



HEALTH & WELLNESS NEWS

Still time to select primary care provider

If you have not selected a primary care provider (PCP) at the Grand Ronde Health & Wellness Center, you still have time.

In an effort to improve health care among our patients, we are paneling patients with a PCP. Having a PCP will ensure continuity of your health care! Having a PCP will allow you to have more time with your provider to discuss your health concerns.

Please contact the Grand Ronde Health & Wellness Center to establish care with your PCP at 503-879-2032 or 800-775-0095.

Put children on the path to a successful school year with a comprehensive eye exam

The Grand Ronde Health & Wellness Center can help. To schedule a comprehensive eye exam for your child, call 503-879-2097 or 800-775-0095, or contact an optometrist in your area.

Dear Grand Ronde Pharmacy Mail Order Patients:

In order to best serve you please note the following:

- Allow a **MINIMUM of FIVE BUSINESS days** before calling to **check on the status** of your mailed prescriptions. We are open Monday through Friday and closed major holidays.
- When calling **503-879-2342 (option 1 then 5)** the following is needed to best trace your package:
 - Prescription number
 - Your name and approximate date of request also will be needed if you do not have your prescription number.

Beginning **Aug. 1** we will **no longer provide overnight services**. Please **plan your requests** accordingly to **make sure you do not run out of your medications**.

You may **call in your refill requests seven days before you are due** in order to allow enough time to process and receive the medications in the mail before you are out.

Medications usually **stored in the refrigerator** will be **bubble packed with a cool pack** to keep them at or below room temperature during shipment. **These medications are stable for up to 14-28 days at room temperature**.

Thank you for helping us provide you with quality patient care.

*Sincerely,
Grand Ronde Pharmacy staff*

Community Health Program

Medical Transport Services

Medical transportation services are available to Tribal members within the six-county service area when an alternate means of transportation is not available. Advance notice required.



Please call 503-879-2078 to schedule a reservation.

DIABETES PREVENTION PROGRAM



The Grand Ronde Health & Wellness Diabetes Program would like to invite you to participate in our Diabetes Prevention Program. The Diabetes Prevention Program is based on the findings of a national study that diabetes is preventable in those at high risk through exercise and proper nutrition. The focus of the program is on making sustainable lifestyle changes to prevent diabetes.

What is Pre-Diabetes?

- ❖ Pre-diabetes is a condition where blood sugar levels are higher than normal but are not high enough to be called diabetes. (A1C of 5.7-6.4)

What Will I be asked to do?

- ❖ Become more physically active and learn healthier eating habits.
- ❖ Attend 26 classes over a 1 year period.
- ❖ Work with a Lifestyle Coach to eat healthier, lose weight, & get more active, to improve your overall well-being!

How Can I Join the Program?

- ❖ Please attend one of our upcoming informational meetings to be held at the Tribal Community Center. (Door Prizes)
- ❖ AUGUST 22nd from 5pm-7pm- DINNER IS PROVIDED
- ❖ AUGUST 24th from 12pm-1pm- LUNCH IS PROVIDED
- ❖ AUGUST 26th from 12pm-1pm- LUNCH IS PROVIDED
- ❖ CLASSES BEGIN IN OCTOBER 2016

FOR MORE INFORMATION or to RSVP PLEASE CONTACT: Kari at 503-879-2078



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

GET READY, GET SET, GO!!



Grand Ronde Health and Wellness Center is offering

BACK TO SCHOOL:

- ❖ SPORTS PHYSICALS
- ❖ WELLNESS CHECK-UP's
- ❖ IMMUNIZATIONS
- ❖ DENTAL EXAMS-FLUORIDE-SEALANTS

WHEN: Monday, August 15th before & during the Youth Education Summer BBQ / School Distribution Event

TIME: 3pm-6pm at the Health and Wellness Center

CALL THE WELLNESS CLINIC FOR MORE INFORMATION or TO SCHEDULE YOUR APPOINTMENT: 503-879-2032