



Upcoming health awareness months

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



January

Cervical Health Awareness Month

Women should start getting Pap tests at age 21. A Pap test screens for cervical cancer and can be completed at your annual wellness checkup. During the test, your provider will collect cells from your cervix and check if they are normal or precancerous. Schedule your annual women's health exam today. To find a provider near you, visit myProvidence.com.



February

Heart Health Month

Take time to focus on your cardiovascular health. Small acts such as exercising, maintaining a healthy diet and weight, quitting smoking, and managing stress will help your heart. To find a provider near you, visit myProvidence.com. While there, you can also find more heart healthy tips under "My Health."



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.



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 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.

©2024 Providence Health Plan. All rights reserved.

PRESORT STD
U.S. POSTAGE
PAID
PORTLAND, OR
PERMIT 4579



Hello 2024

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).

23_PHP_00432 12/23



Create healthy habits in 2024

The start of a new year can bring on many emotions. The chance to start fresh can be exciting, but the new year can also bring up feelings of dread or regret. Why start something new or make a new goal when you haven't stuck with it in the past?

If taking better care of yourself is a goal for 2024, it's time to change your mindset. Deep down, you know you can do it. And we can help you with these easy-to-follow steps:

Exercise for 30 minutes at least 3 times a week

This isn't new news. You know you need to keep your body moving to stay healthy. Find something that interests you and give it a try. Join a gym and work out with a friend, try a yoga class, or take your four-legged friend for a walk. It all counts.

Make healthier food choices by starting with small changes

Potato chips taste better than broccoli. They just do. But how do they make you feel? Processed foods that are high in salt and sugar don't have the energy-sustaining nutrients your body needs. That doesn't mean they're off limits, but you should try to cut down on how often you eat them. Try swapping your afternoon candy bar for an apple and a handful of nuts for a week and see how you feel. If most of your diet is made up of processed foods it can lead to high blood pressure, diabetes, and other health problems.

Schedule time for self-care

Life is busy and often taking care of you gets pushed to the bottom of the list. You need time to unwind and let your body and mind reset. Schedule that massage you've been putting off. Try to go to bed at the same time every night. Call a friend and meet for coffee. Turn the ringer on your phone off after 7 p.m. Read that book that's collecting dust on your shelf.

We all need some 'me' time. It's not selfish and helps you stay engaged and energized for the things you need to do.

Start with small steps and build as the year goes on. You can do it. We believe in you.

Visit our blog for more healthy living tips
[ProvidenceHealthPlan.com/News](https://www.providencehealthplan.com/news)

Make healthy living a family affair. Find family-friendly prevention and wellness tools through The FIT Project – healthy lifestyle training for the entire family that focuses on wellness, fitness, and nutrition. The program provides on-demand learning and supportive family community opportunities developed to meet busy schedules.

Learn more at [TheFITProject.org](https://www.thefitproject.org)

Health For All

Providence offers health coverage for all ages and stages. If you're approaching Medicare age, attend a Medicare 101 webinar to learn more and get your questions answered.

Do you have a dependent turning 26? We can help them select the right plan when they age off your policy.

Medicare 101

For members approaching Medicare age, Providence Medicare Advantage Plans hosts Medicare 101 webinars to help members and their families learn about Medicare. Hosted by experts, these webinars will explain Medicare in simple terms and answer any questions you may have.

Consider joining one of our free Medicare 101 webinars. You can find a meeting time at [ProvidenceHealthAssurance.com/Medicare101](https://www.providencehealthassurance.com/Medicare101).

For more information, contact our Medicare Advantage Sales team at **503-574-8416**, 8 a.m. to 8 p.m. (Pacific Time), Monday through Friday.

For accommodations of persons with special needs at meetings call **503-574-8416** or **888-226-7338 (TTY: 711)**.

H9047_2023PHA195_C

Do you have a dependent turning 26?

If you have a policy directly through Providence Health Plan, your dependent can stay covered on your plan through the end of the month they turn 26. If you have a Marketplace policy through [HealthCare.gov](https://www.healthcare.gov), your dependent can stay covered on your plan through the end of the plan year (December 31).

Contact our Sales team at **833-978-0111**, 8 a.m. to 5 p.m. (Pacific Time), Monday through Friday and they can help your dependent select the right plan and determine if they qualify for financial assistance through [HealthCare.gov](https://www.healthcare.gov). Call today!



Member perks available to you

One Pass Select™

Discover whole body health in one affordable program.

Choose a membership tier that fits your lifestyle and access digital fitness apps, gym memberships, and home grocery delivery services. Start your journey for less than \$1 a day.

LifeBalance

LifeBalance gives members and their family discounts on the things they love to do, like going to the movies or taking a vacation. You'll find ways to stay active, reduce stress and save money on thousands of recreational, cultural, well-being and travel-related purchases.

Learn more about the member perks available to you at [myProvidence.com](https://www.myprovidence.com) under "My Health."



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
- Member ID cards
- Deductible and out-of-pocket maximum information
- Secure message

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

