

CONTRACT HEALTH SERVICES

Preventing Denials

1. When using CHS, you must have **every** appointment pre-authorized by obtaining an authorization number within 24 hours of services rendered.
2. If you're going to a specialist appointment (not your primary care physician), it must be approved through Gatekeeping. This means your doctor must fax referrals and chart notes by Tuesday of each week for consideration on Wednesday morning. If approved through Gatekeeping, you must then obtain an authorization number from your CHS worker within 24 hours of appointment.
3. When going to the ER or urgent care, you must notify CHS within 72 hours of the visit. The ER and urgent care must be a last resort – if the service is deemed inappropriate, CHS will not cover the service. You must utilize your primary care doctor when possible.
4. CHS requires you to apply for alternate resources. This means you are required to apply for the Oregon Health Plan if you do not have other insurance, such as Moda, Blue Cross/Blue Shield or Medicare. If you are over-income for alternate resources, you can provide that proof to CHS and they can issue a waiver for that year.

CHS Phone Numbers

Toll-free – 800-628-5720

Local – 541-444-1236

Fax – 541-444-9645

2014/2015 OOA Health Benefits

For July 1, 2014, through June 30, 2015

The Tribal Council has approved the following plan for using the 2014/2015 Out-of-Area Health Benefits (OOA). To qualify, Tribal members must be registered for health care with the Siletz Tribal Health Department – and – reside outside the Tribe's 11-county service area. These funds are intended for Tribal members who are not eligible for Contract Health Services (CHS).

One of the following benefits is available per fiscal year:

- \$400 – Vision
- \$1,200 – Dental
- \$2,000 – 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 fiscal year. When you call for pre-authorization, CHS will authorize for household members only. Authorization will not be granted for anyone not residing in your household.

Voicemail messages do not hold funds, must be live contact.

Call CHS starting at 8 a.m. on April 1. If you are not already registered for health services, please call anytime to request an application. If you need to update your information, please call CHS and your information can be updated over the phone.

800-628-5720 or 541-444-1236

Quotation of the month

"Diabetes is like a roller coaster. It has its ups and downs, but it's your choice to scream or enjoy the ride."



If you have diabetes, are pre-diabetic, or are a support person for some one with diabetes, please consider joining us monthly for a talking circle or diabetes education class!

Eugene Area Office teams up with the health educator from the Coquille tribe and offers diabetes prevention classes. The next class offered will be March 12 from 6-8pm at 2468 W. 11th ave.

Contact Adrienne Crookes at 541-484-4234 for more information

Salem Area Office will be hosting its next talking circle/ luncheon March 12 from noon to 1pm at 3160 Blossom Dr NE. suite 105.

Contact Cecelia Tolentino at 503-390-9494 for more information

Portland Area Office hosts its talking circle/luncheon the second Wednesday of every month from noon to 2pm at 12790 SE Start St. suite 102.

Contact Verdene McGuire at 503-238-1512 for more information

Siletz Area hosts its talking circle/luncheon the fourth Thursday of every month from noon to 1pm at the Tillicum Fitness Center 1016 W Buford St.

Contact Kayla Engel at 541-444-9661 for more information or to sign up

Blood Pressure

Blood pressure is the force of blood flow inside your blood vessels. Blood moving through your vessels with too much force (hypertension) causes your heart to work harder, thus raising your risk for heart attack, stroke, eye problems, diabetes, and kidney disease. If you already have diabetes, you are at an increased risk for developing these diseases.

Normal blood pressure: 120/80 mmHg

Blood pressure goal for people with diabetes: 140/80 mmHg

The top number (systolic) measures the pressure in the arteries (when the heart contracts) The bottom number (diastolic) measures the pressure in the arteries between beats (when the heart muscle is resting and refilling with blood)

High blood pressure, like high blood sugar (glucose), is a medical condition that you can dramatically improve by making a few simple life style changes:

- Increase physical activity– this will also help with weight management
- Eat less processed and more whole foods (fruits, vegetables, whole grains)
- Quit smoking
- Limit alcohol consumption
- Decrease salt consumption by choosing foods with less than 400mg of sodium per serving– try seasoning food with herbs and spices!
- Talk with your primary care doctor about other treatment options

Kale Chips are very satisfying if you find yourself craving a crisp and greasy potato chip, and are really easy to make too!

Ingredients:

- 1 bunch of Kale, rinsed with leaves stripped from stem
- 1 Tbsp olive oil
- Salt and pepper (or your choice of seasoning)

Preheat oven to 350, lay kale in a single layer on a baking sheet

Drizzle 1 Tbsp olive oil over kale, then season to taste.

Bake on the center rack of the oven for 10-20 minutes, or until Kale is crisp and the edges begin to slightly brown.

ENJOY!!

