



## Upcoming health awareness months

Below are health observances that are occurring over the next few months.



October

### Breast Cancer Awareness Month

Breast cancer screening is currently recommended for women at the age of 50 but may be recommended earlier. Please talk with your primary care provider. Find a doctor near you at [myProvidence.com](https://myProvidence.com).



November

### National Diabetes Month

The Healthy Eating and Active Lifestyle (H.E.A.L.) Program\* is an evidence-based series designed for people with prediabetes and/or those at high risk for type 2 diabetes. The goal of the program is for members to achieve moderate weight loss by eating well and being active. To learn more, visit [ProvidenceHealthPlan.com/HEALProgram](https://ProvidenceHealthPlan.com/HEALProgram).

\*Not all Providence Health Plans are eligible for H.E.A.L. Please call us at **888-819-8999** or **503-574-6000** if you are unsure of your eligibility.



December

### National Influenza Vaccination Week (Dec. 6 - 12)

Protect yourself, your family, and your community. Be sure to get your free flu shot at participating pharmacies. Visit [ProvidenceHealthPlan.com/FindAProvider](https://ProvidenceHealthPlan.com/FindAProvider) to find a pharmacy near you.



P.O. Box 4327  
Portland, OR 97208-4327

## Member Newsletter Providence Health Plan

# Health For All

We believe everyone should have access to quality healthcare. Healthcare is a human right. And we're dedicated to the health and care of every member of the community because everyone's well-being matters.

Providence Health Plan and Providence Health Assurance comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sexual orientation, religion, gender identity, marital status, or sex.

Providence Health Plan and Providence Health Assurance do not exclude people or treat them differently because of race, color, national origin, age, disability, sexual orientation, religion, gender identity, marital status, or sex.

This document is published by Providence Health Plan for our members. This is an informational publication and should not be substituted for professional advice.

©2023 Providence Health Plan. All rights reserved.

PRESORT STD  
U.S. POSTAGE  
PAID  
PORTLAND, OR  
PERMIT 4578



# Discover True Health

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

23\_PHP-00147 07/23



## Help prevent the flu

The CDC recommends that most individuals aged six months and older get a flu vaccine each year.

A flu shot can be especially important for:

- People with asthma, diabetes, or heart, kidney, and lung disease
- Pregnant individuals
- Young children
- Adults aged 65 years and older
- People who are immunocompromised

The following may help you recognize the flu virus and determine what to do if you suspect you may have contracted it.

### Know the symptoms

Flu symptoms could consist of fever, chills, muscle aches, cough, sore throat, congestion, runny nose, headaches, and fatigue. Some people may experience vomiting and diarrhea, more commonly seen in children than adults.

### Treatment

For mild cases, rest and fluids aid the body's natural fight against the infection. Over-the-counter pain relievers and cold medicine can help alleviate symptoms. In severe cases, a doctor may prescribe antiviral medication. If you have a chronic health condition or take prescription medications, consult your doctor or pharmacist to ensure the safety of over-the-counter medications.

Providence Health Plan covers your flu shot at no cost to you. Find an in-network pharmacy at [ProvidenceHealthPlan.com/FindAProvider](https://www.providencehealthplan.com/FindAProvider).

### What to do

Receiving your annual flu vaccine is crucial for lowering your risk of contracting the flu and reducing flu-related illnesses and complications. Along with getting the vaccine, practicing everyday preventive actions can help lower your risk of contracting it. These include avoiding sick individuals, covering coughs and sneezes, and washing your hands regularly.

If you suspect you have the flu, stay home to prevent spreading the virus. If you experience severe symptoms, contact your doctor to determine if immediate care is necessary.

For Providence Health Plan members seeking the annual flu shot, we recommend consulting your provider or local pharmacy for more information on availability.



## Open enrollment is around the corner

Open enrollment for 2024 Individual and Family health coverage is almost here. From November 1, 2023 to January 15, 2024, members have the option to make updates to their policy or choose a new plan.

**01 Keep your current plan**  
If you are happy with your current plan, simply pay your new monthly premium by January 1, 2024. In December, you will receive an invoice with your new 2024 monthly premium rate.

**02 Make changes to your policy or change plans**  
You can make changes like updating your address or email, adding or removing dependents, or select a new plan for the upcoming year. Visit [ProvidenceHealthPlan.com/INDChange2024](https://www.providencehealthplan.com/INDChange2024) to complete and submit an Open Enrollment Change Form beginning November 1, 2023.



### Important submission and effective date information

#### Oregon members enrolled directly through Providence Health Plan

All change requests submitted between November 1, 2023 – December 31, 2023, will take effect January 1, 2024. You can also change plans between January 1, 2024 – January 15, 2024, but your new plan coverage would not start until February 1, 2024.

#### Oregon members enrolled through the Marketplace

All change requests submitted between November 1, 2023 – December 15, 2023, will take effect January 1, 2024. You can also change plans between December 16, 2023 – January 15, 2024, but your new plan coverage would not start until February 1, 2024.

#### Washington members enrolled directly through Providence Health Plan

All change requests submitted between November 1, 2023 – December 15, 2023, will take effect January 1, 2024. You can also change plans between December 16, 2023 – January 15, 2024, but your new plan coverage would not start until February 1, 2024.

To access your current health plan benefit summary and other information, visit [myProvidence.com](https://www.providencehealthplan.com). Once there, navigate to “My Health Plan” and click “Benefits Documents.”



## Member perks available to 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 [myProvidence.com](https://www.providencehealthplan.com) under “My 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, happier you.

### Schedule your annual wellness visit

It's near the end of the year, and a great time to get your annual wellness visit scheduled with your Primary Care Provider (PCP). Your wellness visit is an important piece of your overall health. The visit includes a physical exam and conversation with your doctor that will help make a health plan that fits you. Your doctor will also review your chart to see if you need any preventive care like health screenings. Your annual wellness visit is covered in full under your health plan.

Schedule your appointment today. If you don't have a doctor, visit [myProvidence.com](https://www.providencehealthplan.com) to find one in your area.



## 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)
- Deductible and out-of-pocket maximum information
- Provider directory
- Member ID cards
- Secure message and chat

To get started, log in or create an account at [myProvidence.com](https://www.providencehealthplan.com).