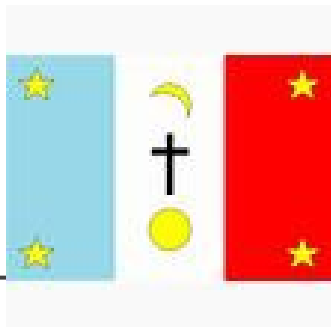


EL RIO

HEALTH



El Rio Community Health and Pascua Yaqui El Rio

Presented by Katherine
Aparicio, D.O.

Medical Director for Pascua
El Rio and Same Day Clinic
at Congress



EL RIO
HEALTH

El Rio Community Health Center- Introduction

**Patient Centered Medical
Home** – El Rio provides world
class, integrated, primary health
care.

EL RIO

HEALTH



What type of Services does El Rio Provide?

- Primary Care
- Behavioral Health
- Dental
- Gynecology and Obstetrics
- Midwifery
- Addiction Services
- Wellness programs that are free to our members

Other Services at El Rio



- Pharmacy
- Lab
- Xray and ultrasound
- Financial Wellness classes
- Legal services
- Specialists in Immunology
- Nutrition services
- Transgendered Medicine
- Vaccinations (appt and walk in)
- Physical Therapy
- Medical Acupuncture
- Osteopathic Manipulation
- Community Health
- Access to 24 hour nurse triage line
- Access to your records 24 hours per day in Mychart
- WIC
- Lactation specialist

Locations and appointment types



- Has many locations throughout the city of Tucson
- Flexible early morning and evening and Saturday appointments
- Telehealth appointments
- <https://www.elrio.org/for-patients/locations/>

Want to establish care at El Rio?



- In order to establish care, please call **520-670-3909** to set up a new patient appointment.
- El Rio accepts all major insurances, Yoeme Managed Care, AHCCCS plans including American Indian Health Plan



Plan ahead... Make your first appointment today

- It is a good idea to get established with El Rio **before there is an urgent event.**
- Visit the eligibility office (some need appointments) if unsure of insurance or coverage prior.
- Documents needed include last two paystubs (for one month), photo ID and W2, quantity of people living in your home but other documentation may be needed for your appointment with Eligibility.

Other information for those struggling to find insurance

- For El Rio services, **no one is denied care based on inability to pay**
- If not eligible for an AHCCCS plan, and if Self-pay, we can refer to a CHA (community health advisor) for assistance and options for self-pay care beyond El Rio's scope of services.
- CHAs will also be assisting in any SDOH (social determinants of health) barriers patients may be facing.

2021 Sliding Fee Scale Program	
0% - 100%	\$15 Nominal Fee
101% - 133%	\$26
134% - 150%	\$30
151% - 175%	\$40
176% - 200%	\$50
Dental	
0% - 100% FPL	\$25 Nominal Fee + 50% Discount on Lab
101% - 133% FPL	50% Discount
134% - 150% FPL	40% Discount
151% - 175% FPL	30% Discount
176% - 200% FPL	20% Discount
Over 200% FPL	No Discount
Ryan White Program	
0% - 100% FPL	\$0
101% - 200% FPL	Up to a 5% charge of gross annual income
201% - 300% FPL	Up to a 7% charge of gross annual income
301% FPL & UP	Up to a 10% charge of gross annual income

Programa de escala móvil de tarifas de 2021	
0% - 100%	\$15 Tarifa nominal
101% - 133%	\$26
134% - 150%	\$30
151% - 175%	\$40
176% - 200%	\$50
Dental	
0% - 100% FPL	\$25 Tarifa nominal + 50% Descuento en laboratorio
101% - 133% FPL	50% Descuento
134% - 150% FPL	40% Descuento
151% - 175% FPL	30% Descuento
176% - 200% FPL	20% Descuento
Over 200% FPL	No Descuento
Programa Ryan White	
0% - 100% FPL	\$0
101% - 200% FPL	Hasta un 5% de cargo de ingreso bruto anual
201% - 300% FPL	Hasta un 7% de cargo de ingreso bruto anual
301% FPL & UP	Hasta un 10% de cargo de ingreso bruto anual

Please speak to our eligibility department if more questions about coverage

<https://www.elrio.org/sliding-fee/>

In Event of an Emergency, call 911 or go to an emergency room. Otherwise...



- If Urgent, acute health problem, or unsure if an emergency, can call 520-670-3909 and ask to speak with a triage nurse
- El Rio does not have an emergency room
- There is phone nurse triage available 24-7

Introduction to Pascua El Rio

EL RIO
HEALTH



- El Rio serves as primary care services for Pascua Yaqui
- El Rio Pascua Clinic is located within the Pascua Yaqui Tribe Health Department building Hiaki Hitevi Kari



EL RIO

HEALTH

Pascua Yaqui Health Department
and Health Services

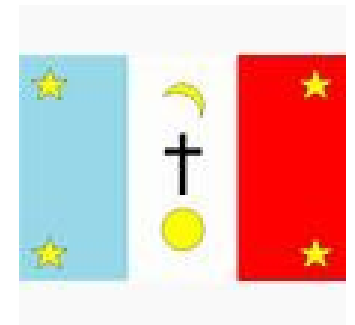
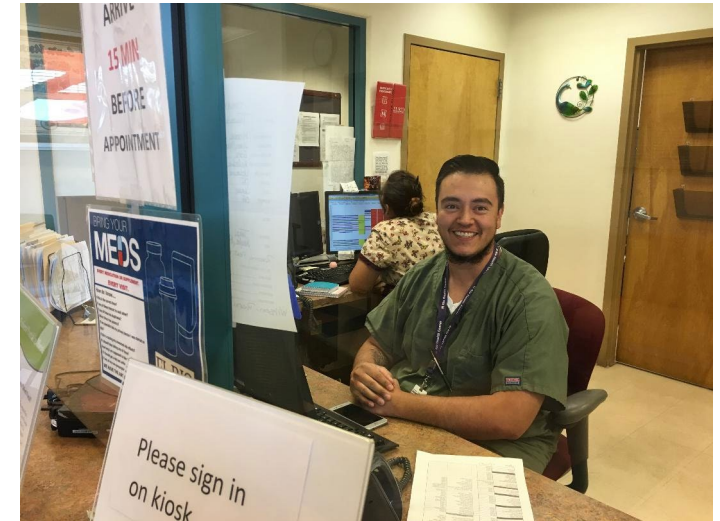
7490 S. Camino De Oeste

- El Rio Location is in the Health Department



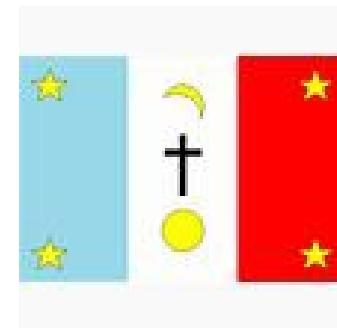
Pascua El Rio Need to know

- Have to be Yaqui tribal member to go to Pascua clinic (520-879-6000)
- Can also qualify if Pascua Tribal member dependent
- Please call 879-6000 to speak with tribal membership services at Pascua if needing more information



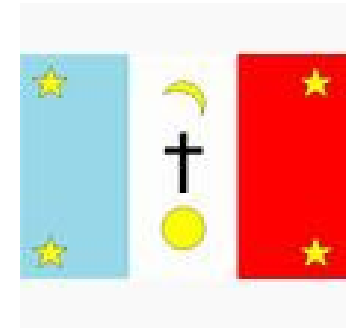
Pascua El Rio Clinic

- Stand alone primary care clinic within Pascua Reservation
- Please call 520-879-6225 as our clinic has a separate daytime phone then the rest of El Rio



PYT services

- WIC
- Physical Therapy
- Wellness center (GYM/pool/Classes)
- HIV services
- Sewa U'usim(child family)
- Transportation
- Senior housing
- Dental
- Housing
- Legal services
- Occupational training
- Hiapsi Kuakte



HIAPSI KUAKTE

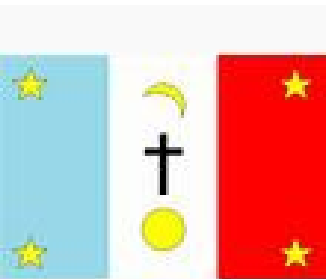


Violence Intervention Program
Pascua Yaqui Health Services Division

Sewa U'usim



- Families (children centered), community members come together to provide the guidance families may need to transition to good balance.
- **Kava'i Hitevi (Horse Healers) & Tortuga Ranch**
Includes Equine Therapy, Horsemanship Skills, Desert Planting & Harvesting and 4H Livestock & Planning.
- **Yoeme Kari Group** residential facility (YKGH)
behavioral/mental/emotional/substance abuse.



Centered Spirit –Behavioral Health Services for Pascua

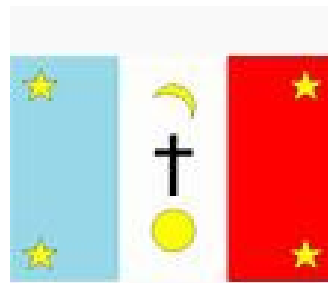


- Services include individual, couples, family and group therapy, youth life skills groups, psychiatric evaluation, and psychiatric medication follow-up.
- CSP also offers crisis evaluations for emergency situations.
- **520-879-6060 Crisis: 520-591-7206**
- 2nd smaller location at 1701 W. St. Mary's Road, #120
- Vahcom House
- Men's Path/Women's Path



New Beginnings(Methadone/Suboxone/Addiction Medicine) Clinic

Located at Pascua Yaqui Health Department
879-6003



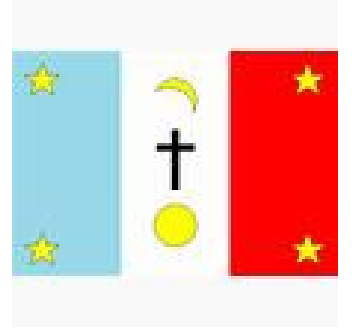
Pascua Diabetes Prevention and Treatment Program

- Hitevi Kari-Wellness program.
- Dietician Martin Smith
- Diabetes 101 classes One on one diet and health coaching
- 520-879-6202



Wellness Center at Pascua

- Is free for tribal members!
- 5305 W. Calle Torim
Tucson, AZ 85757
Phone: (520) 879-6203
Hours: Monday – Thursday: 6:00 am - 9:00 pm
Friday: 6:00 am - 8:00 pm
Saturday: 8:00 am - 5:00 pm
- <https://youtu.be/g1FGZnMGkSs>



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15-7:15		Women's Workout Boxing Cardio		Yoga 630am-730am	Boxing Cardio	
8:30-9:30				Boxing Cardio		Open Gym 8-12p.m.
10 -11:00	Open Group Training (Gym)		Open Group Training (Gym)			
11 - 12:00	Boxing Cardio	Boxing Cardio	Boxing Cardio	Boxing Cardio	Boxing Cardio	
12:00-1:00		Walk		Hitevi Kari Program (Employee)		
12:00-1:00		Fresh Air Fitness	Fresh Air Fitness	Fresh Air Fitness		
12:15-1:15			Spin		Spin	
2:00-3:00		Fun W/Fitness Beginners		Fun W/Fitness Beginners		
3:00-6:00	Boxing Class (Richey)	Boxing Class	Boxing Class (Richey)	Boxing Class	Boxing Class (Richey)	
3:30-5:30	After School Program	After School Program	After School Program	After School Program		
4:00-5:30	Powerlifting Group Training	Powerlifting Group Training	Powerlifting Group Training	Powerlifting Group Training		
430-530				Yoga		
5:00-7:00	Open Gym Boxing	Advanced Boxing	Advanced Boxing	Advanced Boxing	Open Gym (6pm)	
5:30-6:15		Spin				
5:30-6:30	Fit Kid's		Fit Kid's	Yoga Hitevi Kari Program (Community)		
6:00-7:00	Pacific Island Fitness Class	5:15-6:15pm New You	Pacific Island Fitness Class	5:15-6:15pm New You		
6:00-9:00	Open Volleyball Night	Men's Adult Basketball	Open Volleyball Night	Men's Adult Basketball		

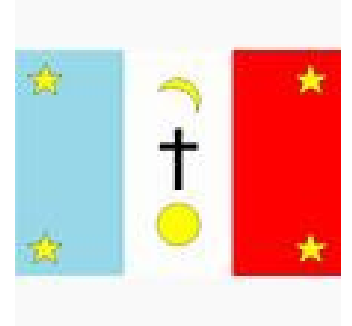
Pascua Yaqui Community nursing

Great help with following types of cases:

- COVID assistance
- Uncontrolled diabetes
- Cancer care assistance
- HIV
- Medication adherence
- Hospital discharges
- STI tracing
- **Vaccinations of Covid, Hep B, Shingrix**



Medical services on site-Specialty Clinic



The Pascua Specialty Clinic has the following services:

- Specialty Nursing Wound care
- Diabetic retinal screening (at El Rio Pascua_
- Cardiology
- Vascular
- Podiatry
- Gynecology
- Nephrology
- Rheumatology
- Hangar once monthly
- ABI can be done

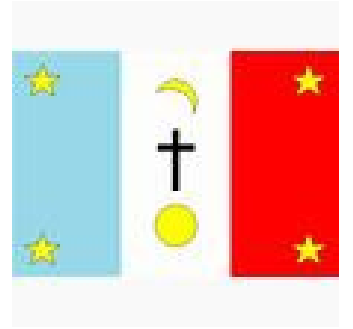


PYT Integrative medicine

- Naturopathy
- Herbs
- Acupuncture
- Nutritional Counselling/supplements
- Injection and IV therapies
- Homeopathy
- Aromatherapy and Flower therapy
- Chiropractic Adjustments/Massage
- Orthoplus treatment



Traditional Healing



- To promote Traditional Healing of the Mind, Body & Spirit.
- Traditional Healing Exchange Program.
- Traditional healers, Hitevi(s) from Yoeme Pueblos located in Sonora, Mexico on a monthly basis.
- Services provided are: deep tissue massage, stress massage, spiritual or emotional consultations, counseling, smudging, cleansing.



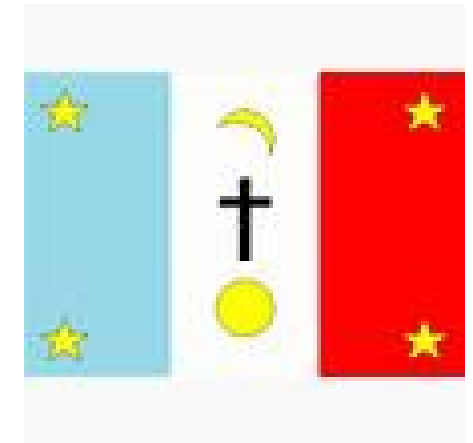
Integrative Alternative medicine /Traditional healing REGISTRATION REQUIREMENTS

- Enrolled PYT member or Employed by PYT Gov.-Casinos.
- Spouse (Heterosexual or Same-sex marriage) to an enrolled member or employee.
- Child (18 and under) of an enrolled member or employee.
- Widow(er) of a Pascua Yaqui Tribal Member.
- Common Law Partner (Heterosexual or Same-Sex partnership) of an enrolled member or employee.
- Cultural Participant of PYT.



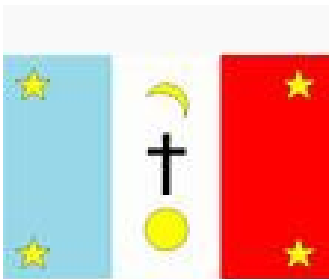
Yoeme Managed Care

- The Yoeme Health Program (YHP) is not an insurance plan
- The Program assists eligible tribal members residing in Pima County
- In order to be eligible, patient must first apply for alternate resources such as AHCCCS, Medicare and/or Private Insurance.
- Now about 25-28% of our patients are Yoeme Managed Care



Yoeme Managed Care *need to know*

- NextCare Urgent Care available under strict circumstances: visits will be covered only when referred by El Rio or after hours on weekends and holidays.
- Members of Yoeme Managed care MUST call 520-879-6380 within 72 hours of their visit to the Next Care Urgent Care, the Emergency room or if they have been transported by ambulance or their claim may be denied.



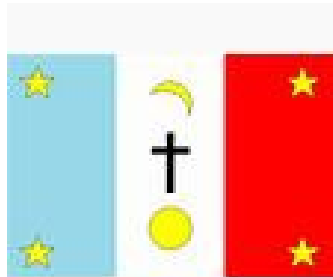
Yoeme Managed Care *need to know*

- Contacts are Rosa Rivera and Yolanda Varelas. 879-6163 if needing help to see **what is covered ahead of time**
- Who also can help with DME and STAT referrals with Yoeme members.
- Also if not Yaqui tribal member by blood quantum, please contact Yoeme Managed care if wanting to be seen in Pascua El Rio Clinic to get **permission ahead of time**



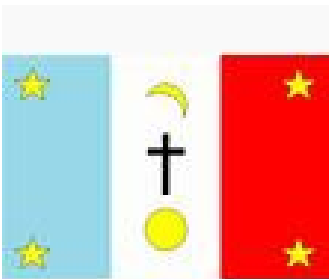
El Rio Pascua Pharmacy

- **Yoeme Health Plan members can utilize ALL of the El Rio pharmacies.**
- Pascua Pharmacy is open 8:00am to 6pm (not weekends)
- Tribal Patients with no insurance and not on YHP, may get a one time fill at the Pascua location only without payment per approval from YHP Director

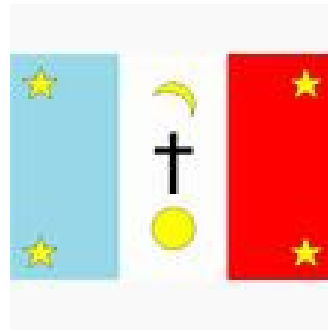


Getting prescriptions filled for our patients on discharge is ok with the following:

- **ER/Hospital Discharge**
- Northwest
- TMC
- Banner/UMC
- St Mary's
- St Josephs
- **Rehabilitation Facility**
- Encompass Health
 - Grant and Hospital Dr locations only



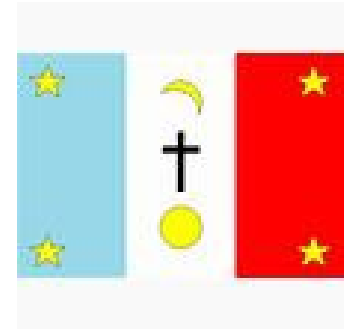
When All El Rio Pharmacies are closed, If Pascua Tribal Member...



- If Pascua Pharmacy is closed and patient is discharged, please coordinate use of Congress, El Pueblo, and Southeast pharmacies Saturdays from 8:00AM-4PM.
- If discharge occurs Sunday it is possible to use CVS, only 3 locations: at Valencia and Headley **AND** Ina and Thornydale **AND** Grant and 1st.
 - This is for active Yoeme Health Plan members only.



What can't be filled at CVS afterhours



- ADD/ADHD medications (Adderall, methylphenidate, Vyvanse, Strattera, Intuniv, etc.)
- Some psychiatric medication (contact CSP afterhours for more clarification)
- Birth Control
- Controlled substances that indicate a pain contract is in place.
- Erectile Dysfunction medications (Viagra, Cialis, Levitra, etc.)
- Isotretinoin (Accutane, Claravis, Amnestein, Absorbica, etc.)
- Specialty Medications (Humira, Orencia, Enbrel, etc.)

Summary-Many Options are available, please call us today to start planning!

- El Rio-phone is 520-670-3909
- Pascua Yaqui Tribal member and needing more info



Call 520-879-6000 to speak with Pascua Eligibility/Yo€... managed Care

- Pascua El Rio Direct phone is 520-879-6225
- Don't wait until something urgent arises



Thank you!

