



Clarification of Vision Coverage

by Judy L. Muschamp, Health Director

It has been brought to our attention by the VSP office that because the Siletz Community Health Clinic is a "gap" provider of vision services, VSP will **only** cover eye exams, eyeglasses, and contact lenses if the covered person is a **tribal employee**. The spouse and dependents of the tribal employee also are covered.

For all other tribal members, Contract Health Service (CHS) will cover exams, glasses, and contact lenses. For those without CHS benefits or other vision coverage, you will need to pre-pay, in full, for any eyeglasses or contact lenses before they can be ordered.

We are sorry for any inconvenience this may cause you. If you have any questions or need to find a VSP provider in your area, please contact VSP Member Services at 1-800-877-7195 or VSP Customer Service at 1-800-615-1883.

Valuable Health \$ Down The Drain

Pharmacy costs are going up up up!

Paying for unnecessary pharmacy purchases takes money away from other programs, including Contract Health. Last year we reduced costs by asking tribal members to use our clinic and clinic mail order. This year we have to do more!

Your Health Department Is ...

Restricting non-formulary drugs – Beginning Jan. 1, the clinic's pharmacy will not fill any prescriptions that are not on our formulary. These are usually expensive medications for which we have a less-expensive alternative.

You can see our formulary on the tribe's Web page at www.ctsi.nsn.us/pharmacy.html. If you have been getting a medication that is not on our formulary, the pharmacy will notify you that you will need to talk to your doctor about getting a different prescription or be prepared to pay for it yourself from your local pharmacy.

Signing up seniors for Medicare-D – Open enrollment is Nov. 15 to Dec. 31. If you are eligible, you will get a letter from the clinic asking you to sign up or to switch to one of the plans for which the clinic can get reimbursed.

What Can You Do?

If you are eligible for a health insurance plan, please sign up and let the clinic pharmacy know that you have coverage. If you are eligible for Medicare-D, sign up during the open enrollment and if the premium is deducted from your Social Security check, it can be reimbursed by the tribe the same as your Medicare-B premium.

New Year's is a Great Time to Quit Smoking for Good

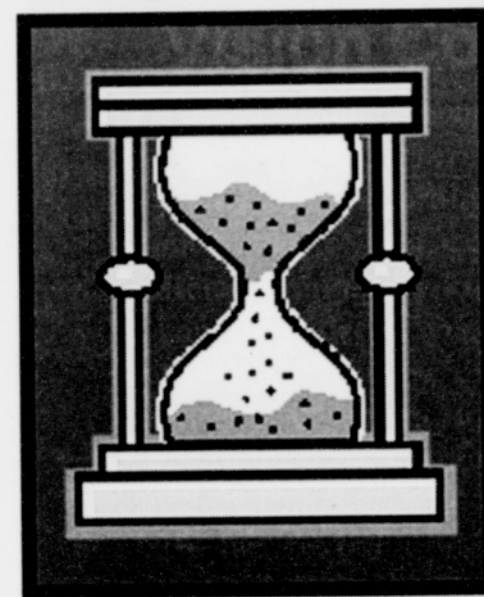
Often people have a hard time quitting the first time. Former smokers have to practice quitting as much as they practice smoking. On average, it takes six to eight attempts to successfully quit.

With the help of nicotine replacement therapies (NRTs) such as a patch or gum, however, the quit attempts can be fewer and can make withdrawal symptoms less severe over a long period of time.

Reminder: You cannot smoke/chew at **any time** while using an NRT

or else you run the risk of reaching toxic levels of nicotine in your system.

Second, there is a strong belief that quitting cold turkey is the best way to quit because of the short time nicotine stays in your system and the short time of physical withdrawal. Nicotine is out of your system in approximately three to four days after quitting, then what remains are the habits around smoking or chewing. The choice is up to you.



DeAnna Pearl, Tobacco Prevention and Education coordinator, can help you prepare for your quit, help you set a quit date, and provide you with tools to help you have a successful quit.

Contact your provider today or call DeAnna at 1-800-600-5599, ext. 1659, or 541-444-9659. You also can contact the free Oregon QUIT LINE at 1-877-270-7867.

- Step One: See your provider about NRTs
- Step Two: Set a quit date
- Step Three: Prepare for your quit
- Step Four: Get support from family or friends

Diabetes and Your Health

T	O	V	C	L	M	N	S	C	S
N	K	F	B	M	O	N	B	S	L
I	E	T	O	O	N	U	E	U	G
I	A	Q	I	O	I	R	R	I	R
S	E	L	B	A	T	E	G	E	V
N	L	J	S	S	O	C	Y	K	V
A	O	N	E	C	R	R	A	S	U
E	X	E	R	C	I	S	E	R	C
T	H	G	I	E	W	W	D	U	E
T	I	U	R	F	I	B	E	R	Q

AONEC
FOOTCARE
STRESS

EXERCISE
FRUIT
VEGETABLES

FIBER
MONITOR
WEIGHT

DECEMBER

HAPPY HOLIDAYS FROM YOUR BINGO STAFF



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Dec. 1, 15, 22, and 29: Birthday Bingo Dec. 2: Diane's 5:30 Special Shopping Cash: Dec. 4 – \$500; Dec. 11 – \$600; Dec. 18 – \$700 Santa Joe's Deal: Dec. 6 and 20 Santa Marc's Deal: Dec. 13; Marc's Deal: Dec. 27 Dec. 22: Senior Bingo; Dec. 24: Mysti's 5:30 Special, Two \$500s!				1 1 p.m. Matinee BIRTHDAY BINGO!	2 1 p.m. Matinee 5:30 Evening Diane's Special!
3 1 p.m. Matinee 5:30 Evening	4 1 p.m. Matinee 6 p.m. Evening SHOPPING CASH \$500!	5 1 p.m. Matinee	6 1 p.m. Matinee 6 p.m. Evening SANTA JOE'S DEAL!	7 1 p.m. Matinee 3 FREE 6-ONS!	8 BINGO CLOSED CHARLIE DANIELS	9 BINGO CLOSED CHARLIE DANIELS
10 1 p.m. Matinee 5:30 Evening	11 1 p.m. Matinee 6 p.m. Evening SHOPPING CASH \$600!	12 1 p.m. Matinee	13 1 p.m. Matinee 6 p.m. Evening SANTA MARC'S DEAL!	14 1 p.m. Matinee 3 FREE 6-ONS!	15 1 p.m. Matinee BIRTHDAY BINGO!	16 1 p.m. Matinee 5:30 Evening FREE SQUARE!
17 1 p.m. Matinee 5:30 Evening	18 1 p.m. Matinee 6 p.m. Evening SHOPPING CASH \$700!	19 1 p.m. Matinee	20 1 p.m. Matinee 6 p.m. Evening SANTA JOE'S DEAL!	21 6 p.m. Evening 3 FREE 6-ONS!	22 1 p.m. Matinee SENIOR BINGO! BIRTHDAY BINGO!	23 1 p.m. Matinee 5:30 Evening
24 1 p.m. Matinee 5:30 Evening MYSTI'S SPECIAL TWO \$500s!	25 MERRY CHRISTMAS! 1 p.m. Matinee 6 p.m. Evening WIN A PENDLETON!	26 1 p.m. Matinee	27 1 p.m. Matinee 6 p.m. Evening MARC'S DEAL!	28 1 p.m. Matinee 3 FREE 6-ONS!	29 1 p.m. Matinee BIRTHDAY BINGO! FREE SQUARE	30 1 p.m. Matinee
31 2 P.M. NEW YEAR'S EVE PIRATE STYLE BINGO!	Three Free Six-Ons: Dec. 7, 14, 21, and 28 CHRISTMAS DAY, Dec. 25: Win a Pendleton! Free Square: Dec. 16 and 29 NEW YEAR'S EVE, Dec. 31: Pirate Style Bingo Celebrate New Year's Eve Pirate Style: Buy-In \$75, at door \$100!				2006 1-888-CHINOOK	