



Upcoming health awareness months

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



April

World Immunization Week (April 24-30, 2024)

World Immunization Week highlights the importance of vaccines to protect people against disease. To learn more about routine immunizations for you or your family, visit ProvidenceHealthPlan.com/PreventiveCare.



May

Mental Health Awareness Month

Behavioral health care isn't a one-size-fits-all solution. Whether you're looking for support to relax or ready to try self-directed therapy, we have many options to fit your needs. To learn more, visit ProvidenceHealthPlan.com/BehavioralHealth.



June

Men's Health Awareness Month

Regular appointments with your doctor can help identify and address risk factors for conditions that are more common in men and help find answers to any health concerns. Find a doctor that specializes in men's health at myProvidence.com.

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.

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).



Your Spring Guide to All Things Health

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

Spring Cleaning: Cut the clutter for better mental health



With the start of the new year, you may be thinking about ways to “declutter” your life. But where do you start?

Clutter is more than just a box of items you’ve been meaning to donate, it’s often a sign of uncontrolled excess. Too much stuff. Too many thoughts.

According to Dr. Annelise Manns, Psy.D., a psychologist at Providence Primary Care in Clackamas, Oregon, clutter can negatively impact a person’s feeling of comfort, security, and calm. It can also create feelings of self-judgment which can impact our mental health.

Declutter your digital life

Do notifications consume your computer, phone, and tablet? Information overload is a draining form of clutter. Setting limits can reduce stress and improve your mental health.

- Set time limits for social media
- Get rid of all unwanted emails
- Silence notifications in the evening

Declutter your schedule

Reducing unnecessary commitments is one of the most effective ways to declutter your life.

- Schedule time mostly for things that really matter
- Say no to activities that bring limited value
- Make time to relax and restore

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

Clear away your clutter

- Clean in short intervals and increase your time as you build momentum
- Organize your papers if you have a cluttered home office
- Take before-and-after photos to track your progress

Behavioral health resources

Talkspace

Prioritize your well-being

You have access to virtual therapy through Talkspace. Get behavioral health and emotional wellness support through online counseling and therapy from thousands of licensed counselors in the Talkspace clinical network.

- Telehealth provider of virtual psychotherapy for teens (13+) and adults
- Communicate anytime, anywhere with a counselor through text, voice, or video
- Access self-guided exercises, such as journaling and meditation
- Secure and HIPAA-compliant digital platform

Learn more about Talkspace at
[Talkspace.com/ProvidenceHealthPlan](https://www.talkspace.com/ProvidenceHealthPlan)



Learn to Live

Self-guided virtual therapy

Give your emotional well-being the same attention as your physical health. Learn to Live offers an effective digital alternative to traditional in-person therapy with seven self-help programs. When you access Learn to Live via the website or app, you’ll start by taking an assessment that guides you towards the programs that can best benefit you.

Courses target the following:

- Social anxiety
- Depression
- Stress, anxiety, and worry
- Insomnia
- Substance use
- Panic
- Resilience

Learn more about all the behavioral health resources available to you at [ProvidenceHealthPlan.com/BehavioralHealth](https://www.providencehealthplan.com/behavioral-health)



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.

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, you can elevate your well-being with a Providence health coach by your side.

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 provides on-demand access to your 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 directory
- Member ID cards
- Secure messaging and more

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

