

May 2025

Spotlight: Enrollment toolkit

People who have affordable health care coverage are more likely to receive care when they need it. However, for many people, the process of choosing and signing up for coverage may seem overwhelming. The [Coverage to Care Enrollment Toolkit](#) (PDF, 511 KB, 23 pp) helps make the process easier to work through.

The toolkit is intended for enrollment assisters, community partners, and others who help consumers enroll in or change their coverage plan. It explains:

- The types of available plans
- The types of available provider networks
- Coverage options for behavioral health services, prescriptions, and more health needs

The toolkit also references the tool, [Manage Your Health Care Costs](#) (PDF, 349 KB, 11 pp), which includes worksheets to track household income, spending, and out-of-pocket costs.

Additionally, the toolkit directs people to the guide, *Roadmap to Better Care*, to help them use their coverage plan's health benefits. A [tribal-specific version](#) (PDF, 3.3 MB, 27 pp) of that guide is available.



May: Women's wellness

Be a wellness warrior!

This year, you've probably already made appointments for your pets, your kids, and even your car—remember to make appointments for yourself, too.

Partner with your Indian health care provider to create a wellness plan just for you. Take charge of your health and know when it's time to schedule important appointments for breast and cervical cancer screenings and for heart and lung disease prevention.

Visit [HealthCare.gov/coverage](https://www.healthcare.gov/coverage) or call 1-800-318-2596.



Share this ad in your newsletter or on your website. For more information, please visit CMS's [Outreach and Education Resources page](#).

Post it

Take charge of your health. Call your Indian health care provider and schedule time to discuss a wellness plan just for you.

#CMSNativeHealth

CMS tribal products



Download these resources or order copies on the [tribal products ordering page](#). Please allow 2 weeks for your order to be completed.

- The [Women's Health Checklist](#) (PDF, 893 KB, 2 pp) highlights many of the preventive services needed to stay well.
- The [August 2024–December 2025 calendar](#) (PDF, 12.9 MB, 42 pp) features resources to help American Indians and Alaska Natives take steps toward better control of their health. The May 2025 page features Women's Health Care Month.

Health observances

May is Mental Health Awareness Month

The Substance Abuse and Mental Health Services Administration's (SAMHSA) [988 Suicide & Crisis Lifeline](#) is available any time, any day for mental health support.

During Mental Health Awareness Month, help prevent suicide by reminding people they can call or text 988 as needed. Also, let people know that 988 counselors do not ask for payment or insurance information.

Relevant resources to promote 988 include:

- [SAMHSA's 988-branded social media images of American Indians and Alaska Natives](#)
- [Sac and Fox Nation's 988 Tribal Response Campaign's website](#) for a public service announcement video and other information



National Women's Health Week: May 11–15

Mother's Day marks the start of National Women's Health Week, which highlights the importance of preventive care for physical, mental, social, and spiritual well-being.

During the week, encourage women in your community to schedule their next wellness visit. Also, remind them that:

- Medicaid and Marketplace plans offer coverage for wellness visits, cancer screenings, and other [preventive health services](#)
- American Indians and Alaska Natives may sign up for Medicaid or Marketplace coverage at any time

Hepatitis C awareness

May is Hepatitis Awareness Month, and May 19 is Hepatitis Testing Day. Both observances highlight the importance of screening for hepatitis, a viral infection that affects the liver.



One of the most common types of viral hepatitis in the United States is hepatitis C (hep C). When hep C is caught early, treatment is more likely to be successful. But left untreated, it may lead to liver cancer.

Help promote hep C awareness and screening by sharing [the American Indian Cancer Foundation's \(AICF\) hep C fact sheet](#) (PDF, 204 KB, 2 pp). AICF recommends hep C screening:

- At least once in a lifetime for all adults
- During each pregnancy
- Periodically for people who inject drugs

Visit [HealthCare.gov](#) for more information about health insurance coverage of hep C diagnosis and treatment.

Additional resources

NIHB's call for abstracts

May 16 is the deadline to [submit abstracts](#) to the National Indian Health Board (NIHB) for this year's National Tribal Health Conference, to be held September 7–12 in Chandler, Arizona.

Themed “Culture is Medicine; Community is Healing,” the conference will focus on:

- Health promotion and disease prevention
- Behavioral health
- Public health policy, infrastructure, and systems
- Advocacy
- Strengthening health care delivery in Indian Country

Abstracts will be considered for 75-minute workshop sessions and or 45-minute breakout sessions. NIHB will notify applicants of their acceptance status by June 30.

Funding opportunities

JHCIH summer institute scholarships

General Deadline: May 16, 5 p.m. Eastern

[View the JHCIH summer institute funding opportunity](#)

The Johns Hopkins Center for Indigenous Health (JHCIH) is offering scholarships for its 2025 summer institute, which includes the following courses:

- Indigenous Perspectives on Environmental Health – June 9–11, 9 a.m.–5 p.m. Eastern, in-person in Washington, DC, and online via Zoom
- Introduction to American Indian Health Research Ethics – June 23–27, 1–5 p.m. Eastern, online via Zoom
- Early Childhood Research in Tribal Communities – July 21–25, 1–5 p.m. Eastern, online via Zoom

Indigenous health leaders and health professionals who serve tribal communities are encouraged to apply.

Healthy Alaska Natives Foundation grants

Applications accepted on an ongoing basis

[View the Healthy Alaska Natives Foundation funding opportunity](#)

The Healthy Alaska Natives Foundation—the Alaska Native Tribal Health Consortium's charitable arm—offers grants for projects that directly impact Alaska Native people, programs, or places. Preference is given to projects focused on:

- Improved access to care
- Children's behavioral health
- Rural health care

Calendar of events

CMS ITU training

The National Indian Health Board, in partnership with CMS, will provide training to help the Indian Health Service, tribal health programs, and urban Indian health programs (ITUs) maximize their ability to access third-party resources through Medicare, Medicaid, and the Marketplace.

The training is intended for business office staff, benefits coordinators, patient registration staff, and billing and coding professionals. Registration links will be provided as they become available. Planning is in progress.

Upcoming ITU trainings by IHS Area

California: [May 20–21 in Elk Grove, California](#)

Great Plains: [June 3–4 in Rapid City, South Dakota](#)

Bemidji/Nashville: June 16–30, virtual

Navajo: July 9–10 in Flagstaff, Arizona

Billings/Portland: July 14–25, virtual

Phoenix: August 4–15, virtual

Albuquerque: August 20–21 in Albuquerque, New Mexico

Oklahoma: August 27–28 in Durant, Oklahoma

Telebehavioral health webinars

The Indian Health Service TeleBehavioral Health Center of Excellence (TBHCE) is sponsoring the following [tele-education webinars](#) for health care team members:

TBHCE webinar series, 12 p.m. Eastern

- **May 27** – Helping Psychotherapists and Prescribing Clinicians Team to Best Support the People They Serve

Child and Adolescent Behavioral Health webinar series, 2 p.m. Eastern

- **June 5** – Supporting Children with Neurodevelopmental Disorders in Community Settings
- **June 12** – Supporting Children with Neurodevelopmental Disorders in School Settings
- **June 19** – Developmental Outcomes for Children with Prematurity from Birth to Age Five Years

Program Sustainability webinar series, 12 p.m. Eastern

- **June 9** – Planning Financial Strategies for Program Success and Sustainability

Webinars on early childhood preventive care

CMS invites all interested staff from state Medicaid and CHIP programs and managed care plans, pediatric care providers, public health agencies, and other quality improvement partners to take part in [a webinar series on early childhood preventive care](#).

- **June 2**, 2–3 p.m. Eastern – Overview of the Improving Preventive Care in Early Childhood Affinity Group and Expression of Interest Process
- **June 16**, 3–4 p.m. Eastern – Addressing Barriers to Well-Child Visits and Preventive Care: Promising Approaches to Transportation in Medicaid and CHIP

Being Trauma and Healing Informed

June 10–11

12–7 p.m. Eastern

Virtual

[Register for Being Trauma and Healing Informed](#)

Native Wellness Institute will facilitate an interactive training session to help people better understand how trauma impacts behavior in workplaces and communities, and how policies and service delivery can help people move past trauma.

National UNITY Conference

June 27–July 1

San Diego, California

[Register for the National UNITY Conference](#)

Sponsored by United National Indian Tribal Youth, Inc. (UNITY), this annual youth leadership development conference addresses social issues that impact communities nationwide. The target audience includes youth leaders and adults who work with youth and could benefit from training in topics such as building rapport and conflict resolution.

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About the newsletter

Covering Indian Country is published by the Centers for Medicare & Medicaid Services (CMS) Division of Tribal Affairs to share resources, success stories, and best practices with the people who connect tribal communities to health care coverage.

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