



Christie
Frederic
Left:
Before
Right:
After

Focus on Fitness

Another Success Story from Tillicum Fitness Center

by Cynthia Urbach

Christie Frederick is an employee of the Siletz Tribe – and she has lost 80 pounds. Christie comes to the fitness center to work out for 45-60 minutes three days a week, 25-30 minutes of cardio followed by weights, using each weightlifting machine one after the other in quick succession to keep her heart rate up.

Her favorite cardio machine is the Nautilus Treadclimber because it burns more calories in a shorter period of time. Her favorite weight machine is the dip down/pull up machine because she can work a variety of arm, back and chest muscles all in one exercise.

Christie says her weight loss goal is to lose another 50 pounds and maintain a healthy lifestyle.

When asked what other changes she has made, Christie said she does a comprehensive nutrition program that has taught her how to eat balanced meals and live a healthy lifestyle long-term. Christie and her husband have been working on their weight loss together.

Although she wasn't on prescription medicines for heartburn and blood pressure before her weight loss, she did have borderline hypertension. She no longer gets heartburn and her blood pressure is now 110/70, which is considered normal. She feels great and has more energy.

Out-of-Area Health Benefits

by Judy Muschamp, Health Director

The next call-in date for out-of-area health benefits is April 1, 2009, beginning at 8 a.m. This is the last quarter call-in for the 2008-09 funding year.

The numbers to call are 800-628-5720 or 541-444-1236. Staff will not begin answering the telephone until 8 a.m. and voicemail messages will not reserve funding. Only five lines come into the CHS Department and calls are answered in order of arrival.

If you receive authorization, you have 90 days to utilize your benefit. At the end of June 2009, CHS staff will cancel any unpaid allocation. Therefore, it's very important that you use your benefit and ensure the invoice reaches the CHS office by the end of June.

Eligibility for out-of-area health benefits is any enrolled Tribal member who resides outside of 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. An individual is allowed to access benefits one time per year (July through June).

If you live near an Indian Health Service or Tribal health clinic, you are expected to access those services for your health care needs. In addition, out-of-area funds follow the same general priorities as CHS. Callers can receive authorization for members of their own household only.

Alternative Health Care Available

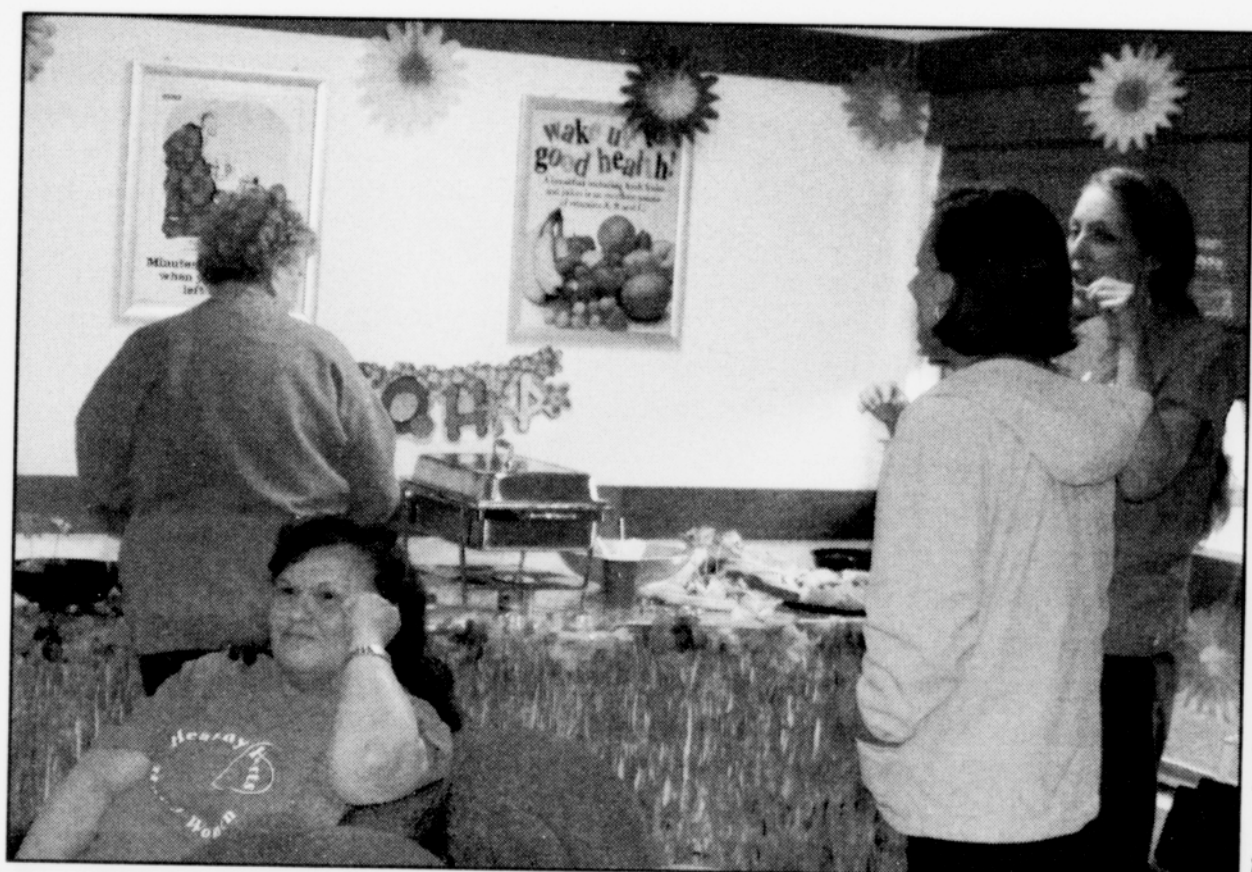
by Judy Muschamp, Health Director

Acupuncture and chiropractic care are alternative health choices widely recognized as safe, drug-free, non-invasive therapies for the treatment of a wide array of health problems. The Siletz Tribal Council has appropriated \$50,000 of gaming revenue to pay for acupuncture or chiropractic services for Tribal members, regardless of residency.

You do not have to be CHS eligible to qualify for this benefit. Criteria are that you be an enrolled Siletz Tribal member. The process to get approval is as follows:

1. Visit your primary health care provider and discuss your medical concerns. Inquire whether acupuncture or chiropractic services may alleviate your symptoms.
2. If your primary care provider believes acupuncture or chiropractic service is appropriate, ask that a specialty referral be mailed or faxed to CHS for Gatekeepers' consideration. The referral should document need for specialty care.
3. Gatekeepers meet every Wednesday morning to consider requests. They will approve up to 12 sessions and will pay no more than \$50 per session. Patients are responsible for any costs that exceed \$50.
4. Written notice of the Gatekeepers' decision will be mailed to the patient.
5. Contact your CHS technician to identify the specialist you would like to see. Patient will receive a letter to take to the acupuncturist/chiropractor informing them of the number of sessions approved, amount approved and billing process. If you have insurance, the provider should bill that insurance first.

If you have any questions, contact Contract Health Services at 541-444-1236 or 800-628-5720. Fax information to 541-444-9645.



Sharon Mason (left), a visitor and Erin Hume (right) help set up for and enjoy snacks at the Pap-a-thon, while Alissa Lane (second from right) joins in.



Karen Rangitsch of Karen Rangitsch Massage in Newport provides a few moments of relaxation.

Clinic Holds Successful Pap-a-thon

by Lin Rasar

A big thank you to all who helped with the pap-a-thon.

We had lots of donations for gifts. Thank you to Sharon Mason for the handmade Pendleton blanket for the raffle prize; Ryan Cornwall, executive chef at the Best Western, for food; Renee Christisen for doing dermatology checks and all the clinic staff who pulled together and worked hard for the pap-a-thon.

We are planning for another good time in September! Thank you all for the successful day.



This grand prize homemade Pendleton blanket was donated by Sharon Mason for the pap-a-thon.