



HEALTH & WELLNESS NEWS

Pharmacy pricing

Starting July 1, the Grand Ronde Pharmacy will be making several adjustments to drug pricing to better align with regulatory rules of the drug subsidies used in the Pharmacy. The change will only affect patients who are seen in the clinic and are on the Tribal spouse or employee plan. Other Natives and those without insurance seen in clinic also will see a change. The expected change on a 90-day supply of a generic medication is about \$4. In cases where a generic is not available, Pharmacy staff is trained to help identify less expensive alternatives or use manufacturer's coupons to help patients keep their drug costs down as much as possible. Please plan ahead and if you are likely to be affected. Contact Pharmacy staff to explore ways to keep your costs down.

Health & Wellness Center closures

- Wednesday, July 3 – Noon
 - Thursday & Friday, July 4-5* – Independence Day
- *Pharmacy will be open on Friday, July 5.*
- Be sure to request your prescriptions early to cover closure days.***

Exciting news from the Skookum Health Assistance Program

If you haven't already, you will be receiving the annual 2018 Skookum Health Assistance Program Health Status Report. This report contains basic information about health services paid for by Skookum during 2018 for all Tribal members on the program.

This report also contains personal information regarding what Skookum paid for you during 2018, so please keep this report private.

If you have questions please feel free to contact Tresa Mercier at 503-879-2008 or Barbara Steere at 503-879-2487.

Appointments available in Optometry at the Health & Wellness Center

- Comprehensive eye exams
 - Diabetic eye exams
 - Red eye treatment
 - Excellent selection of frames
- Call 503-879-2097 for an appointment. ■

Now Available

Diabetic Foot Care

by trained nursing staff

Call Medical today to schedule an appointment
503-879-2002

Smoke Signals ad

Grand Ronde Health & Wellness Pharmacy

Please be advised for: Refill Requests

In order to best serve you, please note the following time requirements for your refill requests:

(Valid) Refills remaining – Called in between 8:30 to 11 a.m., anticipated pickup/send out by 5 p.m. Called in after 11 a.m., 12:30 p.m. next day pickup, excluding holidays and weekends.

NO refills remaining – up to 7 days*

*This allows us time to coordinate and correct any needs that may exist for your refill

PLEASE LET US KNOW IF YOU WILL BE OUT BEFORE THIS TIME FRAME ON A MAINTENANCE MEDICATION SO THAT WE CAN BEST ACCOMMODATE YOUR NEEDS.

Thank you for allowing us to serve your prescriptions needs.

Health & Wellness Center hours

The Health & Wellness Center is pleased to add additional access for patients during holiday weeks on Thursday mornings. The clinic will be scheduling patients at 8 a.m. every Thursday preceding or following a holiday closure.

Urgent care also will be available during this time.

Afterhours health line

Tribal members can contact the Afterhours Health Line for questions about health care concerns you may have when the clinic is not open.

You can reach the Afterhours Health Line by calling 503-879-2002 and follow the prompts.

The Afterhours Health Line will coordinate care and communicate with Grand Ronde Health & Wellness Center providers.

Come check out the Grand Ronde Diabetic Mobile Clinic

At

iskam mǎk'mǎk-haws (Grand Ronde Food Pantry)

1st Friday of every month

10 a.m.-2 p.m.

We welcome the Community!!!

Clinic staff will be doing blood pressures and will have education fliers on different health topics.

We also have goodie bags with dental necessities, and will giving out fresh hot coffee.

Come check us out.

If you have any questions please call 503-879-3663