

P.R.I.D.E.

Preventing and Reducing Illness through Detection and Education

Have you ever felt like you're not asking your doctor the right questions? Do you find it hard to understand your illness or your child's illness? Are you sometimes confused about the best treatment options for you and your family? Has your child ever needed a doctor, but the doctor wasn't available? If you answered 'yes' to any of these questions, you are not alone. Understanding your healthcare options has become so confusing that some of us are ready to give up, instead of getting the attention that we need and deserve.

Don't give up.....The Confederated Tribes of Grand Ronde and United Medical Resources, the Tribe's health plan third party administrator, understand the importance of healthcare to our members and families and, as part of our commitment to you, CTGR is pleased to announce a new, free benefit — P.R.I.D.E. Provided through United Medical Resources, your health benefits administrator, to all of our members and families, P.R.I.D.E. is a new program that promotes health and wellness through confidential nurse health education.

The P.R.I.D.E. program began on November 1, 2004. All Tribal members were sent a letter introducing the program.

UMR will be holding educational sessions to discuss the P.R.I.D.E. Program on the following dates:

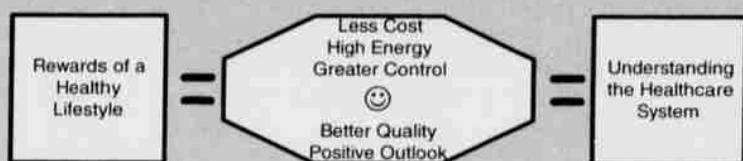
Wednesday, December 8 at 6 p.m.

Thursday, December 9 at 7 p.m.

We encourage you and your family members to attend this important discussion.

What Will P.R.I.D.E. Do For Me?

P.R.I.D.E. Nurse Health Educators understand and have compassion for the health issues that we all deal with on a daily basis, such as diabetes or back pain. To assist us with making healthy choices, you and your families now have access to a personal nurse health educator, simply by picking up the phone. P.R.I.D.E. nurses may also be contacting you to discuss any health or benefits issues that you may have. As CTGR is committed to protecting each Tribal member's privacy, all conversations with your personal Nurse Health Educator will be entirely confidential. Each Nurse Health Educator has years of patient care experience and is uniquely qualified to speak with you one-on-one and walk you through the entire healthcare continuum. Based on your specific healthcare needs, P.R.I.D.E. Nurse Health Educators provide educational tools and community resources that assist in managing your illness and understanding your benefits.



Some of you may have already spoken with your Nurse Health Educator. We encourage all of you to continue to "think healthy" and contact your Nurse Health Educator at 1-800-316-9946 to find out more about this wonderful benefit at absolutely no cost to you or your families.

Baby & Me — A Health Pregnancy Program

If you are pregnant or thinking of having a baby, there are steps you can take to improve the well being of your unborn child. The Baby & Me Program can help you prevent the risk and high cost of premature births.

The goal of the program is to provide you with information so you can make informed choices and understand your vital role in avoiding risks to you and your baby during your pregnancy.

This confidential resource also gives the expectant mom access to an experienced Maternity Nurse to answer questions or talk about any issue. Please call to enroll at 1-800-837-7927 or visit the myumr.com website for more details.

Your Privacy Matters

To help give you personal health care support, UMR may access your health care and prescription drug claims data. Here is what you should know about how the data may and may not be used:

■ Your individual data is treated confidentially and will never be shared with CTGR

■ Your individual data may prompt a Nurse Health Educator to provide you with educational information based on your specific health situation. This program is voluntary, and, although we encourage you to take full advantage of this free benefit, you may also decide not to participate in these phone calls.

Ongoing confidential communication between you and your personal Nurse Health Educator is so important to the success of your overall health status. For this reason, Nurse Health Educators may contact you at your home telephone number. Please be assured that UMR will not provide your telephone number to any other party, and will discontinue calling you, at your request.

You and your health care data will be treated with great respect — your privacy and your health status are CTGR's top priorities.



Turkey Alley — On Thursday, November 18 the Human Resources Department held a turkey bowling competition outside of the Governance building. Jimmy Brandon won first place, Tyrone Rock won second and Lori Greenberg won third.

Photo by Toby McClary

Casino Revenue Distribution 2004

Distribution Date: Friday, December 10, 2004

Eligibility: In order to receive a per-capita payment, you must be living as of January 1, 2004 and an enrolled member of the Tribe as of December 4, 2004. A check will be automatically generated for members 18 years of age as of Friday, December 10, 2004. Children born in 2004, assuming they meet all other eligibility requirements, are eligible for the Friday, December 10, 2004 distribution. For those members under the age of 18 funds will be distributed into their trust accounts.

NO REQUEST FORM NEEDED FOR THIS DISTRIBUTION.

Address & Social Security Number: If you have changed your address or have other permanent changes please contact the Member Benefits Department at 1-800-422-0232: Liz Leno, ext. 2082, Amy Whisler, ext. 2223 or Hollie Mercier, ext. 2490 in the Member Benefits Department. We **cannot** distribute a check without a Social Security Number and this includes minors' distribution. **The deadline for address, or any other changes was Friday, November 19, 2004. Any address changes beyond November 19, 2004 will NOT be on the checks mailed.**

Checks may be picked up at the Tribal Gymnasium located at the Education Facility on Friday, December 10, 2004, between the hours of 8 a.m. - 4:30 p.m. **No checks will be picked up before 8 a.m.** Any checks not picked up that day will be mailed to the address we have on file on Friday, December 10, 2004.

Payments from casino revenues are subject to federal and where applicable, state income taxes. Tribal members are responsible for any tax due as a result of this payment.

Check Cashing At The Casino

We would like to inform all Tribal members of the process that has been initiated at the casino for you to cash your checks with the greatest amount of speed and efficiency; including the identification that will be required.

On Friday, December 10, we will have four windows set up in the Bingo Hall for your convenience in order to simplify the handling of checks for all Tribal members. These windows will be ready to assist you in the cashing of your checks quickly and easily.

Please bring valid photo I.D. such as your Tribal I.D. card or a Driver's License.

If you have any questions or need any further information, please contact Scott Mode, Cage Manager, at 503-879-2350 ext. 3922; Gina Bjelajac, Cage Assistant Manager ext. 3735; or Becky Thomas, Vault Supervisor ext. 3281.