

Upcoming health awareness months

Below are health observances occurring over the next few months that are meant to raise awareness about important health topics.

January

Blood Donor Month

Every January, National Blood Donor Month aims to encourage people to get out and donate blood. If you have questions about your blood or giving blood, contact your healthcare provider. To find a provider near you, visit ProvidenceHealthPlan.com/ProviderDirectory

February

American Heart Month

It's important to monitor your heart health during American Heart Month and all year round. Living a healthy, active lifestyle plays a critical role in proper heart health. Get more tips to reach your goals at ProvidenceHealthPlan.com/HealthCoach

March

National Colorectal Cancer Awareness Month

Colorectal cancer affects both men and women. It's most common in people age 50 and older. The most effective way to reduce the risk is by having regular colorectal cancer screenings beginning at age 45. To learn more, visit Providence.org/PHPcolorectalcancer



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Member Newsletter Providence Health Plan

We all deserve True Health

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Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-603-2340 (TTY: 711).

Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 800-603-2340 (TTY: 711).

Chinese: 注意: 如果您使用繁體中文, 您可以免費獲得 語言援助服務。請致電 800-603-2340 (TTY: 711)。



Discover True Health

Helpful reminders, resources and tips to
get the most out of your benefits

Prioritize your well-being

It's important to take care of you. Kick off the new year by prioritizing your mental health. Some people may experience Seasonal Affective Disorder (SAD) this time of year. People who are affected by SAD tend to experience symptoms during the winter months as they are spending more time indoors and there is less sunlight during the daytime hours. As the days get longer and the weather shifts, the symptoms of SAD can ease.

Here are a few tips to help alleviate these feelings:

✔ Talk with a licensed therapist or professional

If you're experiencing symptoms of SAD, Providence has a network of mental health professionals, licensed therapists and behavioral health providers who can provide support.

✔ Volunteer

The act of giving back can be very rewarding. Local organizations have many volunteer opportunities, and you may meet others with the same interests.

✔ Acknowledge your feelings

Recognize how you feel and reach out to family and friends for support. Don't be afraid to speak to them - it's important to be open and honest.

✔ Lean on others

There are support groups in many communities that can help provide company and encouragement all year long.

You can access an in-network behavioral health provider in a few steps:

- Log in to your myProvidence account
- Click the provider directory to sort through and find providers in your area who offer mental and behavioral health resources
- Contact the provider to make an appointment - no referral required

Learn more about all the behavioral health resources available to you at ProvidenceHealthPlan.com/BehavioralHealth

Take control of your blood pressure

Talk to your provider about your blood pressure. Know what it should be, what it is, and how you can manage it.

Reduce salt intake

Salt raises your blood pressure, making your heart work harder. Watch for hidden salt (also called sodium) in food and drink. Choose low-sodium products when available. Avoid extra salt by choosing fresh fruits and vegetables instead of prepared or frozen foods. Water is always the best choice when it comes to beverages.

Exercise

Regular exercise lowers blood pressure. Try to get 30 minutes of exercise most days.

Break the tobacco habit

Cigarettes, chewing tobacco, cigars, pipe tobacco and even second-hand smoke can make your heart beat faster and blood pressure go up.

Ask about medication

Your healthcare provider may recommend medication to help keep your blood pressure under control. Do not stop taking any prescribed medication without talking with your provider first.

To find a provider near you, visit myProvidence.com

Check out some of the members perks available to you

ChooseHealthy®

Save big while you achieve your health goals.

We want to give you every opportunity we can to help you achieve your True Health. Save big on wellness products and memberships that will help you thrive on your road to better health.

Health Coaching

We can help you work towards a healthier you.

Whether you'd like to increase your activity level, reduce stress, improve your eating habits, lose weight, quit tobacco or just feel better every day, a Providence health coach can help. We're here to help navigate barriers, support your efforts, motivate you when you need a nudge and be a resource on your journey to a healthier you.

Behavioral Health Resources

We're here for you when you need us.

Meet with a licensed mental health provider that best suits your needs, fully confidential - always.

Learn more about the member perks available to you at ProvidenceHealthPlan.com/member-perks

myProvidence

Access wherever you are

myProvidence is your secure member portal. It provides on-demand access to your personalized health plan information using your tablet, smartphone or computer. It's also where you can access tools and resources to help you manage and make the most of your healthcare coverage and benefits.

myProvidence is where you'll find:

- Claims information and explanation of benefits (EOBs)
- Provider directory
- Deductible and out-of-pocket information
- Member ID cards
- Secure message and chat

To get started, log in or create an account at myProvidence.com