



Council Approves 2007 Health Benefits

The Tribal Council has approved the following plan for using 2007 Out-of-Area Health Benefits. To qualify, tribal members must be registered for health care with the Siletz Tribal Health Department – and – reside outside of the tribe's 11-county service area.

These funds are intended for tribal members who are not eligible for Contract Health Services. One of the following benefits is available:

- \$400 Vision
- \$1,200 Dental
- \$1,400 Hearing
- \$1,000 Medical
- Plus \$500 maximum Pharmacy thru Pequot Rx

Prior authorization by CHS is required and benefits must be used within 90 days. **The claims must be in to CHS**

by the end of the 90-day funding period. Any funds not used within 90 days or claims not received will be returned to the pool for re-distribution. **An individual can only access benefits one time per year.**

When calling for pre-authorization, CHS will authorize for household members only. Authorization will not be granted for anyone not residing in your household. Voice mail messages do not hold funds – this must be live contact.

Call CHS starting at 8 a.m. on April 1 – 800-628-5720 or 541-444-1236. If you are not already registered for health services, please call anytime to request an application.

Authorization schedule is as follows:

April 1, 2008
July 1, 2008
Oct. 1, 2008
Jan. 2, 2009



Tony Whitehead (left) and Charlie Butler stand next to the Siletz Clinic's new emergency tent. The clinic can use the tent if the building is damaged or flooded. During the storms in December 2007, Providence Hospital deployed similar tents in Vernonia when its clinic was flooded. The emergency tent also can be used any time the tribe needs an additional shelter, such as at the annual Nesika Illahee Pow-Wow and other tribal events.

(photo courtesy of Dean Sawyer)

Out-of-Area Health Benefits

by Judy Muschamp, Health Director

The next call-in date for out-of-area health benefits is April 1, 2008, beginning at 8 a.m. The number to call is 800-628-5720 or you can try the local number, 541-444-1236.

Staff will not begin answering the telephone until 8 a.m. and voice mail messages will not reserve funding. This is the final quarter for these excess pledge revenue funds, so I don't know how much, if any, funding will be available.

On the last call-in day, Jan. 2, there was an available balance of \$29,000

for redistribution. Obligations were made for eight vision, 19 dental and three medical. It took only 15 minutes to deplete the funds.

Unfortunately, there were a lot of missed calls; more than 70 calls came in before 8 a.m. so were not answered. Please keep trying; only five lines come into the CHS Department and calls are answered in order of arrival.

If you received OOA authorization, you have 90 days to utilize your benefit. At the end of March 2008, CHS

staff will cancel any unpaid allocation for redistribution. Therefore, it's very important that you use your benefit and ensure the invoice reaches the CHS office by the end of March.

Eligibility for out-of-area health benefits is any enrolled tribal member who resides outside the tribe's 11-county service area. You must pre-register with the Siletz Tribal Health Department to qualify for services.

Payment authorization is available

for \$1,200 dental; \$1,000 medical; \$400 vision; or \$1,400 hearing.

Also, a reminder to all Siletz Tribal members who reside outside the 11-county service area: Effective Jan. 1, 2008, your Pequot Caremark pharmacy card benefit in the amount of \$500 is available. If you need a new or replacement card, please contact Rhonda Attridge in the Contract Health Service office at the phone numbers listed above.

Tooth Talk

by Mary Ellen Volansky, RDH, MS

Brief Updates on Oral Health

The Northwest is in the Public Health News, Reuters, Dec. 14, 2007 – "HMO members (nearly 52,000) with continuous dental eligibility who resided in Oregon and Washington were identified using administrative databases."

HMOs reviewed their existing members' dental costs for those who live in communities with fluoridated water and for those members who do not live with fluoridated drinking water. It was found that the cost of restorative procedures for people living in communities with no fluoride in the drinking water "... was higher" than for those living with fluoride in their drinking water. This was true for children and elders.

Three cheers for tribal housing on the hill! This Web page will get you to the whole article: www.msnbc.msn.com/id/22261665.

Home Care: www.ada.org/public/games/animation/index.asp – This American Dental Association Web page has animated information on four

oral health care topics: brushing, flossing, periodontal disease, and root canal therapy. When you come into the clinic, ask us about flossing with a loop of floss, saves fingers from turning blue.

Tooth Whitening: www.adha.org/media/facts/whiten.htm. What is the difference between over-the-counter (OTC) whitening and prescription whitening? Mostly, the difference has to do with the time it takes to whiten, the cost of the procedure and the degree of whiteness possible for your teeth.

The next question asked usually has something to do with side effects. There is the possibility of teeth sensitivity. Sometimes this is short-term and sometimes not. Fluoride topically applied after bleaching can reduce this symptom.

Another concern is about swallowing the bleaching chemical. This is less likely to happen in a dental office application or when using only the smallest amount of chemical per application at home – a tiny dot of chemical into

each tooth impression of a personalized bleaching tray.

The Web site above recommends caution with the following statement: "Overzealous use of over-the-counter home bleaching products can wear away tooth enamel, especially with solutions that contain acid. Therefore, bleaching is a procedure best done under the care of an oral health care professional."

Braces: Are you interested in having braces? Do you want to learn more about braces? Check out the Web page for the American Association of Orthodontists at www.braces.org/fungames/puzzles.

Check this Web page – www.braces.org/studentteachers/emergencies – for information about problems with braces: a wire poking, a bracket off or a loose wire/band. These are first-aid suggestions for use until you can see your orthodontist.

National Children's Dental Health Month: This happens each February.

In recognition of Children's Dental Health Month, the Siletz Clinic's Dental Clinic will see Siletz Valley School children on March 12-13 for dental sealants. Siletz Valley School students in grades 1-12 will be seen.

Also in February is National Give Kids A Smile Day. And this year the tribe will give two days' worth of smiles on two days in March.

Children in grades 1-12 will be provided an oral health screening, sealants as needed, home care instructions and fluoride varnish. The tribe will transport SVS children to and from the clinic.

Parents were asked if they wanted to give permission during the enrollment process last August. You can give written permission for a child/children to participate in this program by contacting Lourdes Jackson at Siletz Valley School, 541-444-1100.

If you have questions, contact me at toothtalk@ctsi.nsn.us.