

Physical Activity Can Help Prevent Chronic Illness

According to the CDC's National Center for Chronic Disease Prevention, six out of ten Americans live with at least one chronic disease. Chronic diseases including heart disease, stroke, cancer, and diabetes, are leading causes of death and disability in America.

We also know that most chronic diseases can be prevented by eating well, being physically active, avoiding tobacco and excessive drinking, and getting regular health screenings.

Summer is a great time to start moving more and sitting less. Regular physical activity helps improve your overall health, fitness, and quality of life. It doesn't take long to reap benefits from more movement. You may notice, very immediately, better sleep and reduced anxiety. A good goal is to aim for at least 150 minutes of aerobic physical activity every week.

Find out more online at www.cdc.gov/chronicdisease.



Wellness
Quarterly
SUMMER 2024

Stay Ahead of Your Health: The Benefits of Annual Health Exams

From Dr. Rajesh Ravuri,
KWC Chief Medical Officer

In the hustle and bustle of daily life, it's easy to overlook our health until something goes wrong. However, taking proactive steps towards maintaining our well-being is crucial for leading a fulfilling life. One such step is scheduling an annual health examination, a cornerstone of preventive healthcare. Let's delve into the benefits of this regular check-up and why it's a wise investment in your long-term health.

1. Early Detection of Health Issues: Annual health examinations serve as a proactive measure to identify potential health concerns before they escalate into serious conditions. By conducting various tests, screenings, and evaluations, healthcare providers can detect abnormalities or risk factors early on. From high blood pressure and cholesterol levels to diabetes and cancer screenings, these exams can catch problems in their early stages when they are often more treatable and manageable.

2. Personalized Health Assessment: Each of us has unique health needs based on factors such as age, gender, family history, and lifestyle choices. Annual health examinations offer a personalized assessment of your health status, taking into account these individual factors. Through discussions with your healthcare provider, you can receive tailored advice on diet, exercise, stress management, and other lifestyle modifications to optimize your health

and reduce the risk of future health issues.

3. Establishing Baseline Health Metrics: Regular health exams provide a baseline of your health metrics, including blood pressure, cholesterol levels, body mass index (BMI), and more.

ries or questions with your healthcare provider during these visits can alleviate concerns and provide clarity.

5. Cost Savings in the Long Run: With rapidly increasing costs associated with healthcare, investing in annual health examinations can lead to significant

“...annual health examinations are not just a routine check-up; they are a proactive investment in your long-term health and well-being.”

Monitoring these metrics annually allows for tracking changes over time, which can signal emerging health problems or improvements. This data-driven approach empowers both you and your healthcare provider to make informed decisions about your health and track the effectiveness of any interventions or treatments.

4. Peace of Mind and Reduced Anxiety: Knowing that you've taken proactive steps to monitor your health can offer peace of mind and reduce anxiety about potential health concerns. Rather than worrying about the unknown, regular health examinations provide reassurance that you're actively engaged in safeguarding your well-being. Moreover, discussing any health-related wor-

cost savings in the long run. By detecting health issues early, you can often avoid more expensive treatments or hospitalizations down the line. Additionally, preventive measures such as lifestyle modifications or early interventions can help mitigate the progression of certain conditions, potentially saving both money and unnecessary suffering.

In conclusion, annual health examinations are not just a routine check-up; they are a proactive investment in your long-term health and well-being. By prioritizing preventive healthcare and partnering with your healthcare provider, you can detect health issues early, receive personalized guidance, establish baseline health metrics, gain peace of

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Ko-Kwel Wellness Center
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Stay Ahead of Your Health (Continued from front)

mind, and ultimately save on healthcare costs. **Remember, your health is your most valuable asset**, so don't wait until problems arise—stay ahead of them with regular check-ups.

At KWC, we've assembled an exceptional healthcare team encompassing expertise in physical health, dental health, behavioral health, and pharmacy services, ensuring comprehensive care for you and your loved ones. I strongly urge everyone to capitalize on these resources for the betterment of their health and prosperity.

Tai Chi

Sign up to attend:

MONDAYS, WEDNESDAYS, FRIDAYS

All classes 10 am - 11 am

With Instructor Pam Lenox

- Free for KWC patients
- All fitness levels welcome
- In Person at CIHA Warehouse
- For zoom link: pamelalenox@gmail.com



Warm weather means more time spent outside and more time around unwelcome pests. Mosquitos and ticks can be more than just a nuisance, they can spread diseases that can make you sick. In most cases, people infected with tick- or mosquito-borne illness don't feel sick, but some individuals can develop symptoms like fever and more serious, sometimes fatal, illness. You can reduce the risk of tick- and mosquito-borne illness by:

- Wearing EPA-registered insect repellent that contains DEET, picar-

idin, IR3535, or oil of lemon eucalyptus. When used as directed, EPA-registered insect repellents are proven safe and effective, even for people who are pregnant or breastfeeding

- Wearing loose-fitting long clothing and staying in the center of trails and staying in the center of trails when hiking to avoid brushing against tall grass and plants
- Checking for ticks and/or showering shortly after being in areas with potential high-tick activity. It gener-

ally takes ticks 24 to 48 hours to transmit a disease. Also, remove ticks quickly if attached to you by using clean, fine tipped tweezers. Grab the tick as close to the skin's surface as possible, and then pull upward with steady, even pressure.

- Removing sources of standing water where mosquitos lay eggs. A source as small as a bottle cap of water can be an egg laying site for mosquitos.
- Use air conditioners and screens to keep mosquitoes out of your home.

If you have been in areas with high tick or mosquito activity or have experienced a recent bite, self-monitor for symptoms for up to 30 days. If you experience aches, pains, fatigue, fever or chills, or develop an unexplained rash, follow up with your health care provider and inform them of your potential recent exposure.

Prescription Savings for Nasomah Members Using KWC



Patients who are covered under the Tribe's Nasomah Health Group (WebTPA) have long been encouraged to make annual routine appointments with primary care providers. These yearly visits support an individual's health through early detection, prevention, and disease management. Nasomah members who access the Ko-Kwel Wellness Centers (KWC) for annual wellness exams also receive a bonus: savings on prescriptions at the CIT Pharmacy.

The CIT Pharmacy participates in the 340B Drug Pricing Program. This is a limited federal program that provides medications at a discounted "340B" rate. The CIT Pharmacy takes advantage of this reduced pricing and then shares cost savings with eligible KWC patients.

One of the requirements of the 340B Program is that eligible CIT Pharmacy patients maintain a relationship with their KWC Provider through at least annual visits. Also, they must have coverage with Nasomah, the Tribes' self-

How much can you save with a 340B prescription vs. retail? The difference can be significant. Above is an example of a

funded health insurance. Not all medications can be purchased through the 340B program, but many commonly prescribed drugs and those used to treat chronic conditions are readily available. The Pharmacy makes certain that eligible patients have access to medications for less out of pocket expense whenever it is possible.

Make your annual wellness appointment with KWC and stay eligible for 340B pricing through the CIT Pharmacy. **Call the KWC-Coos Bay at (541) 888-9494, opt.1 or KWC-Eugene at (541) 916-7025.**

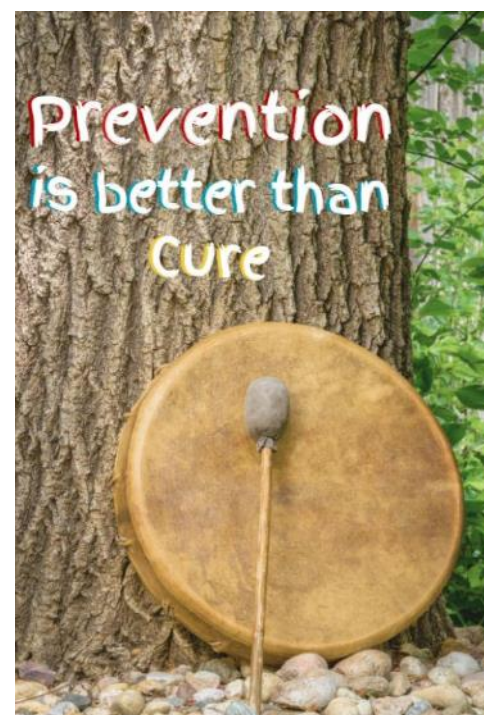
If you have any questions about your prescriptions, please call a member of our Pharmacy Team at 541-435-7039.

Are You Wildfire Ready?

Knowing what to do before, during, and after a wildfire can empower you to act

BE INFORMED	HAVE A PLAN	MAKE A GO-KIT	SENIORS AND PEOPLE WITH DISABILITIES	BE READY. BE SET. GO.
Sign up for local emergency alerts.	Develop an emergency plan.	Assemble a go-kit of essential supplies for your health, safety, and identification.	People with disabilities should consider individual circumstances and specific needs when planning for emergencies and disasters.	Learn how to prepare for a wildfire evacuation. Oregon follows a 3-Level evacuation notification system structured around the readiness need and threat level.
Follow local emergency services on social media.	Identify evacuation routes from home, work, or school.	<u>Pack the Six P's for evacuation:</u>	Plan what to do and who to contact, especially if you need help from others to evacuate.	Become familiar with the evacuation levels and what they mean to help make the best decision for your safety. Don't wait to evacuate if you feel unsafe.
Have a battery-powered AM/FM radio.	Establish a family communication plan.	1. People and Pets 2. Prescriptions 3. Phones & personal computers 4. "Plastic" and Cash 5. Papers 6. Pictures		
Create community by talking to your neighbors about emergency plans.				

Taking simple steps to prepare today can make a big difference in keeping yourself, your loved ones, and your community safe.



KWC Now Offers Patients Access to MyChart

KWC now uses the MyChart patient portal! MyChart provides you with a view of your medications, test results, upcoming appointments, medical bills, price estimates, and more all in one place, even if you've been seen at multiple healthcare organizations. Patients can request access here:

