



HEALTH & WELLNESS NEWS

Health & Wellness Center closures

- Friday, Aug. 30 – Closing at noon
- Monday, Sept. 2 – Labor Day
- Friday, Sept. 27 – National Native American Day

Be sure to request your prescriptions early to cover closure days.

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.

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.

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 Entrance

Reminder: The drive-through entrance at the Health & Wellness Center is for loading and unloading only. The entrance was built with our Elders and those with mobility issues and their ease of access in mind. If you are coming to the center to pick up prescriptions, please park in one of our regular parking spaces.

**Thank you,
Grand Ronde Health & Wellness Center Administration**

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. ■

National Immunization Awareness Month

August is National Immunization Month and the providers and staff at Grand Ronde Health and Wellness Center are committed to keeping you and your family healthy and strong. One of the ways of keeping you healthy is by vaccinating you against preventable diseases. Our clinic at Grand Ronde Health and Wellness has several different vaccines that we offer that protect you from the following diseases:

Chickenpox (varicella): a very contagious viral disease. Chickenpox causes an itchy rash that usually lasts about a week but can also cause more serious complications.

Flu (Influenza): a contagious disease that spreads around the United States every year. Each year thousands of people in the United States die from the Flu, and many more are hospitalized.

Hepatitis B: a virus that attacks the liver. It can cause acute and chronic problems including cirrhosis of the liver.

Hepatitis A: a serious liver disease that is caused by Hepatitis A virus (HAV). HAV is spread through contact with feces of people who are infected, which can easily happen if someone does not wash his or her hands.

Pertussis (whooping cough): a respiratory illness with cold-like symptoms that lead to severe coughing.

HPV (Human Papillomavirus): a virus that can cause different cancers in both male and females.

Measles: a virus that causes rash, cough, runny nose, eye irritation and fever. It can lead to ear infections, pneumonia, seizures, brain damage, and death.

Meningococcal: a serious illness caused by a bacteria. It can lead to meningitis and infections of the blood. Meningococcal disease often occurs without warning—even among people who are otherwise healthy.

Pneumococcal: a disease that is caused by bacteria that can spread from person to person through close contact. It can cause ear infections, and can lead to more serious infections of the lung, blood, and meningitis.

Immunizations are important for people of all ages, from infants to elders. Talk with your doctor, nurse or our clinic to make sure your family is up-to-date on their vaccinations.

Resources from the CDC



Mobile Mammography

Convenience • Privacy • Certified women technologists State-of-the-art equipment • ACR- & FDA-accredited

The Mobile Mammography unit travels by appointment to businesses, health fairs, senior centers, even private gatherings—wherever there are at least 10 women interested in receiving a mammogram. We will be in your area soon.

**To schedule an appointment please call: Kandee Little
503-879-2089**

Date: Thursday Sept. 19, 2019

Location: CTGR Clinic upper parking lot