is focused on maximizing the body's inherent healing process, to improve tissue quality and even slow down the progression of arthritis. Musculoskeletal injuries both acute and chronic plague people on a daily basis. Advances in ultrasound technology have made it possible to directly visualize pathology with a complete dynamic and diagnostic in office evaluation. Once identified, this pathology can be treated with the best personalized regenerative option. Here we will discuss three of these customizable regenerative treatment options: Prolotherapy, PRP (platelet rich plasma), and Stem Cells. Prolotherapy, is a regenerative technique which utilizes a dextrose solution and has been around for centuries. Historically it was used for patients with ligamentous laxity to improve the stability of their joints, but can also be used to strengthen injured ligaments/tendons. Additionally, because prolotherapy is created from dextrose, it is not contraindicated in patients on blood thinners or who have a history of cancer. PRP, platelet rich plasma, is a popular regenerative option, which can be used for a range of musculoskeletal pathology. PRP is created by drawing a patient's blood and centrifuging it down to just the platelet rich plasma portion. But beware: Not all PRP is created equal. Because there is innate variation in patients' platelet count, and there is no defined quantity of blood drawn during the PRP process, it is important that the clinician creating the PRP is experienced. There are nuances of treating different tissue pathology while accounting for the chronicity of the injury. How does it work? The platelet portion of the blood contains alpha granules which release a variety of growth factors. These growth factors then work to reestablish homeostasis, allowing the tissue to restore its innate ability to heal itself. Stem cells have been another hot topic in regenerative medicine. There are only 2 places to obtain active stem cell on the adult human; bone marrow and adipose. Bone marrow is harvested from the bone and is therefore a more invasive regenerative/orthobiologic option. Attempts have been made to try and store/preserve these stem cells, however on further testing they die during the preservation process. For this reason, they must be harvested and utilized within the same visit. Bone marrow aspirate offers a more diverse cellular arrangement, creating a more homeostatic environment for healing. It can be used in more advanced pathology such as cartilage lesions or larger tendon tears. The above regenerative options coupled with advanced ultrasound technology, can provide precisely guided in office treatment. For more information about this topic, visit: drdegiorgio.com



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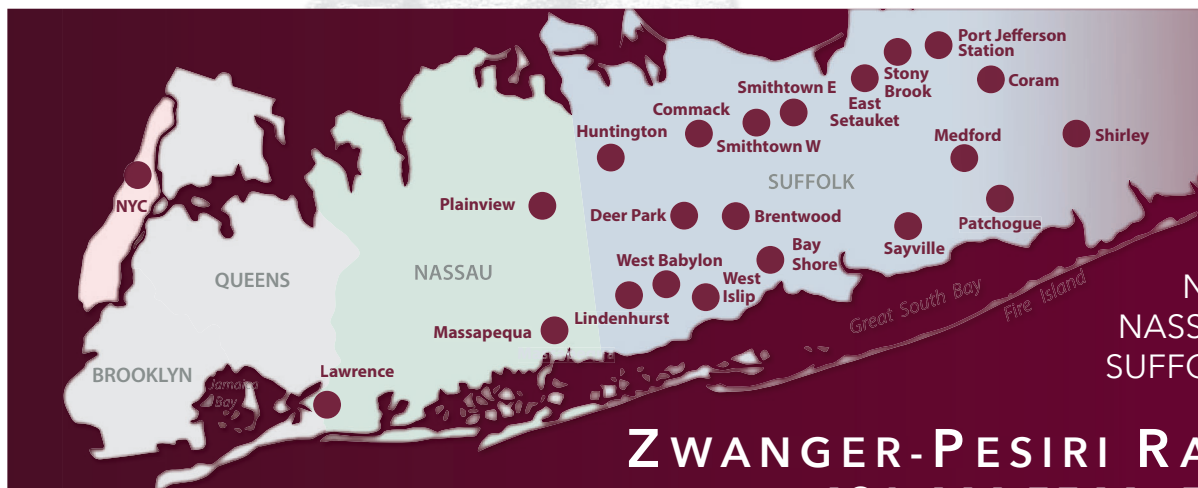
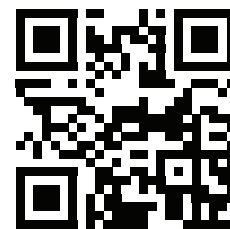
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Dr. Morgan Chen



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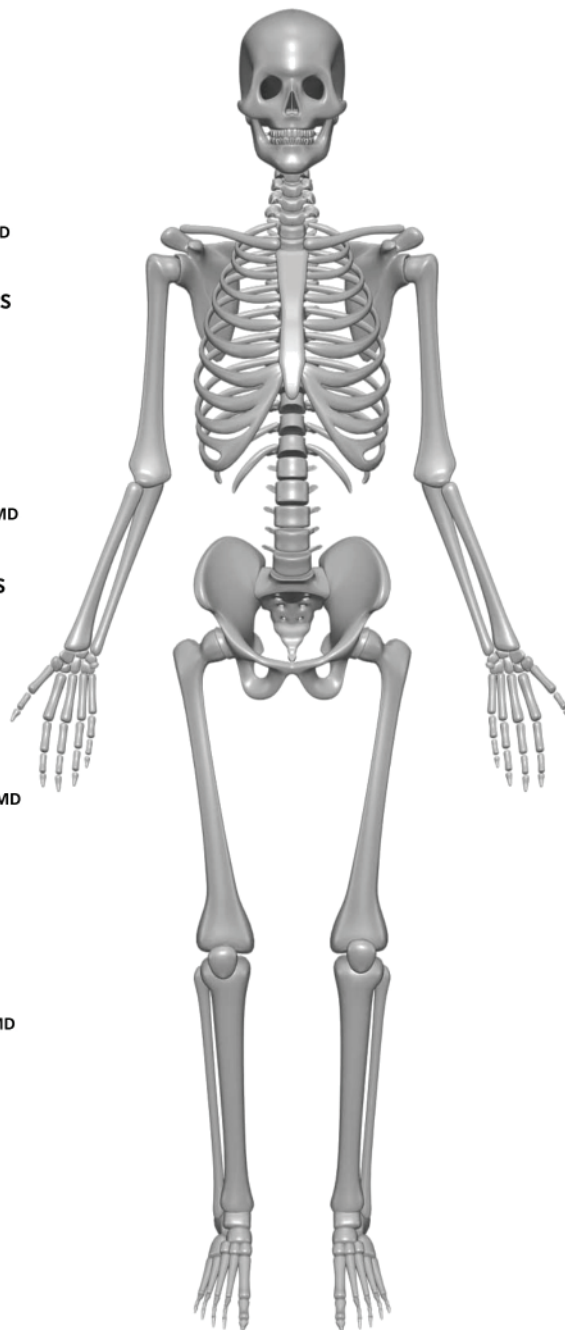
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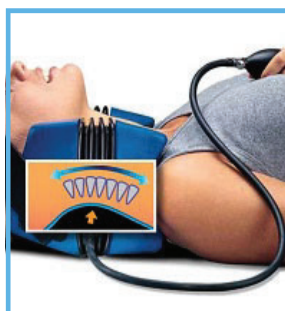
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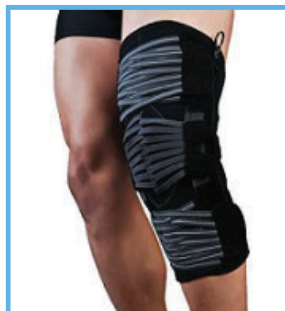
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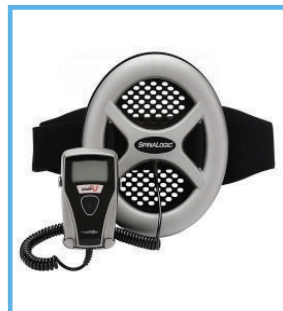
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OBITUARY

Dr. Ronald Nugget

Dr. Nugget was 50 year practitioner of Chiropractic in Centereach. Dr. Nugget was a 1963 graduate of NYCC and a long time member of the NYSCA. He served as a past president of District 7 as well as an officer and Board member of the NYSCA. Dr. Nugget recently retired to Myrtle Beach with his wife Mimi. Together they worked and lived a great life together. Dr. Nugget will be missed by the many who had the honor and pleasure of knowing him.

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