



IMS Experts



Our Team

Kim Welch -President

Craig Welch -CEO

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Director of Administrative Services

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Senior Manager of Billing and Collections

Sissy Nicholson

Senior Acct Manager/Contract Specialist

Stephanie Finch

Account Rep & Collection Manager

Julie Fillner

Senior Account and Inventory Manager

Catherine Van Lew

Account Manager & Billing Assistant

Megan Young

Insurance Account Manager

Ashley Williams

Insurance Account Manager

Jacqueline Larry

Billing and Collections Specialist

Mary Albright

Billing and Collections Representative

Lorena Cendejas

Account Representative

Tina Fateley

Account Representative

December 2013

December						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21 First Day of Winter
22	23	24	25 Merry Christmas!	26	27	28
29	30	31 New Year's Eve				

Normal Business Hours 9:00am-4:00pm Monday – Friday

Closed on Christmas Eve

Christmas Day, New Year's Eve & New Year's Day

In this issue:

- Latest News
- New Team Members
- New Products
- Medicare Spotlight
- Staff Holiday Recipe Pick

**Welcome New Team
Member's
Lorena Cendejas
&
Tina Fateley
to the IMS Experts Team!**



IMS Experts is located in the historical district of Mansfield Texas.

holiday tips

Happy holidays to you and yours this season!

Buy Safe Toys

If you plan to buy toys for the kids in your life, choose age-appropriate toys and look for labels with safety advice. For young children, avoid toys with small parts, sharp edges, and electric toys that can heat up. Always purchase safety gear in addition to sports-related gifts or ride-on toys, such as bicycles or skateboards. Get additional [toy safety tips from the Consumer Product Safety Commission \(PDF\)](#).

Give the Gift of Service

Sometimes the greatest gift you can give to others is service. Studies show that reading to a child just three hours a week significantly improves his or her reading skills. If you help out at a local soup kitchen or food bank, you are directly providing meals to hungry individuals.

IMS Experts Website Under Construction:



IMS Experts is pleased to announce the release of our new website, designed with a fresh new look and user-friendly navigation, updated with the latest information about our products and services. This will be up and running January 2014!

New Products

IMS Experts is now carrying Neuromuscular Electrical NMES, or electro stimulator units.

What is a NMES? Neuromuscular electrical stimulators (NMES) are small electronic devices that are affixed externally by the patient to the skin by way of electrodes to provide direct stimulation of affected muscles. NMES differ from transcutaneous electrical nerve stimulation (TENS) units and interferential current stimulation (ICS), which are used for pain management therapy (please refer to Electrical Stimulators for Pain and Associated Conditions Medical Coverage Policy). They also differ from functional electrical stimulators (FES), which are used for Spinal cord injury patients to enhance the ability to stand or walk (please refer to Functional Electrical Stimulators Medical Coverage Policy).

A NMES stimulates muscle to maintain its tone during temporary extremity immobilization. The goal for use of NMES for an immobilized extremity following a documented injury or surgical intervention is to control edema, increase local blood circulation, maintain muscle tone, or retard the development of disease atrophy.

Spotlights:

The Centers for Medicare & Medicaid Services has furnished the list of 2014 HCPCS codes designated as Off-The-Shelf (OTS) Orthotics.

OTS Orthotics

Reduce Holiday Waste

The holiday season includes many opportunities to reduce waste, recycle, and reuse items. Did you know that about 40 percent of all battery sales occur during the holiday season? Consider buying rechargeable batteries (and a charger) for electronic gifts to help reduce the amount of harmful materials thrown away. After the holidays, look for ways to recycle your tree instead of sending it to a landfill. If you plan to send greeting cards, consider purchasing ones that are made of recycled paper or sending electronic greetings.



Keep Food Safe

Holiday buffets are convenient ways to entertain a crowd, but leaving food out for long periods of time can invite bacteria that cause foodborne illness. To keep your holiday foods safe, cook them thoroughly; use shallow containers; never leave them sitting out for more than two hours; and keep them at the appropriate temperature. Get more [food safety tips](#) to help keep your guests healthy.



Winter Weather Driving

If you must drive in snowy conditions, make sure your car is prepared ([TIPS](#)), and that you know how to handle road conditions.

Off-The-Shelf (OTS) Orthotic HCPCS Codes

Section 1847(a)(2) of the Social Security Act (the Act) defines OTS orthotics as those orthotics described in section 1861(s)(9) of the Act for which payment would otherwise be made under section 1834(h) of the Act, which require minimal self-adjustment for appropriate use and do not require expertise in trimming, bending, molding, assembling, or customizing to fit to the individual. Orthotics that are currently paid under section 1834(h) of the Act and are described in section 1861(s)(9) of the Act are leg, arm, back and neck braces. The Medicare Benefit Policy Manual (Publication 100-02), Chapter 15, Section 130 provides the longstanding Medicare definition of "braces." Braces are defined in this section as "rigid or semi-rigid devices which are used for the purpose of supporting a weak or deformed body member or restricting or eliminating motion in a diseased or injured part of the body."

CMS regulations at 42 CFR 414.402 also define the term "minimal self-adjustment" to mean an adjustment that the beneficiary, caretaker for the beneficiary, or supplier of the device can perform and that does not require the services of a certified orthotist (that is, an individual who is certified by the American Board for Certification in Orthotics and Prosthetics, Inc., or by the Board for Orthotist/Prosthetist Certification) or an individual who has specialized training.

On February 9, 2012, CMS issued guidance that initially identified specific HCPCS codes that were considered OTS orthotics. CMS solicited public comments on the preliminary list of OTS HCPCS codes and received approximately 185 comments. All public comments were reviewed and grouped by topic. The download section of this web page contains a summary of the comments and our responses as well as a list that identifies the 2014 Healthcare Common Procedure Coding System (HCPCS) codes considered OTS orthotics. Items classified under these codes require minimal self-adjustment for appropriate use and do not require expertise in trimming, bending, molding, assembling, or customizing to fit the beneficiary. Subsequent coding updates to the OTS list will be included in program instructions.

Section 1847(a)(2) of the Act includes OTS orthotics as one of the categories of items subject to competitive bidding. CMS has not determined the schedule for bidding OTS orthotics, but will identify the specific OTS orthotic codes included in a competitive bidding program through program instructions or by other means, such as a CMS or contractor website posting.

Holiday recipes

share a recipe or two

Danish Kringle by Julie Fillner

C/O O & H Bakery, Racine, WI

Ingredients Needed:

For the dough:

3/4 Cup of Butter, Softened

1 Pkg of Dry Yeast

1/4 Cup of Lukewarm Water

1/4 Cup of Lukewarm Milk

1/4 Cup of Sugar

1/2 tsp of Salt

1/2 tsp of Almond Extract

1 Egg

2 Cups of Flour

For the Filling:

4 Tbsp of Butter

1/2 tsp of Vanilla Extract (Yes, the picture is wrong)

1/8 tsp of Nutmeg

1/4 Cup of Maple Sugar (you can sub brown sugar)

1/2 cup of Chopped Pecans

For the Glaze:

1/2 Cup of Powdered Sugar

1/2 tsp of Vanilla

1 tbsp of Milk



Making kringle reminded me a lot of making croissants. There's a lot of butter and folding going on. Not hard, just time consuming. You should ideally allow multiple days to do this. Letting the folded dough and butter sit in the fridge only makes it better. Trust me on this one.

To get started, you'll want to grab your softened butter and spread it out on a piece of waxed paper to about 8x16.

Stick it in the fridge and let it get good and cold.

While your butter is chilling, you'll grab a bowl and dissolve your yeast in the water. You'll then add in the milk, sugar, salt, extract, and egg.

Mix it up well and then add in your flour. Use your hands to make a nice dough.

Here's what you'll have.

Stick your dough in the fridge and let that chill down as well.

When everything is good and chilled, pull it out and roll your dough out to about an 8x12 rectangle.

Cut your sheet of butter in half and lay one piece of it over 2/3 of your dough.

Fold the third of dough without the butter over on top of the butter layer and then fold the other end over the top of that. It should look like this.

Now chill it again. I recommend chilling overnight and starting back up the next morning.

For the next step, you'll grab your folded dough and gently roll it to an 8x12 rectangle again. Grab your remaining piece of chilled butter, lay it on the dough the same as before and fold like above.

Now, you'll roll the dough carefully once more to an 8x16 rectangle and fold in thirds again.

Stick in the fridge and take a break one more time. And here's my dough on the morning of the third day.

Ok, let's cut the dough in half and see what we've got. Tell me that's not a beautiful sight. Twenty four layers of buttery deliciousness.

Very carefully so as to not break any of the layers, roll the first half of your dough to a 6x20 inch size.

Mix up your filling ingredients....

And spread half of it down the middle of your dough. Sprinkle a few pecans on for good measure.

Now close up one end, wet the edge with water and then close the other edge to create a seal.

Place your kringle on a parchment lined baking sheet and form it into an oval joining the two ends together. Flatten the whole thing down gently with your hands. Repeat this process with the second half of the dough as well.

Heat your oven up to 350 degrees and pop the kringle in for 20 to 25 minutes OR until it turns a beautiful golden brown and the smell becomes so overwhelmingly delicious that you just have to take it out and see for yourself the beauty you have created. Uh huh. That's what I'm talking about.

But wait, there's more! While the kringle cools, grab up your glaze ingredients and mix them together well.

Now head over to your cooled kringle and drizzle that beautiful glaze over the top of it.

Welcome to my world. Sit down and share a bite (or 5) of kringle with me.