



# HEALTH & WELLNESS NEWS

## New Skookum cards are coming!

In a few weeks, all Tribal members on the Skookum Health Assistance Program will be receiving updated cards.

Please replace your old card with your new card.  
Be sure to look for your new card in the mail!

### IMPORTANT! PLEASE READ

#### Attention Tribal members with Skookum Health Assistance Program

For several months, the Save our Skookum team has provided information and correspondence to Tribal members and providers about receiving Out of Network services. What does that mean? That means Skookum uses a network of providers (there are many networks, and where you live determines what provider network you are in) to receive discounts on services you receive. This saves our Tribal dollars, while providing a large selection of provider choices for the membership.

**Starting in 2016**, if you choose to receive services from an Out of Network provider, the Skookum Health Assistance Program will only pay up to 70 percent of the charges your provider bills for the services you receive. You will be responsible for the other 30 percent of the charges.

#### THIS DOES NOT APPLY TO TRIBAL MEMBERS WITH MEDICARE!

Please share this information with your friends and family and be sure to contact us with any questions you have.

- Tresa Mercier – tresa.mercier@grandronde.org 503-879-2008
- Barbara Steere – barbara.steere@grandronde.org 503-879-2487
- Melody Baker – melody.baker@grandronde.org 503-879-2011
- Tauni McCammon – tauni.mccammon@grandronde.org 503-879-1406
- Erica Mercier – erica.mercier@grandronde.org 503-879-2080

## Clinic closure notice for January

- Friday, Jan 1: Closed all day (New Year's Day)
- Monday, Jan. 18: Closed all day (Martin Luther King Jr. Day)

Please be sure to plan ahead for appointments and medication refills!

## Farewell to the doctor

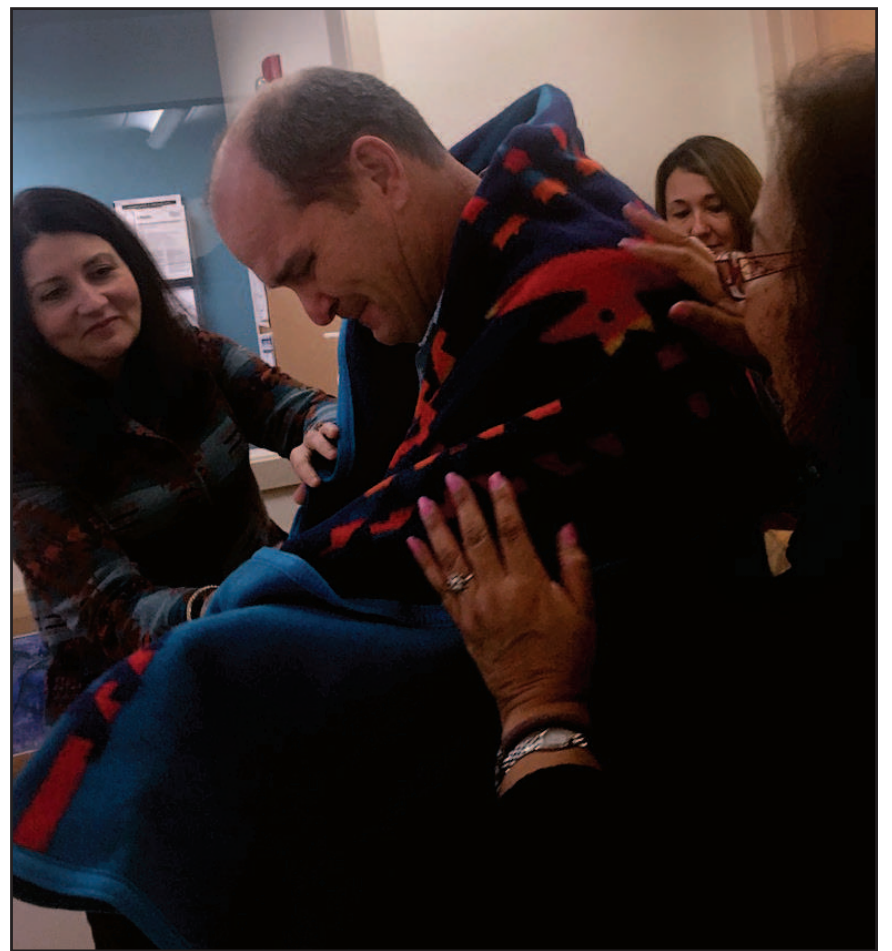


Photo by Amber Case

**Tribal Council Secretary Cheryle A. Kennedy, right, and Health Services Executive Director Kelly Rowe, left, gift Dr. Hal Mitchell a Pendleton blanket on Tuesday, Dec. 15, during Mitchell's last day of work at the Grand Ronde Health & Wellness Clinic. Mitchell started working for the Tribe in August 2007.**

## Important Tribal member Information IBH – Integrated Behavioral Health

If you are a Grand Ronde Tribal member with the Skookum Health Assistance Program and need to access mental health and/or substance abuse provider services, you need to call **Integrated Behavioral Health** before accessing those services.

IBH has been in place with SHAP for several years now, but it has become apparent that Tribal members are not accessing care through IBH as often as they should. When you call IBH, they will assist you in finding an appropriate provider for your needs. They will refer you to an in-network provider, which is very important to ensure your claims are paid.

Purchased/Referred Care does not pick up out-of-pocket costs when members use an out-of-network provider.

Please call IBH at 1-800-395-1616 to coordinate mental health and/or substance abuse services to ensure payment is made.

As always, you can contact any Save Our Skookum Team member and we will help answer your questions at 1-800-775-0095.

- Tresa Mercier
- Barbara Steere
- Melody Baker
- Tauni McCammon
- Erica Mercier
- Sydney Clark
- Loretta Meneley

## Don't get caught without your medication

Grand Ronde Health & Wellness Center Pharmacy hours:  
8:30 a.m. to 5:30 p.m.; closed 12:30 to 1:30 p.m.

Monday, Tuesday, Wednesday and Friday.

9:30 a.m. to 5:30 p.m.; closed 12:30 to 1:30 p.m. Thursday.

**REFILL LINE: 503-879-2342**

## We Want To Hear From You!

That's right, the Grand Ronde Health & Wellness Center Comment Box is located at the entrance of the Health & Wellness Center, next to the drinking fountain.

Share your experience, good or bad with us!  
We look forward to hearing what you have to say.

