

Take your spring fever to the doctor

Coast Community Health Center of Bandon Apr 21, 2017



Annual well child visits allow primary care providers to record height, weight, and other important information about young patients' overall growth and health.

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Feeling a little spring fever is a sign of good health. In fact, that itch to get out and enjoy the first sunny days of the season means it's a great time to schedule annual adult and child wellness exams.

Visits with patients, while they're healthy, is the best way for primary care doctors and nurse practitioners to evaluate patient wellness, according to the Coast Community Health Center health team. Annual exams include a variety of age-appropriate checks and screens and allow primary care providers to offer preventative tips and tools to keep patients healthy and active.

Health center staff encourage community members not to postpone wellness exams because of possible changes to federal health care funding. Benefits for 2017 health insurance policies have not changed. And, sliding scale payment is still an option at Federally Qualified Health Centers such as Coast Community Health Center.

"Here at Coast Community Health, we offer our patients a sliding fee schedule whether they have insurance or not. It's all based on income. Even though we are not a free clinic, we are here for our community

and willing to make payment arrangements,” said the health center’s clinical site manager Lynette Molini.

Questions and answers about health care access and insurance

The health center’s clinical and outreach staff have addressed a number of patient questions related to health care access.

Coast Community Health Center outreach manager Lennae Wright offers the following answers to recent questions about health insurance:

Will benefits on my 2017 marketplace policy change?

At this time, there has been no change to the 2017 marketplace exchange. Patients shouldn’t anticipate this administration, nor congress, to make any changes to the 2017 plans already purchased, according to information released by the Oregon Health Insurance Marketplace.

The Oregon Health Authority has also stated that publicly funded health programs and services are available to all Oregon residents. OHA does not limit access based on immigration status, national origin, or religion.

Will my 2017 Oregon Health Plan benefits change?

The Oregon Health Authority has reassured the public that, thanks to a five-year extension from the federal government for Oregon’s expanded Medicaid, Oregonians will continue to have access to health care through OHP.

What happens if I sign up or renew my OHP subscription mid-year?

Oregon Health Plan enrollment is open to adults and children year round. There is no special or designated enrollment period for Medicaid. If you receive a renewal notice, certified application assisters are available year round at both the Bandon and Port Orford Coast Community Health Center locations to help simplify the process of renewing your coverage. To schedule an insurance enrollment appointment, call 541-347-2529.

Preventative care is best at all ages

Primary care doctors, pediatricians and nurse practitioners like to visit with their patients, when they’re healthy, at least once a year.

Since younger patients rapidly grow and change, wellness visits are especially important for children and teenagers. Seasonal sports physicals are not a substitute for annual wellness visits. Annual exams at Coast Community Health Center include detailed personal and family medical histories and screens, explained Molini.

Providers often talk with parents about their children's sleep and nutrition, safety in the home or during physical activity, common childhood illness, and what to expect through different stages of growth. Health staff can also help families stay up to date with recommended vaccinations for children and adolescents.

Coast Community Health Center has partnered with neighborhood businesses to offer an extra reward for wellness visits. Teens and children who complete wellness exams are eligible for a monthly drawing for gift certificates redeemable at businesses throughout Coos and Curry counties.

For information about appointments, or new patient registration, call the health center at 541-347-2529, or visit coastcommunityhealth.org.