



HEALTH & WELLNESS NEWS

Health & Wellness Center closures

- Monday, Jan. 20 — Martin Luther King Jr. Day
Be sure to request your prescriptions early to cover closure days.

Inclement weather alert!

Please be sure to call the Health & Wellness Center before traveling in to appointments at the clinic during inclement weather. Health & Wellness Center staff will make every attempt to call patients during closures. Also, please sign up for emergency notifications about Tribal campus closures on the Tribal website at www.grandronde.org or follow the Tribe's primary page on Facebook.

Guess what's new at the Pharmacy?

Did they call my name? I didn't hear them? I have to run out to my car, I hope I don't miss my name? No need to ask yourself these questions anymore. The Grand Ronde Pharmacy now has pagers for you. You will receive a pager if you are currently waiting for a prescription to be filled. The Pharmacy will activate your pager when your prescription is ready and the pager will vibrate until you pick up your prescription. For questions, please call 503-879-2342.



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.

Pharmacy pricing

The Grand Ronde Pharmacy has made 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.



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, March 19, 2020

Location: CTGR Clinic upper parking lot

- Know when to quit
- Don't chase your losses

Prevention, harm reduction, treatment and safe gambling



We can help with responsible gambling

Are you having problems with gambling?

Please meet Sergio Gutierrez, CADC-1, CGAC-1 Chemical Dependency and Gambling Addiction Counselor. Sergio works at the CTGR Behavioral Health Department twice a month from 8:00-5:00pm. Sergio has been practicing since 1997 and is versatile in his knowledge pertaining to gambling addiction. He is ready and eager to help our members in any way he can.

Call now for availability and to make your appointment:

503-879-2026

The odds can be in YOUR favor!!

Gambling Hotline:

1-877-MY-Limit (1-877-695-4648)
OR Text 503-713-6000