

The information below is intended to provide further explanation on various contract requirements and may be helpful as you review the contract. This may also be helpful information to use throughout your participation in the IPHP.

Arranging for Providers

Your contract requires you to identify your providers within 30 days of signing the contract. The following information explains the expectations for each type of provider.

- **Monitoring Physician.** If you have a mental health or substance use diagnosis, the monitoring physician should regularly assess you in a face to face context. The monitoring physician is expected to report on your attendance and productivity of sessions, any recommendation for changes in treatment or medication and a statement of stability to practice medicine. The monitoring physician should report any need for medical leave or a recommendation for re-evaluation. If you have a mental health diagnosis, they are expected to provide an opinion of your psychiatric stability.

If you have a physical health diagnosis, the monitoring physician is expected to report on the nature and prognosis of the impairment, including whether the condition is treatable, stable or progressive and what reasonable accommodations would allow continued practice with reasonable skill and safety.

- **Therapist.** A therapist is expected to report on your attendance and productivity of sessions, any recommendation for changes in treatment or medication and a statement of stability to practice medicine. The therapist should also report any need for medical leave or a recommendation for re-evaluation. Therapist reports can exclude content of psychotherapy sessions unless the therapist considers it vital to case management in which case the therapist should discuss the report with the patient in advance. Therapists are encouraged to communicate any concerns with your monitoring physician.
- **Aftercare Provider.** An aftercare provider is expected to assess and report on your participation and progress in treatment, group and individual sessions, prognosis, and compliance with your Physician Health Contract. This includes attendance and productivity of sessions, recommendation for any changes in treatment, statement of stability and any need for a medical leave or re-evaluation.
- **Worksite Monitor.** A worksite monitor is expected to monitor and report on your performance (punctuality, professional demeanor, record keeping, etc.) in the workplace and not specifically your illness or competency. Reports should identify any behavioral difficulties, inappropriate behavior, questionable medical practice, or professional misconduct you have displayed. A worksite monitor should also identify any concerns with your ability to remain in active practice with reasonable safety and skill.

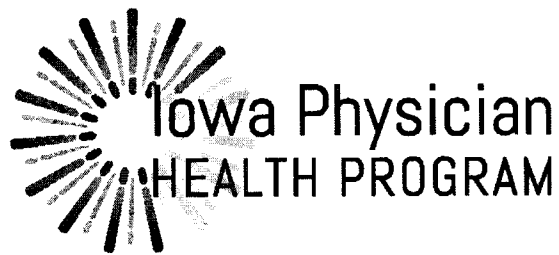
Quarterly Reports

Once providers are established, staff will send them the paperwork they need to be part of your IPHP team. The quarterly reporting forms are also on the IPHP website. Your providers may find it helpful if you can remind them to complete the report at a session near the end of the reporting period.

Meeting Attendance

If it is recommended that you attend self-help/mutual support meetings, your contract states you must keep a signed log of your meeting attendance. You can log your meetings by using the Recovery Trek mobile app, a calendar, plain sheet of paper, etc. Please use a method that works best for you. Please note that aftercare group sessions do not count towards the self-help/mutual support meeting requirement.





Chemical Screening

Please refer to the enrollment packet provided to you via email by RecoveryTrek for detailed instructions regarding the drug screen process. If you did not receive a packet, please contact Sheri at RecoveryTrek at (757) 943-9800 x7 or sheri@recoverytrek.com

The IPHP recognizes that situations will arise that could possibly prevent you from providing a specimen on the day you were selected for a test. If you would miss a test, please alert staff of the situation and plan on providing a test immediately the next day. Staff will alert your providers of the missed test and review the situation with the IPHC at their next meeting. If the frequency of missed tests increases and/or a pattern of missed tests occurs, staff will discuss the matter with you and alert your providers of the concern.

Medical & Dental Procedures

If you are scheduled for a medical or dental procedure, please notify staff and then register that day as a travel day in Recovery Trek, so you are not selected to test. If your procedure requires a recovery period that would prevent you from testing for a period of time, enter these dates as travel in Recovery Trek and provide documentation to staff (i.e. discharge summary) that indicates the anticipated recovery period.

Communication with Staff

Staff tries not to burden participants with unnecessary communications. If you would have a question, concern, or are struggling, please do not hesitate to contact staff to discuss the matter.

Frequency of Tests, Meetings, Group & Individual Sessions

Over time the frequency of random drug screens, meetings, individual and/or group sessions will decrease. Staff relies on information and recommendations from providers to determine when changes should be made. The goal is to give you the ability to manage your health needs under the safety net of the IPHP before being discharged from the program.

Meeting with Iowa Physician Health Committee (IPHC)

The IPHC is a committee appointed by the Board that oversees the IPHP. Members of the committee meet four times a year in Des Moines to review the status of those in the program. The IPHC does not diagnosis or treat the participant, they oversee program operations and the monitoring of those in the program. In the odd numbered years of your contract, you will meet face to face with the IPHC. During the even numbered years of your contract, staff will travel to your home location to meet with you.

