



YUKON-KUSKOKWIM HEALTH CORPORATION

the **M**essenger

QUARTERLY

"Working Together To Achieve Excellent Health"

Volume XXXI No.3 · July 2026



Protecting what matters most. From water safety to everyday wellness, we are dedicated to keeping our families and communities thriving. Dive into this issue for exciting highlights and essential health reminders for the whole family.

INSIDE

Numbers to call..... 2

Board of Directors..... 2

President & CEO message..... 3

5-Star Rating..... 4

Opioid conference.....5

Home cancer testing.....6

Breast cancer screening.....7

Elders Home joint venture award 8

YKHC NEWS:

 Change of leadership

 Tribal Gathering

 Board visits LifeMed9

Capital Projects update..... 10

River Safety 12

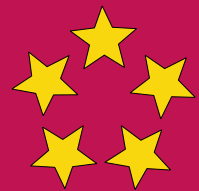
Summer recipes 13

Medicaid escort rules 14

Prescription refills 15

Enroll in Medicaid / Medicare..... 16

**YKHC HOSPITAL
RECEIVES HIGHEST
STAR RATING**



YKHC's hospital was awarded a 5-Star Hospital Quality Rating from the Centers for Medicare & Medicaid Services (CMS). Learn more on page 4.

RESOURCES

YKHC main switchboard 907-543-6000
 Toll Free 1-800-478-3321

APPOINTMENTS

Outpatient Clinics 907-543-6442
 Dental 907-543-6229
 Optometry 907-543-6336
 Audiology 907-543-6466

SUBREGIONAL CLINICS

Aniak 907-675-4556
 Emmonak 907-949-3500
 St. Mary's 907-438-3500
 Toksook Bay 907-427-3500
 Hooper Bay 907-758-3500

SERVICES

Inpatient (North Wing) 907-543-6330
 Pharmacy Refill Line 907-543-6988
 Toll Free 877-543-6988
 Physical Therapy 907-543-6342
 Women's Health 907-543-6296
 Irrnivik Birthing Center 907-543-6346
 Behavioral Health Services 907-543-6100
 BH CRISIS RESPONSE LINE 907-543-6499
 Developmental Disabilities 907-543-2762
 Emergency Room 907-543-6395
 Office of Environmental Health & Engineering,
 Injury Control & EMS 907-543-6420
 Community Health Aide Program .. 907-543-6253
 Medicaid Travel and Enrollment 833-543-6625

ADMINISTRATION & SUPPORT

Administration 907-543-6020
 Human Resources 907-543-6060
 Public Relations 907-543-6038

The Messenger is a quarterly publication produced by the Yukon-Kuskokwim Health Corporation's Public Relations Department as a report to Tribal Members.

For questions, comments, submission of articles, or subscription information, write to Messenger Editor, Yukon-Kuskokwim Health Corporation, P.O. Box 528, Bethel, Alaska 99559; or call 907-543-6036. E-mail: publicrelations@ykhc.org

The Messenger is also available for download on our website at www.ykhc.org/messenger. Please ask permission to reprint articles or pictures.

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ATTENTION: If you speak Yup'ik, free translation services are available to you. Call 907-543-6603.

YKHC BOARD OF DIRECTORS

Elected by the Tribal Councils of each of the 58 federally recognized Tribes in the YKHC service area, the Board of Directors is the chief policy-making body of the corporation, exercising overall control, management and supervision.



Chris Larson,
 Napaskiak
 Honorary Board
 Member

Unit 1



Mary Ayunerak
 Alakanuk



Sara T. Prince
 Kotlik

Unit 2



Geraldine Beans
 St. Mary's



Gloria George
 Mtn. Village

Unit 3



Margaret Mute
 Upper Kalskag



Mary Willis
 Stony River

Unit 4



Danielle Epchook
 Kwethluk



Mike Williams Sr.
 Akiak

Unit 5



Stanley Hoffman Jr.
 Bethel



Alton Alexie
 Bethel



Walter Jim
 Bethel



Alice Maxie
 Napaskiak

Unit 6



Sam Tinker Sr.
 Kasigluk



Adolph Lewis
 Kwigillingok

Unit 7



Simeon John
 Toksook Bay



James Sipary
 Toksook Bay

Unit 9



Patrick Tall
 Chevak



John Uttereyuk
 Scammon Bay

Unit 10



Darren Cleveland
 Quinagak

Unit 11



Rebecca Bostrom
 Grayling

Message

from Interim President/CEO
Patricia (Patty) Smith

I would like to begin by expressing my gratitude to Dan Winkelman for his 25 years of service to YKHC. It has been a privilege to work alongside Dan, and I am deeply appreciative of the advancements he helped bring to healthcare throughout our region. His leadership and commitment have made a lasting impact on the Yukon-Kuskokwim region and the people we serve.

For those I have not yet had the opportunity to meet, my name is Patricia “Patty” Smith. I am an Alaska Native and an ONC Tribal Member. I was born a Samuelson—granddaughter of the late Sam Samuelson and Delores Isaac, and daughter of the late Kim Jenkins. I have been married to Daryl Smith of Kalskag for 27 years. Daryl is a captain with Lynden Air Cargo, and together we have two sons, Seth and Joseph.

December 2026 marks 30 years since I began my career at YKHC. Most recently, I served as the Vice President of Outpatient Care and Village Health, overseeing outpatient services in Bethel and across the YK region. I want to thank the YKHC Board of Directors for placing their trust in me to lead our organization during this period of transition.

YKHC is currently conducting a national search for our next President/CEO in partnership with the professional search firm Pearl Meyer. We anticipate this process will take approximately 3–6 months.

Even as we navigate this transition, our momentum remains strong. We continue to move forward guided by our vision: “Through Native self-determination and culturally relevant health systems, we strive to be the healthiest people.” With that vision in mind, I’d like to share several important updates:

Elders Home expansion: We were recently awarded the Joint Venture Construction Project from the Indian Health Service to expand our Elders Home in Bethel. This project will increase capacity from 18 to 36 beds—doubling our ability to keep Elders close to home when they can no longer safely remain in their own homes. The need is great, and we are excited to partner with IHS on this effort.

New village clinics: Later this summer, we will celebrate the grand openings of two new village clinics in Lime Village and Stony River. Oscarville’s new clinic is also nearing com-

pletion, with an expected opening this fall. These facilities will provide safe, modern clinical space for care in their communities.

Rural Health Transformation

Projects: YKHC submitted 19 letters of intent to the Rural Health Transformation Program and has been invited to submit full applications for 10 of these projects. Proposed initiatives include strengthening the rural health workforce, expanding diagnostic imaging access through MRI technology, and bringing psychiatric care closer to home in the YK region.

I am also proud to share that our hospital was recently recognized as the only 5-star hospital in Alaska by the Centers for Medicare & Medicaid Services, as reported by Becker’s Hospital Review on May 13, 2026. This recognition reflects far more than a rating—it represents the dedication of our employees, providers, and leadership teams who work every day to deliver safe, compassionate, high quality care in one of the most remote and challenging healthcare environments in the country.

Most importantly, it reflects the trust our customers place in us. We are deeply grateful to our patients, families, Tribal partners, and communities for allowing us to care for you and your loved ones. This achievement belongs to all of us. While we celebrate this milestone, we remain committed to continuous improvement, innovation, and ensuring access to nationally recognized care close to home.

Quyana for your trust, your partnership, and the opportunity to serve.



Patricia (Patty) Smith
Interim President/CEO

A handwritten signature in black ink that reads "Patricia Smith". The signature is written in a cursive, flowing style.

YKHC HOSPITAL RECEIVES HIGHEST CMS STAR RATING



YKHC's hospital has been awarded a 5-Star Hospital Quality Rating from the Centers for Medicare & Medicaid Services (CMS). This is the highest star rating CMS offers and places the YK Delta Regional Hospital among the highest-performing in the nation. Only 12% of hospitals nationwide received a 5-star rating in 2026. YKHC is the only organization in Alaska to receive this rating.



CMS awards star ratings based on performance across five major categories: mortality, safety of care, readmission, patient experience, and timely and effective care. These measures evaluate how well the organization cares for patients, prevents complications, communicate, and respond to medical needs. CMS based the 2026 rating on data from July 1, 2021 through December 31, 2024.



For customers, this 5 star rating affirms that YKHC is delivering care that meets rigorous national standards while honoring the needs of the people and communities they serve.



To our employees, this achievement recognizes the strong, consistent work being done by frontline caregivers, village health teams, support staff, and leaders across the organization to support safe, effective and compassionate care for our customers.



In her announcement to staff, Interim President and CEO Patty Smith credited staff throughout the region for their contributions. "I want to extend my sincere gratitude to each of you personally for your hard work, professionalism, and commitment to our mission," wrote Smith. "You have helped demonstrate that world-class healthcare can be delivered right here in Alaska, serving some of the most remote communities in the country."



As we celebrate this milestone, we also recognize that our work continues. We remain committed to keeping customers as the center of everything we do and to using our Angyaq Quality System to continually improve the quality of care we provide.



More details about YKHC's 5-star rating can be found at <https://www.medicare.gov/care-compare>.



CONFERENCE UNITES PARTNERS TO ADDRESS OPIOID TREATMENT

The use of opioids and stimulants like methamphetamine impacts the Yukon Kuskokwim region, affecting individuals, families, and entire communities.

At a two-day event in April, YKHC's Behavioral Health department brought together a cross-section of people and organizations interested in ways to offer support and treatment to those affected by opioid misuse.

This event was centered around the theme "A new restart: Hoping for a good future / Ayagniqigcaraq nutaraq: Ciunerkaq assilria neryuniurutekluku".

More than 100 people attended in person each day, and about 30 people joined daily on Zoom. Attendees included community members, medical providers, behavioral health staff, tribal organizations, tribal leaders, YKHC board members and representatives from multiple organizations, including the State of Alaska Office of Children's Services, probation and parole, school districts, and the Bethel Family Clinic.

The goal was to learn together, share information, and build stronger strategies to address substance use and support healing.

The event included a variety of sessions

- Staff from the Alaska Native Tribal Health Consortium shared statewide and regional data showing that Alaska is among the top three of 43 states for emergency room visits caused by unintentional overdoses from opioids and fentanyl.
- Presenters from the Opioid Response Network talked about the need for better education for healthcare providers

and stronger teamwork between medical and behavioral health programs.

- YKHC providers shared how substance use affects families and talked about ways to help family members heal and encourage their loved ones to seek treatment.
- Consultant Sam Garcia led a training on Naloxone, a medicine that can reverse an opioid overdose.
- Participants also discussed the importance of peer support specialists—people with lived experience who can guide and support others in recovery. The group explored ways to train more peer support workers from the YK region so families can learn from people who understand what they are going through.

Participants said they would like to see this conference to happen every year. They also asked for more education in schools and communities, and for regular talking circles to help individuals and families get support and begin healing. The rise in opioid and meth use affects not only the person using these substances—it affects their whole family and the community.

The conference ended with a sense of hope. By working together, sharing education, and supporting both individuals and families, participants believe the region can make progress in reducing substance use and helping people heal.

Many left feeling encouraged that, with continued partnership, the YKHC region can move closer to becoming one of the healthiest places to live.



YKHC's Opioid Treatment conference brought together providers, community members, and leaders for a two-day conference focused on strengthening culturally-grounded responses to substance use in the YK region.



YKHC Behavioral Health team provide information on services available for communities and individuals.

HOME TESTING CAN HELP CATCH COLORECTAL CANCER

Colorectal cancer is the second leading cause of cancer-related deaths in the U.S.—and Alaska Native people are 2.5 times more likely than the average population to get this type of cancer.

Luckily, colorectal cancer is detectable, preventable, and usually treatable—if you catch it early. Colorectal cancer often has no symptoms, so it is especially important that you get checked (screened) at the right time even if you feel perfectly healthy.

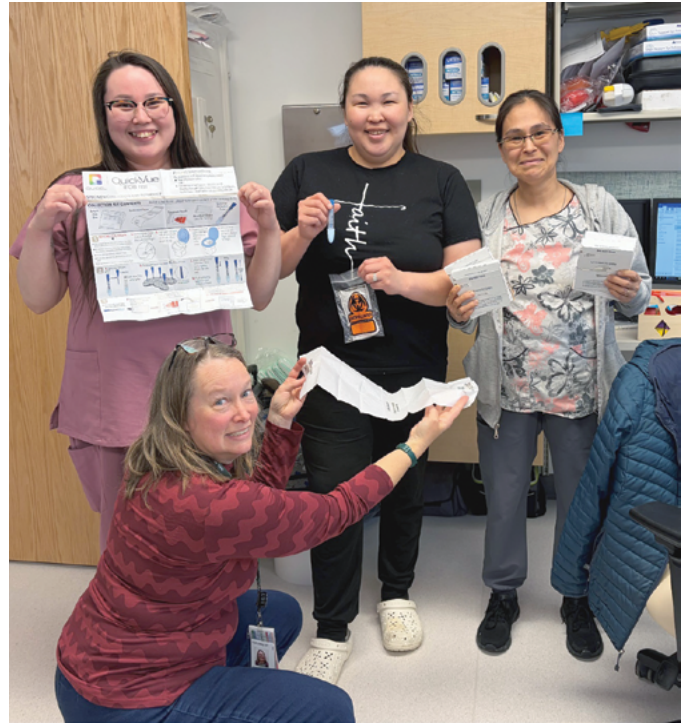
If you're Alaska-Native and over age 40, or non-Native and over 45, or have a family history of colorectal cancer, you have several options for getting screened for colon cancer.

One of the simplest options is the immunological fecal occult blood test (iFOB, also called a FIT test). Eligible patients can complete an iFOB test, which requires a small stool (poop) sample that can be collected at home or in your clinic's bathroom. The test looks for blood in the stool, which may be an early sign of cancer.

The clinic staff in Quinhagak recently reviewed the content of an iFob kit to help make sure they can support patients in understanding how to do this important test.

In the photo, you can see everyone taking part in each piece of the process.

- Ashely is holding the instructions, which have straight-forward images and directions on how to collect.
- Dr Lowrey is holding the paper that attaches to the toilet bowl to catch the stool for sampling. No mess made!
- Krystin is holding the specimen tube. The probe in the tube has grooves to collect the stool specimen by poking it into the stool sample. (Your health aide can give more details on these steps.) The tube has liquid to preserve it in transport. Gloves are provided for protection.
- Josephine is holding the cardboard mailing kits. Just follow the instructions and remember to label the tube and the box with name, date of birth, date of collection and time. This is a time-sensitive test and needs to be brought back to the village clinic to be sent back to Bethel lab as soon as possible.



(Top to bottom, left to right): Ashley Forbes, CHA, Krystin Peter, CHA, Josephine Henry, CHP and Dr Lowrey pose with the components of the at home testing kit.

To help you remember to complete this test, the team suggests keeping the kit in the bathroom so it's ready when you are.

If you turn in your iFob test, you will get the results in 7-10 days. A negative or normal result means you are good for one year. A positive or abnormal result means you need further testing.

To learn more about other options for colorectal cancer screenings, visit <https://www.ykhc.org/colorectal-cancer-awareness-month-at-ykhc/>.

Screening for colorectal cancer gives peace of mind—
and could save your life. Keep our communities healthy.

Let's get screened!

BRINGING BREAST CANCER SCREENING TO SRCs THIS SUMMER

This summer, our mobile mammography unit—affectionately called “Sophie”—is returning to subregional clinics, making it easier than ever to stay on top of your health.

Sophie, along with a mammographer and support staff, will visit each of our sub-regional clinics (SRCs) on the following schedule:

- Aniak, June 29–July 2
- St. Mary’s, July 13–17
- Emmonak, July 27–31
- Hooper Bay, Aug. 10–14
- Toksook Bay, Aug. 24–28

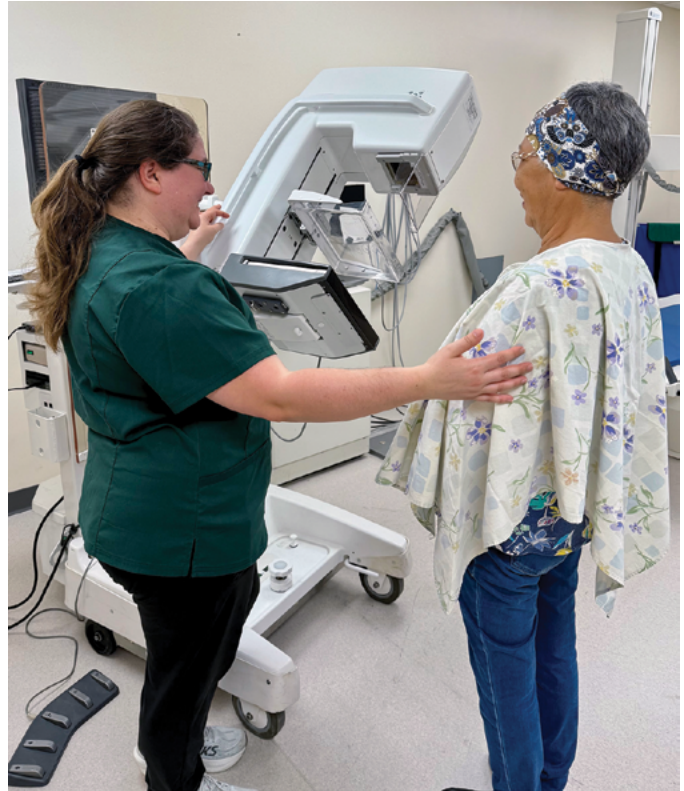
When it comes to breast cancer, early detection can make all the difference. Regular screening is one of the most effective ways to catch breast cancer early—when treatment works best. For most women, screening starts at age 45 and continues every two years. However, based on your personal or family history, your provider may recommend starting earlier or getting screened more frequently.

Contact your local SRC for more information about scheduling your screening appointment.

Mammograms in Bethel

In Bethel, our in-house mammography unit offers advanced breast imaging, including 3D mammograms (digital breast tomosynthesis), which provide clearer images, especially for women with dense breast tissue or higher risk factors. YKHC’s mammography services are fully accredited by the American College of Radiology, which means they meet the highest standards in image quality, staff qualifications, and patient care.

If you’re over 45, not experiencing breast symptoms, and it’s been at least a year since your last mammogram, you have options. Call the Women’s Health Case Manager at 907-543-6557 to schedule, or contact the imaging team at 907-543-6998 for same-day availability. If you have new



YKHC’s mobile mammogram machine is scheduled to visit each SRC this summer, helping bring care closer to home for our customers outside of Bethel.

breast symptoms or concerns, don’t wait—schedule a visit with a YKHC provider.

Early screening saves lives. Get screened—and encourage someone you love to do the same.

YOUR FEEDBACK ABOUT YOUR VISIT IS IMPORTANT TO US

If you have been seen or admitted at YKHC, you may receive a text, email or phone call within two weeks of your visit from an outside company, Press Ganey, asking you to take a survey about your experience. The survey will not ask for any health or finance related information. Responses are anonymous.

If you are contacted, please take the time to respond to the survey.

It helps us know how we are doing and what we can do better.

If you would like to provide feedback directly to YKHC in order to receive a reply to your comment, please fill out a comment card, which can be found at clinics and in the hospital, or email us at customer_feedback@ykhc.org.

YKHC RECEIVES INDIAN HEALTH SERVICE JOINT VENTURE CONSTRUCTION PROGRAM AWARD TO EXPAND YK ELDERS HOME

YKHC has been selected by the Indian Health Service (IHS) to participate in the IHS Joint Venture Construction Program (JVCP) to expand the YK Elders Home, the region’s only long-term care facility.

This means YKHC will have the opportunity to enlarge and update the YK Elders Home in Bethel from 18 to 36 beds, allowing twice as many elders who need skilled nursing care to remain in their home region. Consistent with the process that governs projects of this type, the projected timeframe for groundbreaking is two to five years.

“With alternative long-term care services hundreds of miles away and virtually inaccessible to both elders and their family members, this project is a top priority for YKHC,” said Darren Cleveland, Chairman of YKHC’s Board of Directors. “This expansion will benefit our entire region and make it easier for elders to stay connected to their traditional ways of life and to their families, friends, and communities.”

“We are grateful YKHC emerged from this national, competitive process as one of the top applicants, and we look forward to partnering with the IHS on this important and much needed initiative. This project will expand access for our elders to the culturally-relevant support they deserve, as close to home as possible,” said Patty Smith, YKHC’s Interim President and CEO. “I would like to thank our Board of Directors for their leadership and commitment to this endeavor. This is a perfect example of what our mission looks like in action, ‘Working Together to Achieve Excellent Health.’”



Dancers and other local groups bring local music into YK Elders Home.



The YK Elders Home offers skilled nursing care to residents, allowing elders to receive the culturally-relevant care they deserve.

The cost for the project is currently estimated to be approximately \$66 million and is anticipated to add 30,000 square feet to the current 49,000-square-foot facility.

“Having the Elders Home expansion project selected is an honor,” said Deanna Latham, Vice President of Support Services. “We are grateful to everyone involved, including the IHS and our teams at YKHC, Bettisworth North and Forvis Mazars (formerly known as The Innova Group).”

Under a JVCP agreement, a federally recognized Tribe or Tribal Organization funds the acquisition or construction of a healthcare facility that meets IHS standards. In exchange, the IHS will request that Congress fund a portion of the staffing and operations of the health care facility. In 2016, YKHC reached a JVCP agreement to build the new Yukon-Kuskokwim Delta Regional Hospital, which was completed on time and under budget in 2021.

The Elders Home has a proven record of providing high quality care over the past 12 years, having received a fourstar rating from the Centers for Medicare & Medicaid Services FiveStar Quality Rating System and being recognized with statewide quality awards.

CHANGE OF LEADERSHIP AT YKHC

In April, Dan Winkelman stepped down as President and CEO of YKHC, a position he has held for 12 of his 25 years at the corporation.

“On behalf of the Board and our leadership team, we want to express our gratitude for Dan’s 25 years of service to our Tribal health organization and his commitment to the health of the people in our region,” said YKHC Board Chair Darren Cleveland.

Under Dan’s leadership YKHC has invested more than \$500 million in healthcare infrastructure around the region, including building the new hospital in Bethel, the Qavartarvik Customer Lodge and dozens of new village clinics. The organization adopted a structured, rigorous approach to continuous improvements to quality and safety that always puts the patient first. Dogidinh Dan!



On Dan’s last day in the office, staff gathered to thank him for his years of service and wish him well on future endeavors.

TRIBES AND YKHC LEADERS SET PRIORITIES AT TRIBAL GATHERING

On Feb. 25 and 26, delegates from across the Yukon-Kuskokwim region gathered with YKHC Board of Directors and YKHC leaders at YKHC’s Tribal Gathering in Bethel to review YKHC’s progress on our Napartet Strategy and help identify healthcare priorities for next year.

We appreciate everyone who took time to travel to Bethel and work with us as we continue to administer a comprehensive healthcare system throughout 58 rural communities with a mission of Working Together to Achieve Excellent Health.

Tribal Gathering takes place during the first part of each year. Tribal offices receive invitations by U.S. mail, email, and phone. YKHC encourages all tribes to register their delegates when registration opens for the 2027 Tribal Gathering later this year.



Delegates from across the region came together to discuss successes and challenges at YKHC’s Tribal Gathering.

BOARD OF DIRECTORS VISITS LIFEMED ALASKA

In March, the YKHC Board of Directors visited the LifeMed offices and hangar in Anchorage, meeting with leadership, learning more about the service and reaffirming its importance to the people of the YK region.

YKHC strives to provide the best care for our customers and ensure access to a higher level of care whenever necessary. In pursuit of this goal, we co-own and operate LifeMed Alaska, which provides safe, high quality medical transportation for our patients from their communities to advanced care.



YKHC Board of Directors and LifeMed staff at the hangar in Anchorage.

Capital Projects Update

January - April 2026



Program Accomplishments

Tuntu Apartments:

- Design team completed substantial completion inspections on floors 2-4.
- Contractors working through punch-list corrections.
- Plumbing fixtures are now installed on all floors.
- Testing and balancing of the HVAC is complete.
- Kitchen appliances have been installed in all apartment units.
- Wires for exterior lighting and headbolt heaters have been run.
- Fire pump and backup generator were started up and staff were trained.
- Heat piping and ductwork insulation is near completion.
- Mechanical and electrical equipment are being checked and set up to ensure everything runs properly as part of the commissioning process.



Fire pump training and testing



YKHC installing refrigerators and ranges

Village Clinics:

- **Stony River Village Health Clinic:** Final inspection completed; deck/ramp, IT and medical equipment installation by July; Grand Opening late summer 2026.
- **Anvik Village Health Clinic:** Exterior construction, water/sewer tie-in by mid-July; IT and medical equipment installation August; Grand Opening end of summer 2026
- **Oscarville Village Health Clinic:** Boardwalk/utilities, exterior, IT and medical equipment installation by August; Grand Opening end of summer 2026.
- **Lime Village Health Clinic:** Construction and final inspection complete; IT and medical equipment installation in July; Grand Opening scheduled for late summer 2026.
- **Mertarvik Village Health Clinic:** Foundation/civil work begins in June after first barge, followed by construction.

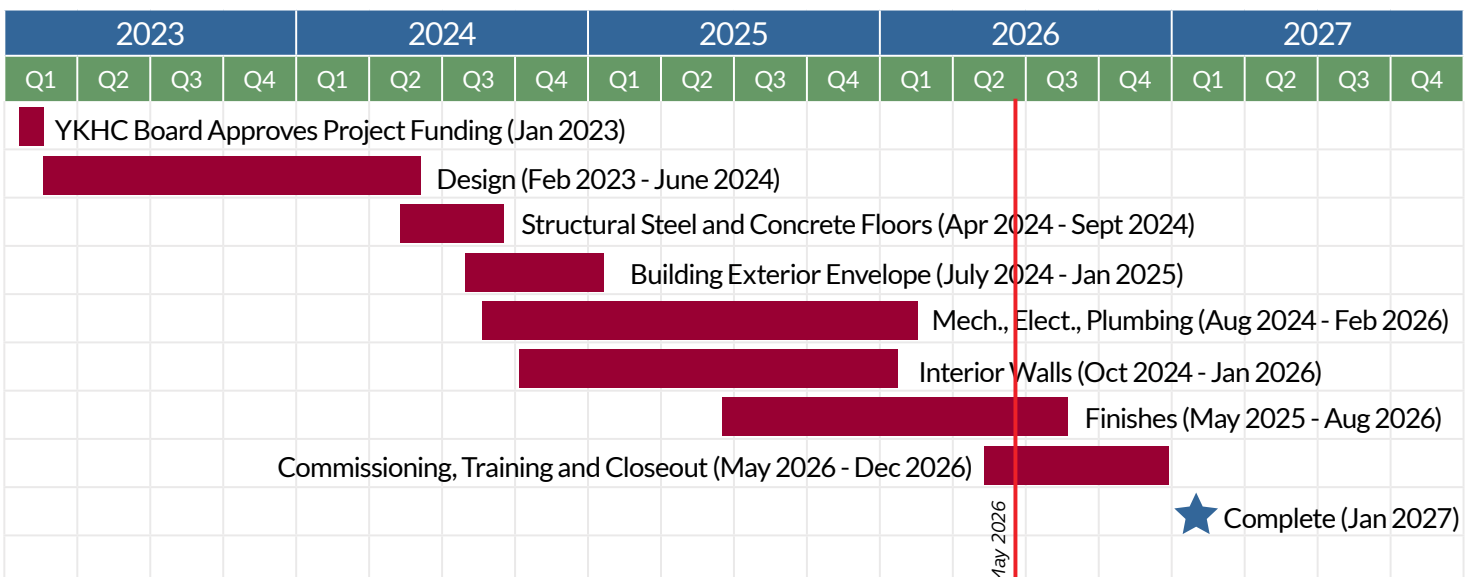


Lift station building, generator and fuel oil tank at maintenance deck



Water heaters for all units are running

Tuntu Apartments Project Schedule





Anvik Health Clinic



Oscarville Health Clinic



Stony River Health Clinic



Tuntu Apartments: Exit stairway showing floor accent colors



Tuntu Apartments - Main entrance vestibule



Tuntu Apartments - Covered side exits/entrances

STAY SAFE ON THE WATER!

We love to be out on the river with family, seeking fish and fun. The water may look calm and peaceful – but a river has a wild side you don't always see at first glance.

Knowing what to watch out for can make all the difference to your safety. So before you head out, make sure every person on the boat is buckled into their life jacket and prepared for these river hazards.

- **Currents** are strongest over the deepest part of the channel. Currents are stronger during and immediately after rain; water levels may also rise dramatically during this time. This affects the boat's speed and direction and may overpower the boat. Traveling upstream takes more fuel and time. Strong winds against currents and incoming tides can create turbulence.
- **Sandbars** can form on the inside of a bend, where two rivers join, near river mouths, and where water flow changes from rapid to slow. Sandbars, along with floating or submerged debris and rocks, can cause grounding, capsizing, being thrown from the boat, and damage to the lower engine, prop, and hull.
- **Strainers**, also known as sweepers, are obstructions in the water that allow water to pass through (e.g., trees, branches, and fences) but are known hazards for boaters. These may cause boats to capsize or damage the lower engine, prop, and hull.
- **"Widow makers"** are tree trunks extending over the river, near or at high water, due to a collapsing riverbank. Be prepared for trees to fall from a bank in front of you, especially when the current is behind you. Widow makers can sweep people out of the boat, trap the boat and/or people, and capsize the boat.
- **Floating logs and debris** are common, especially after floodwaters recede following spring break up.
- **Maintain control** of the boat at all times while operating it. Drive at an appropriate speed—enough to maintain steerage, but slow enough to see ahead and respond to unexpected situations. Look ahead and plan your route.
Take action in time; currents can sweep you into hazards. Expect the unexpected.



Smile and buckle up those life jackets to make any trip on the river safer.

a-

YK region residents can buy life jackets and other safety gear at the Safety Store in the hospital. Shipping is free to villages. Call 907-543-6556 or email SafetyStore@ykhc.org.

RECIPES

Berry Spritzer with Spruce Tips



Ingredients

- 1/4 cup berries, smashed
- 1 small spruce tip, crushed
- 1 can unflavored sparkling water
- ice cubes

Preparation

1. Add smashed berries and spruce tip to a glass.
2. Pour in sparkling water and stir.
3. Add ice cubes, stir and enjoy.

Recipe compliments of YKHC Diabetes Prevention and Control



Rhubarb Berry Muffins

Preparation

1. Preheat oven to 375°F.
2. Mix eggs, applesauce, and vegetable oil in large bowl.
3. Combine flour, oatmeal, baking powder, cinnamon, and salt in another bowl.
4. Add flour mixture to egg mixture and mix together.
5. Stir in berries and rhubarb.
6. Grease muffin tins with cooking spray.
7. Pour muffin mixture into tins.
8. Bake at 375°F for 20-25 minutes. For mini-muffins, reduce cooking time to 13-15 minutes.

Ingredients

- 2 eggs
- 3/4 cup unsweetened applesauce
- 1 tablespoon vegetable oil
- 1/2 cup whole wheat flour
- 1/2 cup oatmeal
- 1 tablespoon baking powder
- 2 teaspoons ground cinnamon
- 1 pinch salt
- 3/4 cup berries
- 1/4 cup rhubarb, chopped
- cooking spray

Adapted from Foods We Alaskans Enjoy; anthc.org

UNDERSTANDING MEDICAID RULES FOR ESCORTS

When it is medically necessary for safety or to receive care, Medicaid will pay for an escort to travel with a patient to an appointment.

The role of an escort is an important one! Escorts are responsible for assisting the patient with travel and any daily tasks with which they need assistance.

If you need an escort – or act as an escort – be sure to review the guidelines below now so you are prepared for your next trip.

Escorts must be approved in advance and follow the guidelines outlined below. These guidelines are established by Medicaid and cannot be changed by YKHC.

- The escort must be physically and mentally able to transport or assist with all care related to the patient. This includes pushing, pulling, lifting, helping the patient in and out of aircraft, assisting with a wheelchair, supporting personal hygiene needs of the patient and other help as needed.
- The escort is required to always stay with the patient and provide all required care, including eating, bathing, walking or anything else person safe and cared for
- If a person has been approved by Medicaid for their own escort, they cannot act as an escort for another patient for any reason. If the person wants to be an escort for a patient, they will need to see a medical provider and have their own escort requirement removed.
- If an escort abandons the patient, Medicaid may suspend the escort.
- Escorts cannot bring lap children.
- If patient is admitted, the escort must stay with the patient or contact travel to return home.



An escort's support ensures patients can travel safely to the care they need.

- Any escort suspended by Medicaid will also not be eligible to serve as an escort on any YK Pay travel.

Thank you for taking a moment to review these guidelines and helping keep every trip safe and smooth for the patient and escort.

Learn about Purchased and Referred Care program.

If you need medical care outside of Indian Health Services or Tribal facilities, you'll want to be familiar with ANTHC's Purchased and Referred Care (PRC) program. PRC may help pay for outside care if you meet eligibility requirements and get proper referrals.

Learn more at www.ykhc.org/prc.

REFILL YOUR PRESCRIPTION BEFORE YOU RUN LOW!

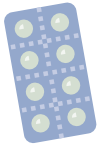
Refilling your prescriptions early helps you avoid gaps in your medication and keeps your health on track.



Request your refills before you need them!

7-10 days in advance: To have your prescription shipped directly to your mailbox.

5-7 days in advance: For pick up at Bethel pharmacy.



Many prescriptions qualify for a 90-day supply.

This helps you cut down on refills! Ask us if yours is eligible.



You can request refills by phone or through MyYKHealth.

By phone: Call 907-543-6988 or 877-543-6988

- **Easiest option:** Use the automated refill option. You just need your **prescription number** from the label.


- **Or leave a voicemail with:**

- » Full name
- » Date of birth
- » Prescription number or medication name
- » Phone number
- » PO Box # and village (for shipping) or pick up in Bethel

Through MyYKHealth:

- From the main menu, select Health Record > Medications.
- Select your prescription and then the Refill/Renew button.

Where to find your **prescription number**

	YKHC Pharmacy 700 Chief Eddie Hoffman Hwy, Bethel, AK 99559	907-543-6988
		116534
	Rx # 6209064n	
	LAST, FIRST NAME PO BOX BETHEL, AK 99559	
	TAKE 1 TABLET BY MOUTH ONCE DAILY	
	Atenolol 25 mg Tab Teva	
		#90 TABLET
	Roll, Elizabeth J	03/13/2026
	Use Before: 02/12/2027	Fills Rem: 3 @ 90 until 02/26/2027

- Do not take other medications without your doctor's advice.
- Do not skip doses or discontinued unless directed by your doctor.
- ▽ May cause dizziness or drowsiness.
- Medication may impair your ability to drive or operate machinery. Use care until you know how it affects you.
- Round White 787/93



YKHC pharmacist staff are always available to help with your medication needs.



By enrolling in Medicaid, Medicare, or private insurance, you make it possible for YKHC to receive reimbursement that directly strengthens the care you receive.

Our enrollment experts can help you apply. Call us at 833-543-6625, option 4.