



Upcoming health awareness months

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



July

UV Safety Month

July means fun in the sun! It's important to be careful when it comes to UV ray exposure. Be sure to wear sunscreen, find shade, and practice skin-healthy habits to protect yourself from the damaging effects of the sun.



August

National Immunization Awareness Month

August highlights the importance of vaccinations for all ages to protect community health. To learn more about routine immunizations for you or your family, visit ProvidenceHealthPlan.com/PreventiveCare.



September

Prostate Cancer Awareness Month

As men get closer to 50, the risk of prostate cancer goes up. Screening and early detection is key to prostate health. Find a doctor or urologist at myProvidence.com.



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Member Newsletter
Providence Health Plan

We all deserve True Health

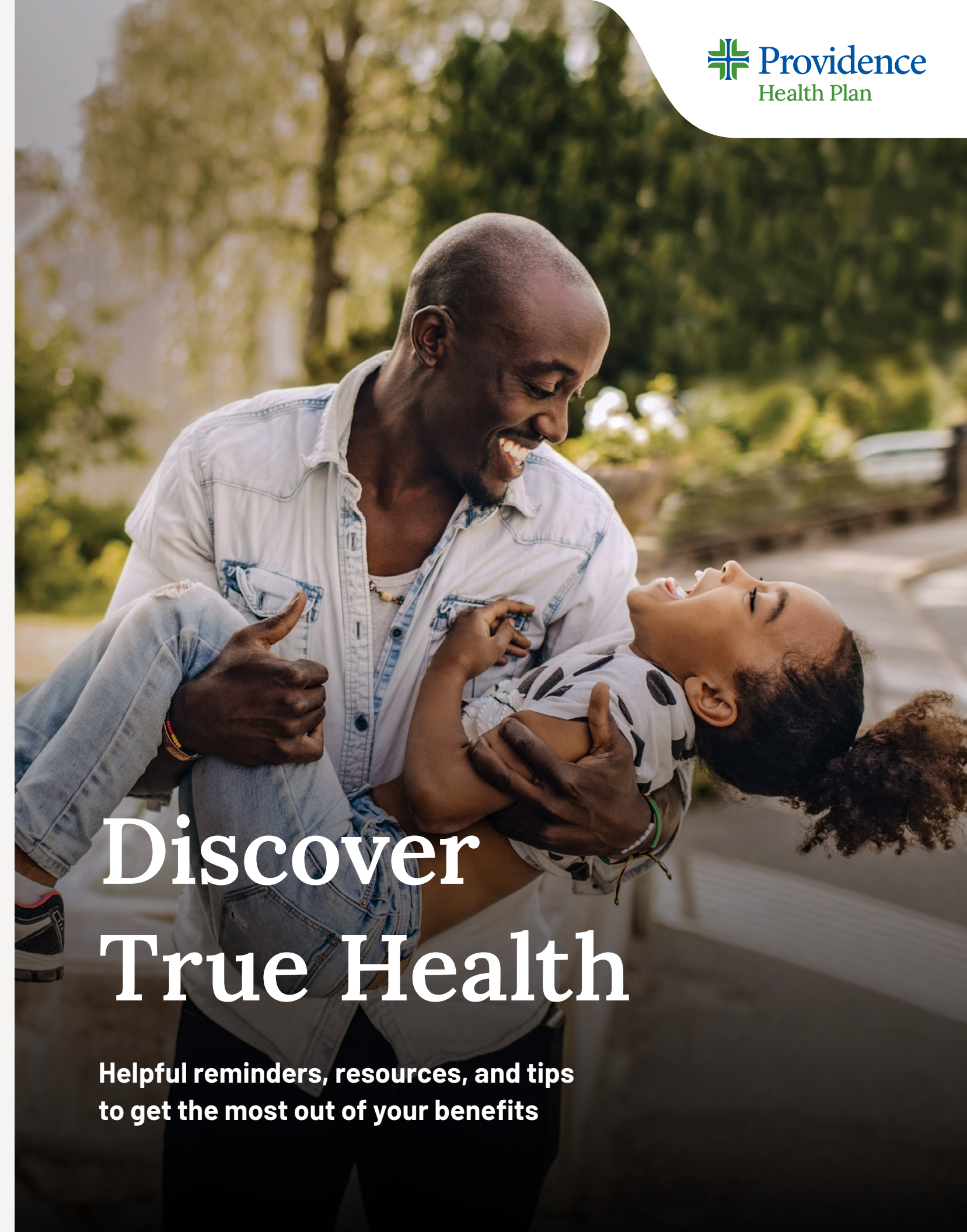
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Discover True Health


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

Fun summer ideas for your kids

Summer is a welcome break for kids who have been in school all year. However, it can be hard for parents to make sure there are plenty of activities to keep their kids occupied.

Here are some ideas on how to make the most of summer break for kids:

- Encourage kids to keep reading throughout the summer. Challenge your kids to read for at least 20 minutes a day to keep their minds engaged.
- Check out the activities at your local library. There are usually special events designed for children during the summer months. Live close to neighboring cities? Check out their list of summer activities, too!
- Spend time cooking with your kids. When kids are part of meal preparation, they're more likely to explore different foods.
- Find a children's museum that offers online programming. This can be a popular, educational opportunity for kids.
- Encourage your kids to spend time outdoors. Research has shown that UV light from the sun releases endorphins in your body and time spent outdoors is a great way to keep kids active. The Centers for Disease Control and Prevention (CDC) recommends children 6 through 17 years old participate in 60 minutes of physical activity each day. Don't forget sunscreen!
- Have a lemonade sale. Supervise your kids while making and selling the lemonade and have them take the lead. Encourage them to make signs and be creative. Selling lemonade can help with their math and accounting skills too! This is a classic and fun way to spend time with your kids during the hot summer months.

 Take this time to schedule back to school exams and check-ups.

Source: <https://blog.providence.org/pediatrics/eleven-summer-fun-ideas-for-your-kids>

Pharmacy benefits and resources

Understand your benefits and save money on prescriptions

Providence Health Plan offers access to thousands of participating pharmacies and in-person and mail-order options. Now, you can easily get the prescriptions you need, while saving time and money.

Formulary: Your list of covered medications

A formulary is a list of generic and brand name prescription drugs that are covered under your health plan. The medications listed on your formulary have been approved based on their safety, quality, effectiveness, and affordability. Providence Health Plan provides this comprehensive list to all members with pharmacy benefits.

To access your formulary, visit
ProvidenceHealthPlan.com/FindMyFormulary

Find a preferred pharmacy

Our network of preferred pharmacies includes those affiliated with Providence Health Plan along with major retailers like Rite Aid, CVS, Costco, Walmart, and many more. To get the best experience using our directory, search using your ID number from your member ID card.

To search for in-network pharmacies, visit
ProvidenceHealthPlan.com/FindAProvider

Helpful tip: Ask your provider about generic medications

- Generics save you money, and they are safe to use and just as effective as brand-name medication
- Most plans offer a low or zero-dollar copay for common generic drugs¹

¹HSA plan drugs are covered in full after the deductible is paid.

To learn more about pharmacy benefits, visit
ProvidenceHealthPlan.com/Pharmacy

To find a pediatrician near you, visit
myProvidence.com



Behavioral Health Concierge

Behavioral health support is only a call or click away

Providence Health Plan members and dependents in Oregon, Washington, Idaho, Montana, California, and Texas can access virtual appointments at no cost, with Providence licensed behavioral health professionals. This unique solution-focused service is a way to seek assistance from a mental health provider to help with life stressors, mental health, and addiction support for common issues.

The Behavioral Health Concierge is convenient, with telehealth appointments available by phone or video with expanded access, seven days a week from 7 a.m. to 8 p.m. (Pacific Time).

To learn more, visit
ProvidenceHealthPlan.com/BehavioralHealth

Check out some member perks available to you



Travel Assistance
Accidents happen. We've got you covered.

We've partnered with Assist America Travel Assistance® to provide you with the logistical support for your emergency medical needs when you're traveling internationally or at least 100 miles or more from your home.



ID Protection
Enjoy the peace of mind you deserve.

We've partnered with Assist America Identity Theft Protection® to give you 24/7 access to identity theft protection experts, fraud monitoring and warning notifications, resolution services, and lost or stolen card assistance.

Learn more about the member perks available to you at
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)
- Deductible and out-of-pocket information
- Member ID cards
- Provider directory
- Secure message and chat

To get started, log in or create an account at
myProvidence.com