



Health Program Update

by Judy Muschamp

Contract Health Service

With the new year starting Jan. 1, 2005, the Contract Health Service (CHS) allocation has been restored. We are changing the way we manage our CHS dollars to ensure that funds remain available for high-priority care throughout the entire year.

Spending will be managed through quarterly allocations. The Gatekeeping Committee meets weekly to prioritize requests for specialty referred care. Priority I and II services are being considered for approval, with Priority III and above deferred for review at the end of each quarter.

At the end of March, June, September, and December, the Gatekeeping Committee will consider whether funding is available for deferred services and all cases that have been deferred will be ranked in order of relative medical necessity.

One CHS staff position was eliminated during the budgeting process. Staff responsibilities are reassigned as follows:

- For prior authorization, if your last name begins with **A – L**, contact Rhonda Attridge
- For prior authorization, if your last name begins with **M – Z**, contact Danise Barker
- For questions about your Pequot pharmacy benefits or co-pay, contact Jenifer Metcalf
- For questions about denials or appeals, contact Shannon Case

All visits must be pre-authorized. Emergency or urgent care must be reported to CHS within 72 hours. On weekends or during evening hours, a clinic provider is on-call to advise you if you need emergency treatment.

If you have any questions about CHS, how it operates, or what your responsibilities are, please call and ask for a copy of our CHS User's Guide.

Important CHS Phone Numbers

541-444-1236
1-800-628-5720
CHS fax: 541-444-9645

Health Care Outside the Service Area

We anticipate new "out-of-area health" funding effective July 1, 2005. Between now and then, the Tribal Council will discuss new policies or rules for spending these funds in a fair and consistent manner.

More information will be published as it becomes available, but tribal members should be prepared to call Contract Health starting at 8 a.m. on July 1, 2005, to request a share of health services funded by excess pledge revenue. We apologize that it's difficult to get through, but we only have a limited number of staff to answer a limited number of phone lines.

The good news is that effective Jan. 1, your Pequot pharmacy benefit was renewed for \$500. Your card is good at most local pharmacies or you can obtain mail order directly from Pequot.

Mail order through Pequot is most cost effective for tribal members who live outside the service area. The Siletz Tribal Mail Order Pharmacy is not available outside the service area. The program is not staffed or funded to operate as a nationwide distribution center.

Siletz Tribal Mail-Order Pharmacy

The Siletz Tribal Mail-Order Pharmacy program is available to all CHS-eligible members. Here's a few reminders to help the process go smoother:

- When calling in your prescription refill, be sure to specify whether you want the order mailed. If you don't specify, it will be held for dispensing at the window.
- Use the mailer envelope form for all new prescriptions. Fax orders are only accepted from your physician.
- Siletz Tribal Mail-Order Pharmacy will only dispense what your primary insurance allows. Some insurance only allows a 30-day supply.
- When calling the pharmacy refill line, please remember to leave your name and phone number in case we have questions.

- **Your Pequot card was renewed with a \$500 annual benefit limit.** Once the \$500 has been exhausted, it cannot be used again until next January. Please use this benefit wisely. The main purpose of retaining the Pequot card is for prescriptions you urgently need or for items that have been excluded from our formulary.

How to Use Mail-Order Services

For a refill on your prescription, call 1-800-648-0449 or 541-444-9624. Please leave a message. Send an order form and your new prescription to the address listed on the mail order service form/envelope.

Please allow 7-10 working days for your order to be processed. If the prescription is too soon to fill or not refillable, you will be notified by phone.

U.S. Postal Service will ship orders. Some medicines may require an adult signature upon receipt. Packaging is confidential.

Business hours are 8:30 a.m. to 12:30 p.m. and 2 p.m. to 5 p.m. Monday through Friday, except on Tuesday, 8:30 a.m. to 12:30 p.m. only. You have access to a registered pharmacist for consultation anytime during standard business hours.

Formulary Limitation/Exclusion Categories

1. Drugs used for cosmetic purposes
2. Weight reduction products
3. Fertility drugs
4. Sexual performance enhancement drugs
5. Investigative drugs
6. Food supplements
7. Vitamins and over-the-counter products (not on the OTC formulary list)
8. Compounded prescriptions are covered with limitations
9. Controlled substances for intractable pain may be dispensed only in accordance with clinic policy.

Medicare Reminder

If you have not provided a copy of your new premiums to Amie Williams

or myself, please do so as soon as possible. We cannot adjust your monthly reimbursement without correct information.

Everyone who pays the minimum was automatically adjusted, but penalized premiums cannot be calculated without the information that was provided to you by the Social Security Administration.

On average, Medicare Part B premiums increased 17 percent this year. If you need another copy of your statement, you can call Social Security and request it.

Also, anyone interested in enrolling in the new Medicare Part D Prescription program will be reimbursed that cost if you send me a copy of your premium notice. Send it to Judy Muschamp, Health Director, Siletz Clinic, P.O. Box 549, Siletz, OR 97380-0549; 1-800-648-0449, ext. 1655, or 541-444-9655.

Don't Forget Diabetes Retreat

The annual Diabetes Retreat will be held March 4-5 at the Shilo Inn in Newport. All tribal members who have diabetes should attend the two-day program and those attending may invite a support person.

The keynote speaker will be Darryl Tonemah, an enrolled member of the Kiowa Tribe and man of many talents.

Dr. Tonemah has dedicated his professional career to empowering people, focusing especially on youth through leadership, wellness, self-esteem, parenting conferences, and alcohol and drug prevention.

An accomplished entertainer, he has recorded five CDs that have been nominated for several Native American Music Awards and has appeared in two movies.

Questions? Call Darcy Trego, Diabetes Program coordinator, at 541-444-9647 or 1-800-648-0449, ext. 1647.