

# We're Open!



ARCTIC SLOPE NATIVE ASSOCIATION

*Inuuniagnig*  
The Art Of Living  
Fall 2013

## Mark Your Calendar

### Dental Village Trips

**Kaktovik:** October 13-17 with Dr. Self

**Nuiqsut:** October 13-17 with Dr. Oudin

**Wainwright:**

November 17-22 with Dr. Domagalski

**Point Lay:** Hygienist ONLY December 2-6

*Dates are subject to change. To see the dentist, call your village health clinic to ensure your name is on the "dental list" with your current phone number(s).*

### SSMH Specialty Clinics Schedule

**Pediatrics:** October 7-9, December 10-12

**Pediatric Cardiology:** October 10

**Orthopedics:** October 29-31

**ENT and Audiology:** November 4-6,

December 10-12

**Surgery (Colonoscopy):** November 12-14

**Gynecology (Women's Health):** December 3-5

For more information or to schedule your appointment, please contact Nicole Thomason directly at 907 852 9284. Or call toll free at 1 888 525 7764.



ASNA Board Chair Bernice Kaigelak and Indian Health Service Director Dr. Yvette Roubideaux are all smiles for this moment!



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# Iñuuniagniq

## The Art Of Living

### Fall 2013

907 852 2762  
PO Box 1232  
Barrow AK 99723  
newsletter@arcticslope.org

## A Note from Marie

*Welcome to the New Samuel Simmonds Memorial Hospital!*

This project has been a long time goal for the Arctic Slope Native Association (ASNA) Board of Directors and the Samuel Simmonds Memorial Hospital (SSMH) Governing Body. We are glad to welcome you into this larger facility with new and expanded services!

In this Fall edition of Iñuuniagniq, we share general information regarding the new hospital hours of operation and contact information. We also share some exciting news about our changing model of care. Primary care teams are now available for our village patients and we will have Barrow residents teams established in the coming weeks. We encourage you to pre-register so that you can take advantage of our same day appointment service.

In this newsletter we also share information regarding topics of interest, including the Affordable Care Act – many of its provisions go into effect January 1, 2014 – and we have a section on the Medical Travel and Funeral Assistance (MTFA) program, one of our most widely used grant funded programs.

I know this information will be helpful and we look forward to sharing more with you in following editions. Right now, I just want to say welcome to the New Samuel Simmonds Memorial Hospital!

**Marie Carroll**



## New Hospital Contact Info and Hours

### Samuel Simmonds Memorial Hospital

7000 Uula Street  
P.O. Box 29  
Barrow, Alaska 99723  
907.852.4611-Main Line  
Toll Free 1.888.525.7764

### New Hospital Hours of Operation

Front Door Open, Monday-Friday,  
8:00 am - 6:00 pm  
Emergency (ER): Open 24/7

### Arctic Slope Native Association

7000 Uula Street  
P.O. Box 1232  
Barrow, Alaska 99723  
907.852.2762-Main Line  
Toll Free 1.800.478.3033



**SAMUEL SIMMONDS  
MEMORIAL HOSPITAL**

*Managed by the Arctic Slope Native Association*



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## Putting You in Charge of Your Health Care

We are changing the way we deliver medical services. In order to provide you with the highest quality of care, our health care providers and staff have adopted an improved model of care – the Primary Care System.

This new model will ensure that you will have your own Primary Care Team. Your team serves you for the coordination of your medical needs. This model is based on an ongoing personal relationship with your designated Primary Care Provider, who leads a team in arranging and coordinating your health care services, including preventative, acute, and chronic care needs.

With Primary Care, you and your team will work together. As an active member of the team, you will have a chance to explain the things that are really important to you.

*Your team can answer your questions and help you better understand your health care needs.*

*If you need to get help from other doctors, your team can support you every step of the way.*

*Your team will have convenient office hours to help you get an appointment at a time that works for you.*

Together, you and your team can work out a plan just for you, including:

- Personalized health care that meets your needs
- Tracking of your care
- More ways to keep in touch with your health care team

Working with your team will improve the quality of your health care and shorten the time it takes to receive that care.

Questions? Comments? Contact us at [info@arcticslope.org](mailto:info@arcticslope.org).

## Pre-Registration *Pre-register – and then schedule same-day appointments!*

We are making it easier for you to get an appointment by opening up same day appointments, as well as giving you the ability to schedule future appointments. Please call your Primary Care Team or the appointment line at 907-852-9156.

This method applies only to basic medical care. Specialty Clinic and Dental will continue to have their own process for scheduling appointments. With our move to the new facility, there will now be three types of visits...

### **1. Appointments ~ Monday through Friday, 8am to 4:30 pm**

Please call and make your appointment, and we will pre-register you so when you get to the hospital, you can simply check in.

### **2. Urgent Care ~ 7 days a week, 8am to 8pm**

With Urgent Care, you do not have a scheduled appointment, you cannot pick your provider, and you may have a longer wait time and higher costs.

### **3. Emergency ~ 24 hours a day, 7 days a week**

With Emergency Care, you will see one of the Emergency Department physicians. The cost will be significantly higher than an office visit. If it is not truly an emergency, you may be directed to contact your Primary Care Team the next business day.

**Pre-register – and then schedule your appointment today 907 852 9156.**



Monday - Friday  
8 am - 6 pm

### Second Floor





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## Affordable Care Act

### *How does the Affordable Care Act affect you?*

On January 1st, 2014, the majority of the requirements of the Affordable Care Act (ACA) will go into effect. The primary purpose of the ACA is to require that all US citizens have health insurance or a form of creditable health coverage with all of the predetermined essential health benefits.

#### **Creditable coverage includes:**

- Commercial insurance – Typically provided by an individual's employer
- Medicare – Health care insurance provided by the federal government for senior citizens
- Medicaid – Health care insurance provided by the state for lower income individuals and children-i.e. Denali Child Care), and/or you are an
- Indian Health Service (IHS) Beneficiary – You receive health benefits through the Indian Health Service, commonly referred to as the tribal health system

If you currently have health coverage through commercial insurance, Medicare, or Medicaid; the ACA law will not have much of an impact to you. However, if you do not have any form of insurance and you are not a beneficiary of health benefits through the Indian Health Services, then you will be affected.

#### **Purchasing Health Insurance via the Health Exchange – October 1, 2013**

Beginning October 1, 2013, you will be able to purchase health insurance through the insurance exchange. For more information, please visit online at [healthinsurance.org](http://healthinsurance.org). The health exchange insurance companies will not be allowed to turn you down for any reason, pre-conditions, lack of previous insurance, etc. Also, part of the application for purchasing health exchange insurance will be estimating your 2014 household income, which will help determine if you are eligible for the Advanced Premium Tax Credit and reduce your monthly insurance premium due to the insurance company every month. At the end of 2014, it will be expected of you to file your taxes. If you estimated your modified gross annual income too low (received a higher tax credit), you may owe money back to the federal government for the tax credit repayment. Otherwise, if you estimated your modified gross annual income too high (received a lower tax credit), then you will receive a higher tax refund.

It is very important to purchase health insurance, because if you do not, you will not only be liable for all your healthcare costs, you will also be penalized by 1%-2.5% of your gross income to the federal government in the form of a special penalty tax or fee when you file your 2014 taxes.

#### **Indian Health Service Beneficiaries – It's Important to be an Enrolled Member of Your Tribe**

If you are currently relying solely on health benefits from Indian Health Services and you are formally a member of a federally recognized tribe and properly use referrals through Contract Health Services, you will not be significantly impacted by the ACA law. You will qualify for significantly reduced co-pays, deductibles, etc., and in many cases, you will not be responsible for any of those costs nor will you receive any tax penalties.

However, if you are currently relying solely on health benefits received from Indian Health Services and you are NOT formally a member of a federally recognized tribe, then you may find additional challenges when applying for reduced co-pays, extended open enrollment, exclusion of fees, etc. If you receive healthcare services outside of your home tribal healthcare network, it is best to enroll formally with your tribe and become designated as a "tribal member in a federally recognized tribe" to simplify which regulations apply to you.

#### **More Information about ACA is Available**

For additional information regarding how the ACA law may affect you, please visit online at [www.healthcare.gov](http://www.healthcare.gov) or to find out approximately how much your monthly insurance premium will be, visit [www.healthinsurance.org](http://www.healthinsurance.org).

## Medical Travel & Funeral Assistance (MTFA) Facts and Info

MTFA is a grant funded program and is available for residents of the North Slope Borough (NSB) and/or shareholders of the Arctic Slope Regional Corporation (ASRC). Assistance is intended to help those in medical or funeral crises when no other alternative method of funding is available.

### Here are some general eligibility requirements:



#### For ASRC Shareholders:

- You must be an enrolled ASRC Shareholder.
- Household income during the previous twelve (12) months is less than the FY13 Federal Poverty Income Guidelines.
- You must have a medical referral for medical travel or housing.

#### For NSB Residents:

- You must be a resident of the North Slope Borough.
- You must have met the residency requirement of living on Slope for 30 days.
- Household income during the previous twelve (12) months is less than the FY13 Federal Poverty Income Guidelines.
- You must have a medical referral for medical travel or housing.

**Other requirements may apply. Contact us at 907 852 9114 or toll free at 1 855 852 9114**

## TIPS

### Here are some important tips and information regarding MEDICAL TRAVEL AND HOUSING:

1) Applications MUST be turned in to MTFA office 5 days prior to departure day.

There are many waiting periods that MTFA staff cannot control. This includes waiting on the applicant's employer to provide us the income verification or receiving health information.

2) Applicant is responsible for providing the Referral or Appointment Letter to the MTFA staff.

3) MTFA does not provide taxi vouchers or living assistance for meals. If you qualify for Medicaid, they do provide taxi vouchers and meal assistance.

There are certain exceptions, for instance if you are a prenatal patient (expectant mother) we may be able to provide up to two (2) taxi vouchers.

4) If you are granted housing through the Alaska Native Medical Center's Quyana House, you will not be able to deny that assistance and request a hotel room.

5) If an applicant needs an extension on the hotel room due to extended appointments, the applicant is responsible for providing the new appointment letters to the MTFA staff. We cannot extend your hotel/lodging until we receive the new appointment letters or written request from a health care provider.

### Here are some important tips and information regarding FUNERAL & CRITICAL CARE ASSISTANCE:

1) If there are 2 or 3 separate people traveling on Funeral Travel, each person needs to fill out their own application. You cannot put multiple people on one application.

2) Housing/lodging is not provided for Critical Care or Funeral Travel.

3) Remember, we only allow up to three (3) tickets for Funeral Travel. One can be used for an out-of-state traveler. The other two must be used for in-state travelers.

### Here are some important tips and information about the program in general:

1) Do not arrange your own travel arrangements or you will become responsible for payment. If you are approved for travel, the MTFA staff will arrange your travel or housing. You can let the MTFA staff know your preferred airline or hotel and we will try our best to accommodate.

2) Being an escort is an important responsibility. Please take this role seriously. Don't abandon the patient, drink or party, and make sure you have read all travel materials so you know when and where you are going.

3) Every case and application is carefully reviewed. MTFA staff bring all the information together to make a determination. It's important to note that funds are limited and we can't say yes to everything.