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## iNetiNews

Volume 1

April 2006

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**Dear Joseph,**

iNetico is pleased to bring the first in a series of quarterly news letters. These communications will bring informative updates regarding our services and industry trends. We look forward to your interaction with us as introduce and discuss the important issues and their effect on the way we manage our business.

Listening to our clients is what makes the difference in the way iNetico provides services. For instance, most of our clients process their claims using our EDI claims transfer program. While this makes a great difference in our ability to provide fast and efficient claims repricing with our network partners, some of our clients have found that paper claim submissions, web-based claim submissions, and proprietary formats are still their preference. Regardless of how our clients send us claims, iNetiPass, our web-based claims management system allows for a live look at where a claim is in the repricing process at any given moment. Our clients say, "iNetiPass is the easiest and most informative repricing system on the market". Whether it's paper, web, proprietary, or EDI, iNetico is ready to either facilitate your jump to EDI or quite simply provide you with the best networks using the method that best suits your business. iNetico is here for you and we're listening.

Sincerely,  
Joseph Hodges

**iNetico Featured Service  
Pre Notification**



Many companies that provide repricing services leave out one key component, negotiating discounts for out-of-network services prior to treatment. Since iNetico provides Utilization Management and Case Management through the iNetiCare program, we are able to capture almost 100% of members who go out of network for surgeries and inpatient stays. The Pre- Notification program ties into the UM component and captures those members who require or choose out- of-network services. Pre-notifications are negotiated within 24 hours of receipt by our expert negotiation team and have resulted in up to 72% off billed charges. To learn more about Pre-Notification, contact the iNetico Sales Team at (813) 258-2200 x300 or [sales@inetico.com](mailto:sales@inetico.com).

#### **iNetiCare Corner**

#### **Spring is Here!**

Spring is a time of re-birth, and it's a great season to create or revise your personal health plan. Take an honest look at your current health and decide where you'd like it to be this time next year. Start with a commitment to cleanse your body in an effort to protect yourself. Here are a few suggestions to help you "Spring into Health". Ask yourself the tough questions. Do I drink too much alcohol? Is it past time I quit smoking? Should I have that third cup of coffee? Will I replace my daily burger and fries with a healthier selection? Then decide what is right for you and your physical and mental health. The key to success is to avoid excess. Begin or update an exercise program. Awaken your body with Yoga stretching or Qigong. Tone up using weights. Bicycle, walk, or run for heart health and endurance. With regular exercise, you will begin to feel both relaxed and revitalized. Enjoy nature and its bounty. Spend more of your grocery budget on the plentiful fruits and vegetables of the season. Take a walk in the woods. Go play outdoors. Give your liver and gall bladder a break. Avoid chemicals in your diet and environment. Avoid low-quality fried oils and hydrogenated fats. Stick with cold-pressed, organic, virgin olive oil and the natural, essential fatty acids found in nuts and seeds. Don't overdo it. Eat sprouts, like red lentils and garbanzo beans. They provide the high level nutrition needed to stay healthy. Talk to your doctor about nutritional supplements and herbs. Support your body while you change or tweak your lifestyle. Either way you will be using a greater amount of physical energy during your spring activities. According to



Dr. Elson M. Haas, "the B-complex vitamins are calming to the nervous system and are helpful for cellular energy production, and their taste on your skin may even help keep the bugs from biting you. Vitamin C and the other antioxidants protect your body from stress, chemical pollutants, and the biochemical by-products of exercise. During detoxification you'll want more antioxidants, especially vitamin E (400-800 IUs) and selenium (200-300 mcg) for detoxifying chemicals. Also, the carotenes with some straight vitamin A and zinc will round out the antioxidant regimen. Alpha-lipoic acid has received much press lately as a good antioxidant and liver protector; during detox we are supported by 50-100 mg once or twice daily. Calcium and magnesium can be used during periods of anxiety or insomnia to calm the body's nervous system and muscles."\* "Bowel cleansing herbs include senna leaf, cascara sagrada, and slippery elm bark. Dandelion and milk thistle leaves strengthen and protect the liver and help its healing. Licorice root will help energy balance and digestion, as well as support the adrenals for stress. You can also do an Herbal Steam Bath by placing some herbs in boiling water on the stove for a few minutes, quickly taking them off the heat. Let steep a few minutes, and then set the pot on a trivet on your table. Get a towel, cover your head, and uncover the pot, and let the herbal steam vapors cleanse your skin and sinuses. Herbs to use include peppermint or spearmint, rosemary or lavender, and rose petals are nice as well."\* This spring clarify your plans to get healthy or stay healthy. Keep a journal to track where you are, how you are, and where you want to be in a year. Spring is a good time to have your annual physical check-up. Include a complete review of all the medications you are currently taking and information from all your treating physicians. "Spring into Health" and enjoy your life. Have fun. Release those endorphins! \*Copyright Elson M. Haas, MD, 2002. All Rights Reserved. This content may be forwarded in full, with copyright/contact/creation information intact, without specific permission, when used only in a not-for-profit format.

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**iNetico on the Go** April 18-20, 2006 iNetico President, Joseph Hodges, will be attending the Self Insured Institute of America's (SIIA) TPA and MGU/Excess Insurer Executive Forum in Charleston, SC. iNetico congratulates Mary Squires, Director of Sales and Marketing, on her nomination to SIIA's Governmental Relations Committee.



iNetico, Inc.

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