

“An ounce of prevention is worth a pound of cure.”

Benjamin Franklin

“We have to shift the system from a sickness system to a wellness system. We have to start to invest in prevention and wellness to make Americans healthier.”

Kathleen Sibelius, Health and Human Resource Secretary

“We are standing on the bank of the river rescuing people. We have not gone to the head of the river to keep them from falling in.”

Gloria Steinem

PRESCRIPTION FOR HEALTH AND PREVENTION OF ILLNESS

As evidenced by the massive amounts of needless suffering, disability, and death within our current healthcare system, it is evident there is a crisis requiring immediate resolution. Fortunately with the emergence of Obamacare we have begun to consider new possibilities. The key now is to put these initiatives into action and incentivize them to gain traction for personal wellness responsibility at all levels of society. This is now more possible than ever as the smart phone, smart watch and different fitness bracelets have the ability to track and download our activities so those participating to receive the incentives this bill envisions could be easily monitored.

Be it known that there is no freedom unless there is choice and there is no choice unless there are alternatives to choose from that are made known. Let it be stated that as scientific research has clearly shown 75% of all chronic illnesses and diseases are preventable! The overall well being of our citizens has been worsening and it is time to acknowledge there must be another way to address this issue. We must acknowledge that beside the cost in unnecessary human suffering which is afflicting our nation there is a substantial financial cost which has become an albatross around the necks of our current and future generations. As the soaring costs of medical interventions are drowning our country in an overwhelming burden the very financial health of our country is now at stake.

It is an established fact that nearly 80% of a person's lifetime costs for illness care occur in the last few years of life and that to a greater and greater degree these costs are being borne by Medicare and Medicaid. Yet, as in the case of social security the number of working citizens paying

into these unfunded programs have been severely reduced from nine to six and soon will have only three workers for every one retiree, it can clearly be seen how whether these programs will eventually go bankrupt or the excessive costs per worker will be so great as to create great disincentive to be productive.

It is an observable fact that healthcare is practically non-existent as our country's policies have been directly at "sick care." We treat the symptoms of illness with diverse medications and surgeries that help alleviate some of the presenting symptoms but do little to address the underlying causes. This is not to say there aren't amazing pharmaceutical advances that have restored health and well being to many. Unfortunately, the manner in which medicine is practiced today. In our current healthcare system there is no time available for a physician or their staff to viably educate patients in taking effective actions to understand the underlying causes of their symptoms and prescribe specific actions they can do to alleviate the cause and reverse their unwanted symptoms to cure themselves of their chronic illness. Sadly our current system has become writing a prescription for a medication to reduce the symptom. Yet now unwanted side effects from the medications arise in up to 40% of those taking the medication. This necessitates another medication to address the symptom from the previous medication prescribed. This may explain why after heart disease and cancer, death from unintended effects from medications is the third leading cause of death.

There is another way and that is the focus of this bill that I offer to you for legislation.

I believe anything short of a legislative policy change will not have the teeth to stick into this monster of greed, power and control that our citizens have unwittingly allowed to dominate their future from the existing medical and pharmaceutical industrial complex.

This bill is written as it recognizes that the nature of a human being is to do nothing until they suffer. Finally when they are suffering they seek help, yet now they are in a weakened state of mind as their only concern is to stop the pain and suffering as quickly as possible no matter what. Unfortunately crisis decision making gives overwhelming power to the authority they sought to end the suffering. If this authority does nothing to also address the underlying causes of the suffering to eradicate its root causes, then the best which can be achieved is symptom relief... Further it states providers and insurers must share. This creates a patient's reliance on whatever the object of that relief was and causes drug dependency.

Therefore this bill is hereby presented called “The Prescription for Prevention of Illness and Return to Sustainable Health.”

It is based on the research which has found that for each dollar spent on prevention there is an average of \$5.60 which will be returned in savings for each \$1.00 spent.

Therefore,

“The Prescription for Prevention of Illness and Return to Sustainable Health.”

The Legislature finds and declares it to be of vital importance that prevention of illness and maintenance of health be provided by hospitals and physicians to every citizen as provided in Florida Statute 408.50 the legislature finds it appropriate use of hospital and medical facilities to reduce the overall cost of providing health care as these costs are ultimately paid for by the hospital, the insured, patients and many times the taxpayers. Further as cited in Florida Statute 627.6405 “health care providers and insurers should encourage patients and the insured to assume responsibility for their treatment...”providers” and insurer must share the responsibility of providing alternative treatment options...Further it states it is the intent of the legislature to place the obligation for educating consumers and creating a mechanism for delivery of care that decrease overutilization of emergency service on health insurers and providers”.

Be it so legislated that beginning January 1st 2017, all state approved health insurers are to provide benefits to all insured that will pay medical practitioners and/or complementary and alternative medicine practitioners to provide a prevention prescription for each patient that enters their office. This plan will delineate a specific plan of action to enable their patient to be an active participant in their health care with the purpose of eradicating the underlying causes of their illness and to help them maintain health and optimum vitality. This plan of action will include:

1. Specific diet and nutritional recommendations that help optimize the patient’s strength and well being.
2. A plan of physical activity and exercise that addresses the specific needs of the patient to return the patient to greater mobility and functioning on a gradient basis.

3. A recommendation for specific education and training to address the mental and emotional stresses the patient is confronted with to provide the needed understanding of how their thinking and emotional health effects their physical health.
4. The Prevention Prescription may be done by the physician or a designated professional trained in complementary and alternative medicine approved by the physician.

As an incentive for patients to participate in their own health self management each health insurance company will provide active participants in health maintenance and/or illness Prevention Programs an insurance rebate. Florida Statute 627.6402 will be amended to “The Statutes 10% rebate limitation will be increased to up to 20%”. There will be a “Health Responsible” discount for all individuals who actively participate in their health prevention and self management process by joining an on-line registry where participation is recorded and verified.

Each State Health Departments are mandated to create health resource guides for their community to provide easy and direct access to the facilities, educators and providers in their area that promotes personal health responsibility and activity. A special panel of representatives from the Health Department, Parks and Recreation, Community Resource Councils, Educational Facilities, conventional and alternative medicine practitioners and health oriented civic organizations will each provide input and information to involve all community resources available to promote healthy prevention and self management are recognized. Additionally, Public schools are mandated to provide at least one class per school year that teaches students how to prevent illness, maintain health and be an active participant in their well being.

This policy will come under the supervision of the United State Human and Health Resources Department and will be subject to annual Congressional review to ensure it reaches all segments of the population in an effective manner. Implementation of this law will become a responsibility of existing health institutions and health sectors within government who will do whatever it takes to reorganize their approach to make this happen. Professional health and medical associations are mandated to provide the continuing education and training necessary to ensure implementation of this legislation while educational institutions will make prevention a mandatory emphasis in their curriculum.

Additionally, it is mandated that state governments do a thorough review of their communities with the help and direction of the supervising health departments and other community resources to create community-wide superscriptions that address the environmental health hazards and impediments of their citizens to provide an atmosphere that is conducive to maintaining their fitness and wellbeing.

Humbly submitted for your approval and support,

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