



HEALTH & WELLNESS NEWS

Health & Wellness Center closures

• Monday, Jan. 16 – All day

Cervical Health Awareness month

January is Cervical Health Awareness Month and the Grand Ronde Health & Wellness Center wants you to know that there's a lot you can do to prevent cervical cancer.

HPV (human papillomavirus) is a very common infection that spreads through sexual activity. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

HPV is also a major cause of cervical cancer. Each year, more than 11,000 women in the United States get cervical cancer.

The good news?

- The HPV vaccine (shot) can prevent HPV.
- Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care.

In honor of National Cervical Health Awareness Month, the Grand Ronde Health & Wellness Center encourages:

- Women to start getting regular Pap tests at age 21.
- Parents to make sure pre-teens get the HPV vaccine at age 11 or 12.

Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

Safety first!

For the safety of our Grand Ronde Health & Wellness Center patients and staff during inclement weather, please call before traveling to your appointments. We don't want you travelling if we are not open.

Please call 503-879-5211 for up-to-date, weather-related closures or delays.

You can sign up and receive emergency alerts and severe weather warnings that could affect you or your family.

Just go to www.grandronde.org to sign up.

2017 Skookum Health Assistance Program changes

We have made a few changes to the Skookum Health Assistance Program starting January 2017. We will be sending new cards soon. Please replace the old card with your new card. If you do not receive a new card shortly, please contact Barbara Steere.

Changes in eligible services:

- The network used for mental health and substance abuse services will be changing from IBH, Integrated Behavioral Health, to your Participating Provider Organization (PPO) network. You will be receiving a letter in the mail with your network information.
- Physical therapy and naturopathic care services will no longer have a visit limitation. However, a review for medical necessity and compliance will be conducted every 15 visits.
- Chiropractic and massage therapy services will now have a 30 visit per calendar year combined limitation.

If you have any questions, we encourage you to call.

- Barbara Steere: 503-879-2487
- Tresa Mercier: 503-879-2008
- Melody Baker: 503-879-2011

Mental Health and Substance Abuse Treatment

Starting January 2017, Tribal members will no longer call IBH to prior authorize these services. Instead, you will call 1-800-880-5950, Shasta Administration Services Customer Service. You will be directed to your Participating Provider Organization (PPO) network for an in-network provider or facility.

To avoid out-of-pocket costs, you will need to have preauthorization from Shasta Administrative Services and go to an in-network provider for in-patient substance abuse treatment.

It is very important to preauthorize any in-patient treatment. We do not want members to end up with large bills for these services.

Discontinuing IBH Services for Skookum Health Assistance Program

Please remember that if you are in need of mental health or alcohol and drug treatment, you need to call Shasta Customer Service for an in-network provider before receiving services.

Do not call IBH. This information was recently published in *Smoke Signals* and provided in a letter from Shasta Administrative Services with your new Skookum Health Assistance Program cards mailed in December. If you did not receive your new card, please contact Shasta Customer Service at 800-880-5877.

If you have questions, call Tresa Mercier at 503-879-2008 or Barbara Steere at 503-879-2487.

** If you are a Tribal member and employee of the Confederated Tribes of Grand Ronde, with the Grand Ronde Employee Plan, please continue to call IBH for mental health or alcohol and drug treatment assistance.



Welcome to 2017! Pharmacy wishes you a beautiful year to come filled with happiness, peace, and all the kindness life has to offer.

We want to thank you and let you know how much we appreciate your patience and understanding during our times of transition. We strive to offer you the best and genuinely care for your wellbeing and safety and are always looking for the better ways to serve you.

Have a safe and wonderful year to come.

Sincerely,
Pharmacy Staff

Handwritten signatures: Heather, Jessica, Marie, Tresa, Sarah, Jay, Cindy, Steph

Dental health awareness for the new year

What is Silver Diamine Fluoride (SDF)?

- SDF is an antibiotic liquid approved by Food and Drug Administration in January 2016 for use on cavities to stop tooth decay and reduce sensitivity for patients who are not candidates for restoration dentistry due to age or medical history.
- Pain-free; no need to anesthetize the mouth to apply.
- It is applied every six to 12 months.
- Treatment with SDF does not eliminate the need for dental fillings or crowns to repair function or aesthetics.
- Should not be used if (1) you are allergic to silver or (2) there are painful sores, raw areas on your gums (*i.e. ulcerative gingivitis*) or anywhere in your mouth (*i.e. stomatitis*).
- Risks include staining of the affected area; it leaves a permanent "little black scar."
- After four to six weeks, it is possible to place a tooth-colored filling without the need for local anesthesia.

Sources: Dr. Jeremy Horst (UC San Francisco Dental Center)