

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.

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)。

Upcoming health awareness initiatives



October

Breast Cancer Awareness Month

Breast cancer screening is recommended for women starting at age 40 but may be recommended earlier. Please talk with your primary care provider. Find a doctor near you at myProvidence.com.



November

National Diabetes Month

The Healthy Eating and Active Lifestyle (H.E.A.L.) Program* is a multi-month 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.



December

National Influenza Vaccination Week (December 6 – 12)

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

*Not all 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.

Your Fall Guide to All Things Health

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



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:

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

Other ways to avoid the flu include:

Wash your hands

- Washing your hands with soap and warm water for 15 to 20 seconds helps protect you from germs.
- If soap and water are not available, use an alcohol-based hand sanitizer.

Take everyday precautions

- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Clean work and household surfaces often.
- Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food.

Quit smoking

People who smoke get the flu more easily and may get sicker from the virus. This is also true of people who breathe secondhand smoke, especially children and senior citizens. Contact the Oregon Tobacco Quit Line at **1-800-QUIT-NOW** or **QuitNow.net/Oregon**.

Providence Health Plan covers your flu shot at no cost to you. Find an in-network pharmacy at **ProvidenceHealthPlan.com/FindAProvider**.

Open enrollment is around the corner

Open enrollment for 2025 Individual & Family health coverage is almost here.

From November 1, 2024 to January 15, 2025, 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, 2025. In December, you will receive an invoice with your new 2025 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 selecting a new plan for the upcoming year. Visit **ProvidenceHealthPlan.com/Forms** to complete and submit an Open Enrollment Change Form beginning November 1, 2024.

Important submission and effective date information

Oregon members enrolled directly through Providence Health Plan

All change requests submitted between November 1, 2024 – December 31, 2024, will take effect January 1, 2025. You can also change plans between January 1, 2025 – January 15, 2025, but your new plan coverage would not start until February 1, 2025.

Oregon members enrolled through the Health Insurance Marketplace™

All change requests submitted between November 1, 2024 – December 15, 2024, will take effect January 1, 2025. You can also change plans between December 16, 2024 – January 15, 2025, but your new plan coverage would not start until February 1, 2025.

Washington members enrolled directly through Providence Health Plan

All change requests submitted between November 1, 2024 – December 15, 2024, will take effect January 1, 2025. You can also change plans between December 16, 2024 – January 15, 2025, but your new plan coverage would not start until February 1, 2025.

To access your current health plan benefit summary and other information, log in to your account at **myProvidence.com**. Once there, navigate to “My Health Plan” and click “Benefits Documents.”

Member perks available to you

One Pass Select™

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** under “My Health.”

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**.

