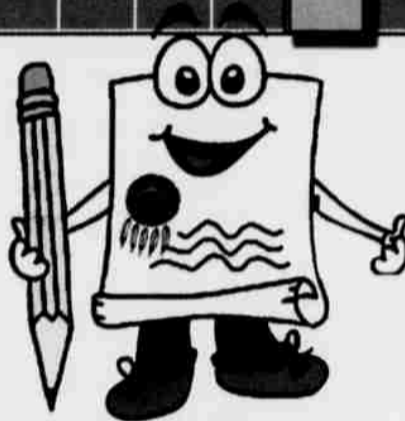
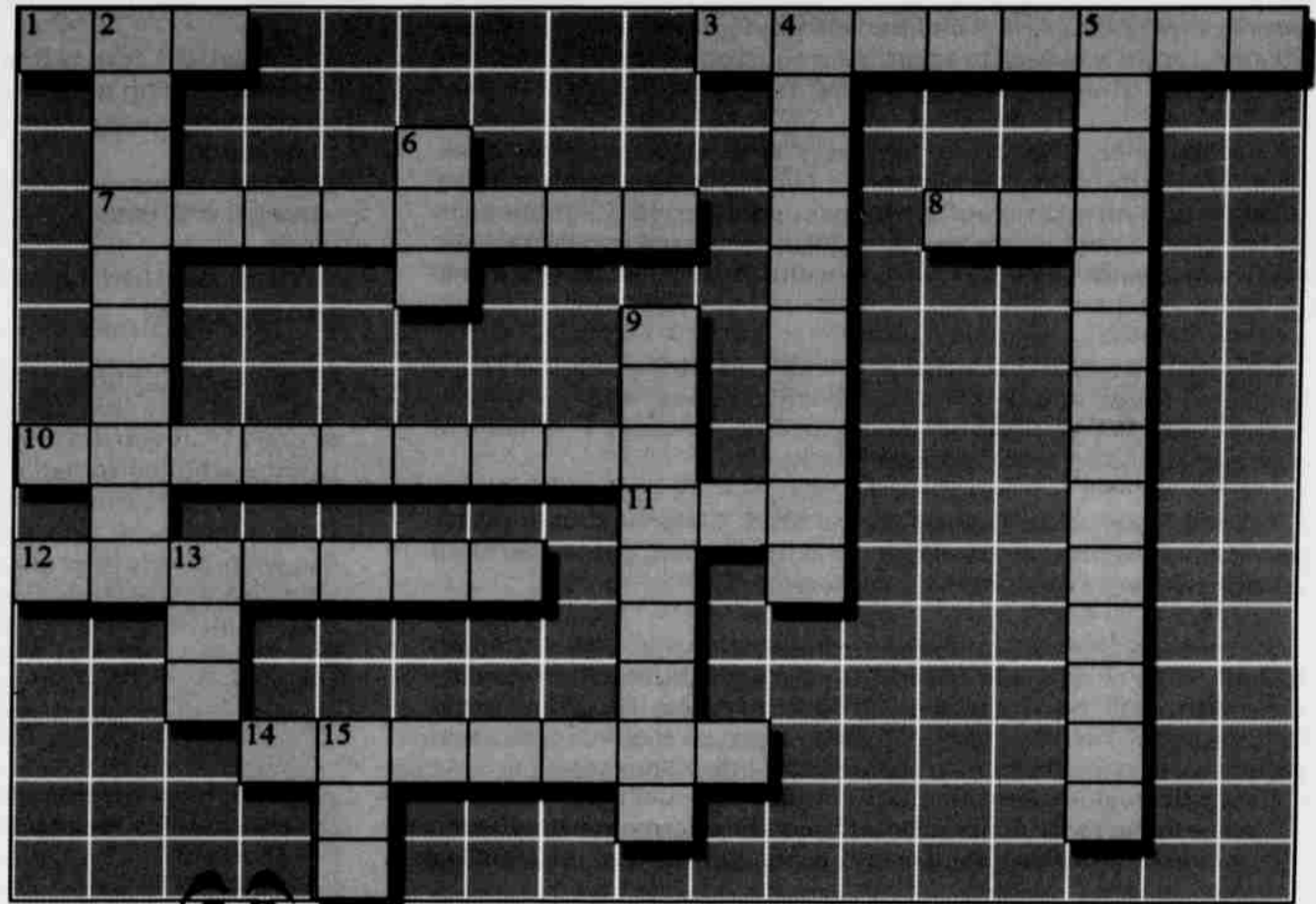


ACROSS

- 1. Doctors _____ of network can choose to charge members whatever they'd like.
- 3. Name of Grand Ronde's Clinic (_____ clinic).
- 7. _____ sponsored plan. This plan is always primary to the Tribe's medical payment plan. Most employers offer them.
- 8. Abbreviation for name of Tribe's Health Plan Third Party Administrator.
- 10. A convenient and cost effective way to receive prescriptions.
- 12. This type of drug costs 7 times less than brand name drugs and are just as effective.
- 14. Co-pays are cheaper if you use a doctor who is in the _____.

DOWN

- 2. Type of clinic one should use for non-emergencies if primary doctor is not available. _____ 2 words
- 4. Required form filled out by tribal members in order to apply for health care benefits.
- 5. Name of Pharmacy Benefit Manager used in conjunction with the Tribe's Medical Payment Plan.
- 6. When a member has more than one insurance, plan, _____ determines which plan is primary and secondary.
- 9. a list of covered or preferred drugs under your health plan.
- 13. _____ - formulary drugs under your health plan are those that are not on the formulary list, and thus, are subject to different co-payments.
- 15. (1) An abbreviation for the form accompanying a benefit check which explains the calculation of the amount paid. (2) The form that is sent when a payment is denied, and that explains the denial.



answers on page 4

Family Dinners Shape Healthier Eating Habits



Routine helps teens make better food choices as adults, study finds

Teens who eat dinner with their families on a regular basis are also more likely to eat fruit and vegetables as young adults, a new study shows.

These teens also go on to drink fewer soft drinks in adulthood, the study found.

Reporting in the *Journal of the American Dietetic Association*, researchers at the University of Minnesota surveyed more than 1,500 students once during high school and again at age 20 about diet, social eating, meal structure and meal frequency.

The survey included questions about how often their family ate together, how much they enjoyed eating with family, if they ate on the run, and how often they ate breakfast, lunch and dinner.

Teens who reported eating family meals were more likely to report eating fruit, dark green and orange vegetables and key nutrients, and drinking fewer soft drinks. The more frequently they ate family meals as teens, the more likely they were to eat dinner as adults, placing a higher priority on structured meals and social eating.

For women, eating with their family during adolescence meant significantly higher daily consumption of calcium, magnesium, potassium, vitamin B6 and fiber as adults. Among males, eating with their family during adolescence results in eating more calcium, magnesium, potassium and fiber as adults.

Ensuring Sports Safety On and Off the Playing Field

Timely Tips to Ensure Youth Athletes are Prepared for Play

With the start of fall sports now in full swing and children returning to school, the National Athletic Trainers' Association has issued timely guidelines to ensure sports safety.

"Only 42 percent of secondary schools have access to athletic trainers," said NATA President Chuck Kimmel, ATC. "Since athletic trainers are often the first responders when an athlete goes down on the playing field, and they help to prevent and rehabilitate injuries, it is critical to establish guidelines to keep our young athletes safe and in good physical shape."

"Schools and sports teams should always have an emergency plan in place and implement a comprehensive athletic health care program including injury prevention, education and treatment," said Brian Robinson, MS, ATC, chair of NATA's Secondary School Athletic Trainers' Committee. "It's critical to have these elements approved and continually reviewed as part of an overall sports safety protocol."

NATA recommends the following tips for parents, coaches, medical professionals and athletes:

1. **Pre-participation Exam:** Children participating in sports should receive a general health exam prior to activity to make sure they are fit to play. Discuss any pre-existing conditions with the physician.
2. **Emergency Plan:** Develop a written emergency plan in consultation with the local emergency medical service. Review it regularly and share it with the appropriate team, school and medical professionals.
3. **Appropriate Safety Gear:** Make sure to read manufacture instructions for proper use and fit. It is especially important that masks, gloves, pads, guards and other gear fit snugly for best protection. Equipment should be inspected on a regular basis to ensure proper fit, that it is in good condition and meets national standards.