Thank you to all who attended my Inaugural on February 18th. I was inspired by my guest speaker and my friend, Dr. Keith Smith. I shared his bio with you last month in the newsletter. After hearing his presentation of why and how he started a facility on the concept of free market medicine and his work to launch the Free Market Medical Association, I wanted to share more information about this growing concept.

The model adopted by Dr. Smith and his colleagues has always been appealing to me. I reached a personal decision after 8 years as an employed physician to move to private practice and I have found that to be a great fit for me professionally and personally. I am not inferring private practice is a better model for all physicians, but I think it is important that option is part of the conversation for medical students and residents to consider.

The Free Market Medical Association was founded in 2014 by Dr. Smith and Jay Kempton based on their mutual desire to change the face of healthcare. Their goal is to bring together buyers and sellers of healthcare goods and services and by doing so reduce costs and increase quality. The free market model is gaining momentum because of providers, patients, and self-funded employers, who believe that changing the way we purchase healthcare services is necessary, and seeking out value driven healthcare providers is important.

During his presentation, Dr. Smith shared some of the stories of the patients who find their way to The Surgery Center in Oklahoma (OKC). Some because they have gone to the website and were able to determine exactly what the cost of a procedure would be, with all the charges bundled, including fees for the facility, surgeon, anesthesiologist and the supplies. Many of the patients come from other states and even other countries. The premise of the group is in a free market system, a competitive price can be knowable, publishable, and complete regardless of the patient.

The Annual Meeting of the Free Market Medical Association will be held on April 11-13 in Dallas. The Honorable Dr. Ron Paul will be the Keynote Speaker on Friday, April 12th during the luncheon. Dr. Paul is an American author, physician, and retired politician who served in the U.S. House of Representatives. Dr. Paul is an advocate of the free market and the proper role of government. He founded the Ron Paul Institute for Peace and Prosperity after his retirement in 2013 and remains active in promoting his libertarian vision. If you are interested in attending you can register through this link https://shophealth.fmma.org/events.

Please MARK YOUR CALENDAR AND PLAN TO ATTEND our Annual Meeting of the Oklahoma State Medical Association. Every year Tulsa has the lowest number of delegates in attendance. We were actually called out for this at the last OSMA Board Meeting by the OSMA President-Elect who is from Oklahoma County. This year, let’s raise the roof and the voice of Tulsa County. On Saturday, April 6th the TCMS Caucus begins at 8:30 a.m. followed by the House of Delegates at 10:00 a.m. at the OSMA office, 313 NE 50th St, OKC. Here is the link with additional meeting details. https://okmed.org/WEB/AM2019.

If you plan to attend the meeting and represent TCMS as a Delegate, please email mona@tcmsok.org. All TCMS members who attend will be entered in a prize drawing which will occur during the TCMS Caucus. To date, 2 Resolutions have been put forth for consideration at the House of Delegates meeting. See page 2 for the proposed resolution from Tulsa County and the one proposed from the Rural Caucus, as well as TCMS members nominated for open OSMA positions.

On a final note, I was reflecting after my Inaugural how fortunate I am to have my family, all of whom were in attendance at the event. My wife, Andrea and my children have been so supportive of my career in medicine and they keep me grounded. As we all know, the practice of medicine is a family endeavor.

Thank you for supporting TCMS. Please don’t hesitate to call me (918.671.9552) anytime if I can be of assistance or you want to visit about additional ways we can support you.

In Memoriam

LAWRENCE A. JACOBS, MD
February 18, 2019

JOHN ALBERT COATES, MD
February 21, 2019
OSMA HOUSE OF DELEGATES APRIL 6, 2019

OKLAHOMA STATE MEDICAL ASSOCIATION

RESOLUTION 1
INTRODUCED BY MATTHEW WENGER, MD, TULSA COUNTY MEDICAL SOCIETY

SUBJECT: COMPLIANCE WITH RECOMMENDED VACCINATIONS

WHEREAS; Oklahoma consistently lags the national average for percentage of the population that have received all recommended vaccinations AND current studies show that the number of people in Oklahoma seeking non-medical vaccine exemptions is on the rise.

WHEREAS; The advent of the internet and social media have enabled the propagation of false and misleading claims about the safety of vaccinations for preventable diseases.

WHEREAS; The CDC’s Advisory Committee on Immunization Practices, The American Academy of Pediatrics, The American Academy of Family Physicians and the American College of Obstetrics and Gynecology have issued a joint statement on Immunization Recommendations for Children and Adolescents.

RESOLVED; That the OSMA fully supports that the residents of the state of Oklahoma make every attempt to receive and provide for their family members all the recommended vaccinations from the CDC, AAP, AAFP and ACOG Joint Statement, as attached, in consultation with their personnel physician or health care provider.

OKLAHOMA STATE MEDICAL ASSOCIATION

RESOLUTION A-19
INTRODUCED BY WOODY JENKINS, MD

SUBJECT: MEDICAL MARIJUANA LICENSE SAFETY – DRAFT

WHEREAS; in 2018 State Question 788 Medical Marijuana Legalization Initiative became law of the land,

WHEREAS; physicians hold patient safety in high esteem,

WHEREAS; state question 788 lacks adequate patient safeguards in multiple areas,

So be it resolved, that the Oklahoma State Medical Association Council on Legislation and Lobbyist Team work with legislators to draft and adopt legislation that allow only those physicians trained in the treatment of minors should be able to recommend a medical marijuana license to a minor,

And further resolved that the Oklahoma State Medical Association Council on Legislation and Lobbyist Team work with legislators to draft and adopt legislation to amend the Oklahoma Prescription Monitoring Program to include if a patient has applied for or is granted a medical marijuana license.
Mona Whitmire, Executive Director, announces Tulsa County Medical Society and the TCMS Foundation are exploring a new member benefit...TCMS Physician Wellness Program.

In 2012, three physicians committed suicide over an 18-month period in Eugene, Oregon. This prompted Candace Barr, Executive Director of Lane County Medical Society to initiate the nation’s first known counseling and coaching program sponsored by a medical society. Today, 24 medical societies across the country have initiated a program to provide a limited number of confidential counseling sessions, at no charge and with complete anonymity, to members as a benefit of medical society membership.

This is a completely confidential and private program. Appointments are made by the physician member and the names of participants are not shared with TCMS or any other organization. The counseling sessions are focused on addressing feelings of anxiety or depression, resolving relationship issues and coping with burnout by gaining a better work-life balance.

Providing a Physician Wellness Program allows our members to find counseling or coaching services without the inherent fear that their employer, practice partners, health insurance or anyone will find out they have accessed this program.

The program will be available to all members of Tulsa County Medical Society, including physicians, residents and medical students and there will be no charge for sessions scheduled through the TCMS Physician Wellness Program.

New research presented to the American Psychiatric Association showed the number of doctor suicides was more than twice that of the general population. According to Dr. Deepika Tanwar, psychiatrist at Harlem Hospital Center, the rate among physicians is higher than among military members.

As your professional organization, we are always looking for ways to support you as you practice medicine and care for your patients, all the while navigating new legislation and regulations. The TCMS Physician Wellness Program is similar to an Employee Assistance Program. Nationally, the general utilization rate of these programs is cited at 4-8%, which is not high BUT very significant. If we can help 1% or 1 single member it would be well worth the investment.

As discussion around creating this program have been ongoing, we received a call from the Psychologist who oversees the Oklahoma County Medical Society Physician Wellness Program. He was inquiring if we offered a program because he had been contacted by a Tulsa physician who was requesting a session.
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Whether you are approaching retirement, already retired, or facing an employment change, you may have money saved in multiple retirement accounts you have accumulated throughout your career. For most medical professionals, it makes sense to do a rollover of a 401(k) or 403(b) plan into an IRA. You can get access to a greater variety of investments and ease your financial affairs so you don’t have to manage multiple accounts and required minimum distributions from each account.
BENEFITS OF CONSOLIDATING YOUR RETIREMENT SAVINGS INTO AN IRA

Your 401(k) or 403(b) plans are great savings vehicles, but if your employment situation changes, you might consider rolling over your retirement assets into an Individual Retirement Account (IRA). Here’s why:

Investment Flexibility: IRAs give you flexibility perhaps you did not have inside the plans. There are far fewer rules. You can access high quality, low cost funds without the restrictions that some plan investment menus impose.

Privacy: Your ex-employer does not see your IRA balance and activity.

Independence: You may choose to have your IRA professionally managed, which is often not an option within 401(k) plans.

Tax Options: You can convert an IRA into a Roth IRA. Not all 401k plans offer a Roth feature.

Cash Flow: IRAs typically allow more flexibility in taking distributions.

Charitable Giving: IRAs allow direct contributions to charities once you reach age 70 ½.

Simplicity: Having your retirement assets consolidated into one account frees you to enjoy your new life.

CAN I RETIRE NOW?

Our professionals can assist you in answering that question. Whether you are facing an employment change, early retirement, or simply planning for retirement, we can help you manage your investments, consolidate retirement assets, or determine if you are ready for retirement.

PROTECTING YOUR RETIREMENT ASSETS

We have over 37 years of experience developing financial road maps. We help you plan for the unexpected and transition into retirement avoiding the risk of depleting lifetime savings.

We are a fiduciary. We don’t sell products, which create inherent conflicts of interest. This allows us to use unbiased judgement in seeking out the best decisions for you.

You will have a dedicated portfolio manager in Tulsa responsible for establishing and managing your investments.

You will always get to speak and meet face-to-face with your advisors - as opposed to being put on hold with an outsourced call center.

Let us help you enjoy retirement with financial peace of mind.