

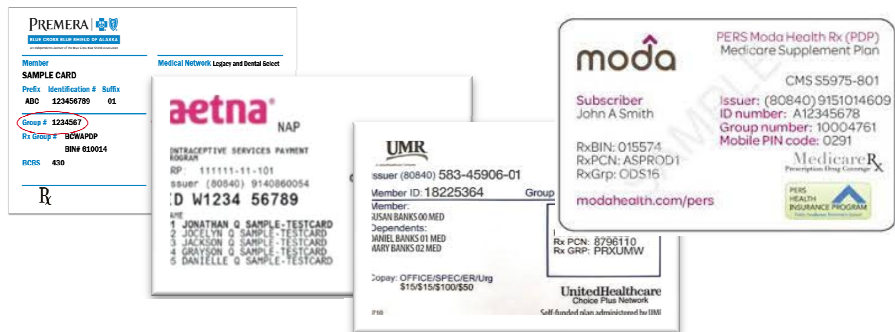


Behavioral Programs and Counseling Services
A Sub-Governmental Agency of 'The Native Village of DOT Lake'

Private Health Insurance

There are many options for you, and your family to receive health insurance or coverage, e.g.

1. Medicaid
2. Medicare
3. Veteran's Administration health benefits
4. Private Insurance through an employer or individual health insurance plans such as;
 - a. Premera,
 - b. Aetna,
 - c. UMR
 - d. Moda, etc.



5. Tribally-Sponsored Health Insurance Program (T-SHIP)

How does health insurance benefit you?

- Peace of mind knowing that you're covered in case of an emergency, or when traveling throughout the country.
- Compliance with the Affordable Care Act.
- Improves and expands services, staff, and programs to your Tribal health facility for generations to come.

Indian Health Service vs. health insurance.

Indian Health Service (IHS) is not health insurance. IHS was established through treaties, laws between Tribes and the Federal government. The Federal government has agreed to take responsibility, by providing certain rights, protections, and services to American Indians and Alaska Natives, which includes health care.

IHS is the primary way the Federal government provides health services to American Indian and Alaska Native people. However, continued underfunding for IHS, and other barriers have limited access to care for our people.

That is why having health coverage, such as Medicaid, Medicare and private insurance is important to our Tribal health system across the state, so when you receive services from IHS, they can bill your insurance program, which helps expand and improve our health services for generations to come.

Please inform our Health Benefits Specialists, if you have health insurance, so they can add it to your records.

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