



# HEALTH & WELLNESS NEWS

## Exemption From Tax Penalty

Members of federally recognized Tribes or those eligible to receive services from an Indian Health Service, Tribal or urban Indian health program may claim an exemption from the penalty. The exemption should be claimed on a federal income tax return using IRS Form 8965.

If you already applied for and received an Exemption Certificate Number, then use this number to complete Part I of IRS Form 8965. If you did not already obtain an ECN, you can still claim the exemption using IRS Form 8965 by entering code "E" in Part III of the form.

You will need to submit this form every year that you file a federal income tax return and are requesting an exemption, even if you have an ECN. You don't need to apply for an exemption if you are not filing a federal income tax return.

<https://www.ihs.gov/newsroom/index.cfm/ihs-blog/february2016/aca-and-tax-season-what-you-need-to-know/>

## Letters from Restat/OptumRx

If you have received a letter from Restat/OptumRx about a prescription you are taking, please follow the directions on the letter.

OptumRx is now our pharmacy benefit manager. OptumRx standards require longtime prescriptions be reverified to ensure that our members still need and are taking the specified drugs.

If you have any issues getting your prescriptions paid for, please contact the Grand Ronde Health & Wellness Pharmacy at 503-879-2342. Our pharmacy staff will work with OptumRx and your providers to get any prior authorizations or denials resolved.

If you have questions, please call me at 503-879-2008 or Kandee Little in our pharmacy at 503-879-2342.

Thank you,  
Tresa Mercier

## Reporting health coverage on taxes

*Everyone must report health insurance on their federal income tax returns*

In the next few months, everyone who had health coverage in 2015 should begin receiving one or more 1095 tax forms. These forms provide information about the health care coverage a person had or was offered in 2015. People will need these forms when they file their federal income tax return. These forms should be kept with other important tax documents.

There are three types of 1095 forms:

- **Form 1095-A** is sent to individuals who enrolled in health coverage through HealthCare.gov. This form includes:

- o The names of each person in your family (dependents) who enrolled;
- o The amount of their coverage;
- o Any tax credits they were entitled to and applied toward their insurance costs;
- o The amount they paid for insurance.

- **Form 1095-B** is sent out by employers with fewer than 50 full-time employees that offer health coverage, health insurance companies that sell plans directly to customers instead of through HealthCare.gov and by the Oregon Health Authority for anyone who was also covered by the **Oregon Health Plan (OHP)**. In some instances, people with Medicare coverage under Part A (hospital insurance) will receive this form.

- **Form 1095-C** is sent out by large employers to full-time employees as well as any employee who has enrolled in their health insurance plan.

**Form 1095-B** and **Form 1095-C** include the same sort of information:

- The type of coverage you have;
- Names of your dependents covered ;
- Period of the coverage.

### Receiving more than one form

It is possible for someone to get more than one form if they had coverage from more than one source or if they worked for more than one employer that offered coverage. Someone is also likely to get more than one form if they changed coverage or employers during the year or if different members of their family received coverage from different sources. People should use all of the forms they receive to complete their federal tax return to show that they had required coverage.

### More about 1095-B and OHP coverage

The Oregon Health Authority will mail everyone who was covered by OHP in 2015 a 1095-B form, even children. All 1095-B forms reporting OHP coverage were mailed on Jan. 29, 2016. People should keep the 1095-B with their important papers. OHA will also send the information to the Internal Revenue Service.

## Health & Wellness forming Pain Management Committee

To best serve Tribal members and patients suffering from chronic pain, the Grand Ronde Health & Wellness Center is convening a Pain Management Committee.

This committee will evaluate the current pain management policy and contract utilized by GRHWC to ensure the protocols support best clinical practices for the patients and conform to regulatory guidelines.

One of our goals is to consider potentially enhancing pain management services already provided by the GRHWC. We are excited about the future of the GRHWC and plan to keep you informed along the way.

## Certified Application Assister dates scheduled

Tribal Certified Application Assister Loretta Meneley will be at the Portland area office, 4445 S.W. Barbur Blvd., to help Tribal members renew or sign up for the Oregon Health Plan on Wednesday, March 9 and 30 and April 6 and 20.

She also will be at the Grand Ronde Food Bank, 9675 Grand Ronde Road, on Friday, March 4 and 18.

For more information, contact Meneley at 503-879-1359 or via e-mail at [loretta.meneley@grandronde.org](mailto:loretta.meneley@grandronde.org).

## Important information for Tribal members with The Skookum Health Assistance Program

**If you reside outside of the service delivery area, this is important information for you.**

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 Tribal dollars while providing a large selection of provider choices to the membership.

Starting in 2016, if you chose 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.

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## 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**