



Health Matters

March 2016

A newsletter from
Glacier Community Health Center
519 E. Main St., Cut Bank, MT 59427

24/7 Health Care

Have you ever been really sick at night and wondered if you should go to the emergency room? Or have you had a child spike a fever and you didn't know what do? Glacier CHC now offers you access to after-hours medical advice.

Call 406-229-3221.

Your call will be directed to a company called Night Nurse, Inc. which is staffed by qualified registered nurses who follow approved care standards.

After listening to your problem, the nurse will advise you on what to do. The nurse may determine that it is an emergency and you should go the nearest emergency room. Or, the nurse will offer techniques for helping you through the night and suggest that you call the clinic in the morning.

Night Nurse sends Glacier CHC a summary of every call via fax the next morning which is then directed to your primary health care provider. We then put that information in your chart so your issue is documented.

Call 406-229-3221 any time when Glacier CHC is not open – overnight, weekends, and holidays. Our motto is: Access to healthcare for everyone.



Patient Portal

Glacier Community Health Center is now offering our patients easy and private access to their medical information online, so you can view your personal health record, receive periodic updates and reminders, and even ask your provider a question.

All you have to do is sign up. Give one of the GCHC receptionists your personal (non-work) email address and they will sign you up. You will be able to securely log in with your username and password, and gain access to your personal health record and other helpful features from any computer or smartphone with an Internet connection!

There's an app for that! Search for the Healow app. When asked, use our practice code: AIAFAA, then enter your user name and password.

Children can be registered through the Patient Portal, too. A separate account needs to be created for each child. **IMPORTANT:** Please enter your child's name when creating the account. A common mistake is to enter your own name.

Call or come by to get your kids enrolled in the Patient Portal.

If your child has not been seen at the medical or dental clinic before, you can pre-register them. Go to www.glacierchc.org, click on the Portal link at the top right, and then click on "Pre-Register."



Open Hours

Medical:

Monday-Thursday 8-6
Friday 8-5

Mental Health:

Monday-Thursday, 7-7
Friday, 7-5

New Dental Hours:

Monday 8-5
Tuesday-Friday 7-5

873-5670

873-5222

Health Insurance Updates

Montana HELP Plan

The new Montana Medicaid HELP Plan is in full swing! Since January, 37,000 Montanans have enrolled into the new Medicaid insurance plan also known as Montana HELP Plan. The rules are simple. You qualify for health insurance, including vision and dental if you are:

- 19-64 years old,
- Not Medicare eligible,
- Meet the new 2016 income limits below:
 - Single: \$16,394
 - Family of 2: \$22,107
 - Family of 3: \$27,820
 - Family of 4: \$33,534
 - Family of 5: \$39,247

Members and descendants of Indian tribes enjoy zero premiums and no co pays.

What if my income is higher?

If your family's household income is above these limits, then you may be eligible to purchase an insurance plan from the Marketplace. Call Kim Winchell, our local in-person assistor, at 873-5670 to make an appointment or call the Marketplace directly at 800-318-2596.

If your GCHC bill is higher than what you can handle right away, talk to us about a monthly payment plan.

Prompt Pay Collection Policy

For patients who pay their bill in its entirety within 28 days from the date of the first patient statement, a 10% prompt pay adjustment will be applied to their bill.

When applicable, patients' insurance companies will be billed first; any remaining balance that becomes patient responsibility will be eligible under the prompt pay collection policy.

Affordable Healthcare

Glacier CHC is a Federally Qualified Health Center (FQHC). Therefore we are able to discount your healthcare bills, based on your income and family size. Even if you have health insurance, we will still apply your sliding fee discount to any balance not paid by your health insurance. There is always a \$20 co-pay which is expected and appreciated at time of service.

See where your family income falls on the chart below. If the income for all of the family members living with you falls within the range shown, you can apply to receive a discount!

Family Size	Monthly Income	Yearly Income
1	Below \$1,980	Below \$23,760
2	Below \$2,670	Below \$32,040
3	Below \$3,360	Below \$40,320
4	Below \$4,050	Below \$48,600
5	Below \$4,740	Below \$56,880
6	Below \$5,430	Below \$65,160

We can help you figure this out. Stop by, fill out an application, and talk with a staff member about the program.

This, however, is not advisable!!



Spring Often Makes Symptoms of Mental Illness Worse

Posted on 2/22/12 by Angela McClanahan on www.healthyplace.com

Yesterday morning, Bob said something I've never heard him say before: "I need to see my doctor." (He was referring to his psychiatrist.) I asked why, and his answer was clear: "Because I can't sleep." I felt awful for him, he looked almost near tears.

He's not the only one. Every morning, as we inch closer to spring, I find it more difficult to get to sleep (and stay asleep), and more difficult to awaken and rise in the morning.

Winter exacerbates our respective depressions – that's easy to understand. Shouldn't we be turning cartwheels in March and April? And with the relatively mild and snow-free winter we've had, shouldn't we already be pretty doggone happy?

Maybe not. Evidence supports an increase in some people's depression symptoms in the spring. The Mayo Clinic notes Seasonal Affective Disorder ("SAD") isn't just what most people consider "winter blahs" – it's a more complex disorder not limited to winter. While winter symptoms of SAD may include depression, hopelessness, oversleeping, and weight gain, spring and summer symptoms can include anxiety, insomnia, irritability, poor appetite and increased sex drive. It also notes people with bipolar disorder may or may not experience mood changes that coincide with the onset of spring, including mania or hypomania.

Dr. Cecilia M. Ford notes some SAD sufferers "can (have) a remission at the end of February or March and then a sudden, acute exacerbation in spring." Dr. Ford states this may be partially attributable to the "comparison factor:" the depressed person witnesses others enjoying spring and feeling generally happier, leading them to feel worse.

Of course, as I have briefly discussed before, there is a strong link between mental health and allergies. Studies have indicated (and parents have sworn) some children find relief from ADHD and behavioral disorders by eliminating certain foods and chemicals from their diets. Inhalant allergies typically peak in the spring and fall, giving sufferers good reason to feel miserable – but research indicates allergies can exacerbate depressive symptoms in persons with clinical depression. And in typical "cure is worse than the disease" fashion, antihistamines can trigger insomnia and anxiety in some patients.

[While there is not a clear solution to this problem, the best answer is to talk to a mental health professional who can help guide you through.]

Health Notes

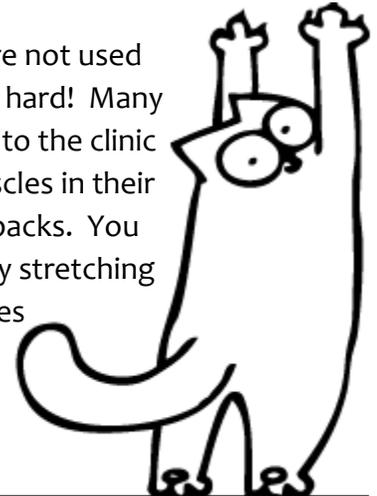
When you need your prescriptions refilled, **call your pharmacy 48-72 hours before** they are absolutely needed.

Spring Cleaning Reminder

Before you wash those outdoor windows or rake that yard or any of those spring cleaning tasks that need to be done –

Stretch!

Your muscles are not used to working that hard! Many people come in to the clinic with pulled muscles in their arms, legs and backs. You can avoid this by stretching for a few minutes before doing any major task.



Need help with losing weight and feeling good about yourself?

Join Weight Watchers!

Meetings are on Mondays

Weigh-in from 6:30-7:00

Meeting from 7:00-7:30

at the Parkview Senior Center
Cut Bank

Everyone welcome!

*Follow the program
and the pounds will fall right off!*

Something Fun

Come in to the clinic and tell us what special month it is and leave with a prize!



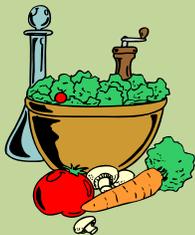
March

Plant a Flower Day

(was actually on March 12, but we're celebrating all month)

April

National Stress Awareness Month



May

Salad Month

June

Great Outdoors Month



July

National Picnic Month



August

National Family Fun Month

Seasonal allergies: Nip them in the bud

By Mayo Clinic Staff

Spring means flower buds and blooming trees — and if you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms. Seasonal allergies — also called hay fever and allergic rhinitis — can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple strategies to keep seasonal allergies under control.

Reduce your exposure to allergy triggers

To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Wear a pollen mask if you do outside chores.

Keep indoor air clean

There's no miracle product that can eliminate all allergens from the air in your home, but these suggestions may help:

- Use the air conditioning in your house and car.
- If you have forced air heating or air conditioning in your house, use high-efficiency filters and follow regular maintenance schedules.
- Keep indoor air dry with a dehumidifier.
- Use a portable high-efficiency particulate air (HEPA) filter in your bedroom.
- Clean floors often with a vacuum cleaner that has a HEPA filter.