

# NASOMAH NEWS

April-June 2011

Written by Susi McFarland

## A Message from Nasomah's Program Manager...

May, 2011 marked the beginning of our *fourteenth year*, providing the eligible members of the Coquille Indian Tribe with group health insurance via the health plan named Nasomah. **The start of the new plan year also means that your annual benefits start over.** Specifically, this means that you have until April 30, 2012 to use, or lose, your \$300 **Vision Benefit**. If you do not use it; or, if you do not use all of it, then you will simply receive a new \$300 vision benefit that will start again on, or after, May 1, 2012. Any unused amounts do not roll over into the next plan year.

Additionally, any plan member who met the **Out-of-Pocket Maximums** this plan year (2010-2011) where the plan began paying 100% of your medical services, will revert back to paying your share of your Out-of-Pocket expenses for medical services incurred on, or after May 1, 2011, until you meet the level warranting the plan to pay 100% coverage for services incurred in this new plan year.

Following all of the recent Open Enrollment changes, all members are strongly encouraged to **verify their enrollment information**. To do this, go online to HealthComp's website, to verify that your current enrollment information (name, address, plan elections, etc.) is accurate. Once on the website, click on Member Services, then click on HOnline and enter your Username (your SSN#, example: "555447777") and your Password (your date of birth, in this format: "YYYYMMDD"). After you log onto the website for the first time you can change your username and password. The website is a great place to view your claims' payment history, get required forms, and request replacement ID cards.

**EPO Plan members — who are prohibited from using the CITCHC.** EPO Plan members are members who are required to use the Tribal Health Clinic as their primary care center. EPO members can be prohibited from using the Tribal Health Clinic. Please do not ignore the billings or other notices you receive concerning your payment responsibilities for services incurred at the CITCHC. *If you are prohibited from using the CITCHC, you will be given one of two choices: 1) Change your EPO coverage to the more expensive PPO plan; or 2) Keep your EPO coverage, but only use it for those limited services that do not require a referral from the Tribal Health Clinic.*

**Health Cards** — you should *not* keep multiple health cards in your possession. This may confuse you and can delay claim payment procedures. Please destroy all old cards. The newest cards will have your unique 11-digit membership ID number, which is used by the biller of health services in lieu of your social security number when sending bills to HealthComp for payment.

**Claim Payment Status** — if you have any problems regarding the payment of any of your medical, dental, or vision claims, please call HealthComp toll free at 800-442-7247 to inquire about your claims, or contact me, Rod Cook at 541-751-0940 ext.1, or 866-436-4785 toll free.

Thanks for your participation in Nasomah and let's have a great plan year!

### How to Contact Us!

#### Rod Cook

PO Box 921  
North Bend, OR  
97459

541-751-0940  
or  
1-866-436-4785  
Toll Free

Fax 541-756-4714  
nasomah@uci.net

#### Denise Stuntzner

PO Box 921  
North Bend, OR  
97459

541-751-0940 ext. 2  
or  
1-866-436-4785  
Toll Free

Fax 541-756-4714  
wellness@coquilletribe.org

#### Coquille Indian Tribe Community Health Center

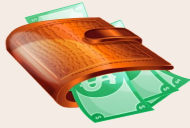
1-800-344-8583  
1-541-888-9494

### MyNurse 24/7

1-866-500-5922

Call toll-free 24 hrs.  
365 days a year.

# HEALTH & WELLNESS



## Start saving money by joining the *Healthy Traditions Wellness Program*

Do you want to save money? If you are a *primary* plan member, you can sign up for the voluntary health improvement program called *Healthy Traditions*. Even if you've participated before, please remember that enrollment in the program is a *yearly process*.

*You must re-enroll by May 1st for every new plan year to qualify for the reduction in your monthly premium.*

*If you sign up for Healthy Traditions you can have your monthly premium reduced by \$40.*

Contact Nasomah Health Group Wellness Coordinator,  
Denise Stuntzner at 1-866-436-4785 or 541-751-0940  
P.O. Box 921, North Bend, OR, 97459  
e-mail [wellness@coquilletribe.org](mailto:wellness@coquilletribe.org)



## A Simple Reminder...

It's summertime and we know you and your loved ones will be enjoying the warm sun, taking vacations and traveling to far off destinations. Here are some tips to make your vacation safe:

- Make sure you pack your medications.
- Keep a list of the type, dosage and directions for medications in your wallet.
- Always take your Health Plan Identification Card with you.
- Write down any existing health conditions that you may have and keep this in your wallet.
- Wear sunscreen and a hat to help prevent skin cancer.



***The Coquille Indian Tribe's Health Services offers skin cancer screening for all Nasomah members as part of its preventative medical coverage. To receive a skin cancer screening, call to schedule a physical exam. Screenings will be available at the annual Nasomah Wellness Fair on Tuesday, October 25, 2011.***



## Use Caution In the Sun

Sun exposure is one of the leading causes of skin cancer. Skin cancer is the most common type of cancer in the U.S. and it affects more than 1 million people per year. Use these simple measures to protect yourself and help prevent skin cancer.

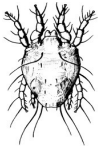
- Avoid the sun during peak intensity (10 am to 3 pm).
- Wear sunscreen with a sun protection factor (SPF) of 30.
- Wear sunglasses, a hat and tightly woven clothing. Skin can burn through thin material, and eyes are extra sensitive.
- Check your skin every 3 months for new moles, marks or discoloration.
- Carefully check your face, especially your nose, lips, and mouth for any changes resulting from sun exposure.
- Seek treatment if you see something suspicious.



# LIVING WITH ALLERGIES

## Reduce Your Allergies With House Cleaning

When it comes to allergies, you have probably heard about spring cleaning, and taking the time during the summer to complete the thorough deep cleaning that many avoid. Aside from reducing the pollens in your house, there are other health benefits to deep cleaning that can minimize allergic reactions.

- Dust consists of pollen, dirt and lint. It includes *dust mites*, which are tiny bugs that feed off the dead skin cells shed from people. 
- Dust mites are predominately found in the bedroom and in household bedding.
- When dust mites are inhaled, they cause irritation to the sinuses, throat tissues, airways and this can cause symptoms that are similar to asthma. Some people experience a moderate cough as a result of exposure to dust mites.
- The most effective method of reducing health problems associated with dust mites is to thoroughly clean and wash bedding frequently (at least 2 times a week) and to dust furniture and vacuum carpeting weekly.

Deep cleaning also provides you with an opportunity to clean mold and mildew after the winter months.

- Mold and mildew exposure, depending on the severity of the infestation, causes headaches, breathing problems, allergic reactions, stomach and gastrointestinal reactions, muscle aches and potential blood poisoning.
- The most effective way to reduce health problems associated with mold and mildew is to clean often. If you have a serious mold problem, or see black mold, contact a hazardous waste company immediately. Black mold is extremely toxic!

(2010) Environmental Health and Safety Organization Web Page

## Spring, Summer and Allergies...Oh My!

If you live in a western climate, you probably experience the first coughs, watery eyes, runny nose, and headache of hay fever in late February or early March. In fact, spring and summer are the most common seasons for outdoor allergens. This time of year, the primary pollinators include flowers, grasses, trees and of course, weeds! Living with allergies is difficult. You can't avoid going outside, and it's nearly impossible to prevent pollen from getting into your home. There are ways, however, to minimize your exposure to those pesky pollens and still enjoy the great weather of spring and summer.

- 1. If you have severe allergy symptoms, use your heater or whole house fan to filter and circulate the air in your home. Try not to open your windows or you will let the pollen inside where it will settle on furniture, in carpet and throughout your house.**
- 2. Don't use your clothesline (if you have one) until the major pollen season is over. Drying clothing and bedding in pollen-saturated air is asking for trouble. It may cost a bit more, but drying your clothes on a high-heat setting will help to rid your home of pollens and can kill dust mites.**
- 3. Shower and wash your hair when you come inside for the evening. This keeps pollen from transferring to bed linens.**
- 4. Restrict your outdoor activity until after 10:00 a.m. Plants release their pollen in the early morning, so that's when pollen counts are highest and most likely to bother you.**
- 5. Keep your allergy and asthma medications close at hand on windy days. Pollen travels on the wind, so your symptoms may worsen on these days.**
- 6. Don't forget the car. Change the air filters and make sure the car's interior and exterior are kept clean. Pollen sticks to the outside and gets sucked in through the air vents.**



# HEALTHY CHOICES

## Nasomah Wellness Fair on October 25th

Nasomah is hosting its annual *Wellness Fair* for *all* tribal members. If you are a local resident, or are in the area, you are welcome to attend this special event. Look for more information in the next newsletter and mark the date on your calendar!



## CIT's Tobacco Use Policy Effective June 1, 2011

It is the Coquille Indian Tribe's policy to promote health, well being and safety to the patients, visitors and employees of the Tribe. *The CIT prohibits personal use of tobacco in areas in and around CIT offices, properties and vehicles.* For full disclosure of the Tobacco Use Policy, please refer to the policy in its entirety. The following definitions are useful when adhering to the policy's procedures and enforcements:

**Tobacco** includes and is not limited to cigarettes, cigars, loose tobacco (for use in pipes and/or rolled cigarettes), smokeless tobacco chew, smokeless snuff, and smokeless tobacco bits. This definition includes any new permutations of tobacco delivery systems as they are developed and/or as they become available for commercial use.

**Personal Use** is the active use of a tobacco product through any tobacco delivery system including but not limited to vaporization and ingestion.

As you are aware, Nasomah is a CIT entity and will adhere to the Tobacco Use Policy. It is in Nasomah's best interest, and in its plan members' best interest to adhere to the Tobacco Use Policy. Nasomah does not encourage or endorse tobacco use, and we highly recommend that individuals quit smoking or using tobacco due to the health related illnesses caused by tobacco. For this reason, Nasomah offers the following program:

### **"30 Days, 30 Dollars" Quit Tobacco Program Starting September 1, 2011**

This program is a simple 30-day program for any tobacco user to quit tobacco products. You will complete a workbook (journal) to record your progress and success with quitting. *When you complete the 30-day program, and turn in your completed workbook, you will receive \$30.* The workbook is a powerful tool to help you quit and to help you stay tobacco free! If you are an OSA Tribal Member you can participate as well.

**Call or Email Denise Stuntzner for info. or to sign-up!**

## Beware of Mosquitoes!



The CDC recommends using bug repellants to help combat mosquito transmitted illnesses. As people are out and about during the warm, summer months, people must protect themselves from mosquito and bug-bite related illnesses. The CDC recommends products that are compliant with the EPA and have been proven as effective. These products, which contain various active ingredients, are long-lasting.

- Look for repellants containing DEET, Picaridin, PMD or IR3535.
- The larger the concentration of the active ingredient, the longer lasting the product will be.
- The CDC and EPA recommend using products on both skin and clothing to repel mosquitoes.
- There are several *all natural* repellants on the market, and the most common is oil of lemon or eucalyptus.

### **A Message from Nasomah's Wellness Coordinator**

As the coordinator for Nasomah's wellness programs, I urge you to take advantage of these wonderful resources. We can work together to better your health, get the education you need about your body, and make significant health related changes in your life. Call or email me with any questions you may have about Nasomah's wellness programs.

**Denise** at 1-866-436-8745 toll-free  
541-751-0940 ext. 2  
wellness@coquilletribe.org