



Upcoming health awareness initiatives



January

Cervical Health Awareness Month

Women or those impacted by cervical cancer risks should begin regular Pap tests at age 21 to screen for cervical cancer. This can be done during your annual health exam. To find a provider near you, visit myProvidence.com.



February

Heart Health Month

Focus on your cardiovascular health with small acts like exercising, eating well, maintaining a healthy weight, quitting smoking, and managing stress. To find more heart-healthy tips, visit myProvidence.com and select "Health Library" within the "My Health" tab.



March

National Colorectal Cancer Awareness Month

Colorectal cancer affects those of all genders. Screening is recommended for those age 45 and older. To learn more, visit Providence.org/PHPColorectalCancer.



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

Member Newsletter
Providence Health Plan

Health For All

We are committed to working alongside the communities we serve, learning about unique healthcare challenges, and creating tangible solutions to make healthcare more equitable and accessible.

Providence Health Plan complies with applicable federal civil rights laws and does not discriminate on the basis 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.

©2025 Providence Health Plan. All rights reserved.

PRESORT STD
U.S. POSTAGE
PAID
PORTLAND, OR
PERMIT 4679



Your Winter Guide to All Things Health

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

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-878-4445 (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 800-878-4445 (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 800-878-4445 (TTY: 711)。

24_PHP_00904 12/24

Helping you stay healthy:

New Year's resolutions for year-round wellness

The new year offers a fresh start to enhance your mental and physical health.

Here are some realistic resolutions to boost your well-being all year long:

01 Make fitness a daily habit

Keep it simple and consistent with regular walks or other enjoyable physical activities.

02 Embrace mindful eating

Choose nutritious foods and listen to fullness cues such as satisfaction or comfort.

03 Nurture positive mental habits

Prioritize a positive mindset with specific habits like mindfulness meditation or gratitude journaling.

04 Build a support system

Strengthen your mental health by nurturing relationships. Spend time with loved ones, join community groups, and seek support when needed.

05 Define your work-life balance

Balance work and personal life by setting work hours, taking breaks, and enjoying relaxing activities.

To find more healthy living tips, visit our blog at [ProvidenceHealthPlan.com/HealthyLiving](https://www.providencehealthplan.com/HealthyLiving).

Behavioral health resources that fit your needs

Virtual care appointments offer convenient and affordable options to improve access to mental health resources and provide a comfortable and private setting for treatment.



Talkspace

Personalized behavioral health and emotional wellness support through online counseling and therapy. Choose how and when you communicate with a counselor through text, voice, or video messages that can be sent anytime, anywhere.



Equip

Virtual network of trained professionals who evaluate and treat a wide range of eating disorders, as well as co-occurring conditions like anxiety, depression, and obsessive-compulsive disorder.



Charlie Health

Comprehensive virtual intensive outpatient program, focused on teens and young adults, that offers treatment options from home. Treatment programs combine personalized care with peer connection to foster long-term healing.



Joon Care

Virtual therapy service that provides personalized mental health support for teens and young adults. Get help navigating challenges such as depression, anxiety, stress, and more with support of a licensed therapist.

Learn more at [ProvidenceHealthPlan.com/BehavioralHealth](https://www.providencehealthplan.com/BehavioralHealth) or call Customer Service at **503-574-7191** or **888-804-7132 (TTY: 711)**.

Member perks available to you



Rx Savings Solutions

A new way to help lower your prescription drug costs.

Providence Health Plan partners with Rx Savings Solutions to provide a free, confidential service that helps you save money on your prescriptions. This service is customized for your specific medications and pharmacy benefits, and you will receive notifications by mail, email, phone, or text if there are potential savings available.

Set up your account today to see how you can save.

Go to myrxss.com/ProvidenceHealthPlan or call **1-800-268-4476 (TTY 800-877-8973)**, Monday-Friday, 5 a.m. to 6 p.m. (Pacific Time).

myProvidence



Access wherever you are

myProvidence, your secure member portal, provides on-demand access to your personalized health plan information on your tablet, smartphone, or computer.

myProvidence is where you'll find:

- Claims information and explanation of benefits (EOBs)
- Deductible and out-of-pocket maximum information
- Provider and pharmacy directories
- Personal health assessment
- Member ID cards, and more

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

