



Upcoming health awareness months

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

April

World Immunization Week (April 24-30, 2023)

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

Healthy Vision Month

Getting a dilated eye exam can help check for common eye problems. To find an eye doctor near you, visit myProvidence.com.

June

Men's Health Awareness Month

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



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Member Newsletter
Providence Health Plan

We all deserve True Health

Providence Health Plan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, 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.

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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).

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Discover True Health

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



Protect your heart

Dr. Daniel Wuthrich, Clinical Lead for Providence Medical Group, says more younger Americans have heart disease because obesity and pre-diabetes are more common in that age range now than they have been in the past. Coronary artery disease is the most common form, and it affects just over 20 million adults aged 20 and older. Therefore, paying attention to heart health is important at any age.

Heart disease is the leading cause of death for people of most racial and ethnic groups in the United States. 1 in 3 deaths are caused by cardiovascular disease each year in the US and approximately 1 in 5 heart attacks are silent, meaning there can be damage without someone knowing. However, 80% of heart disease is actually preventable.

Integrating these practices below can reduce your risks:

- Exercise
- A healthy diet
- Quitting smoking
- Maintaining a healthy weight
- Managing stress
- Controlling cholesterol/blood pressure
- Taking advantage of your health plan's fitness benefit like Active&Fit Direct™

Courtesy of: Laurel Soot, MD, FACS, VP of Medical Management, Providence Health Plan.

Heart attack symptoms are different for men and women. According to the CDC, they both may have "chest pain when having a heart attack, but women are more likely to feel shortness of breath, nausea or vomiting, and pain in the back, neck or jaw." It is best to call 911 immediately for any signs of chest pain.

To find a provider near you, visit [myProvidence.com](https://myprovidence.com). While there, you can also find more heart healthy tips under "My Health."

Behavioral health resources

NEW! Talkspace

Introducing increased access to behavioral health providers

As a Providence Health Plan member, you now 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
- Diversity and specialization:
 - 32 languages supported
 - 48% self-identify as BIPOC
 - 35% have experience in LGBTQA issues
 - 45% specialize in working with adolescents

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



Learn to Live

Digital cognitive behavioral therapy

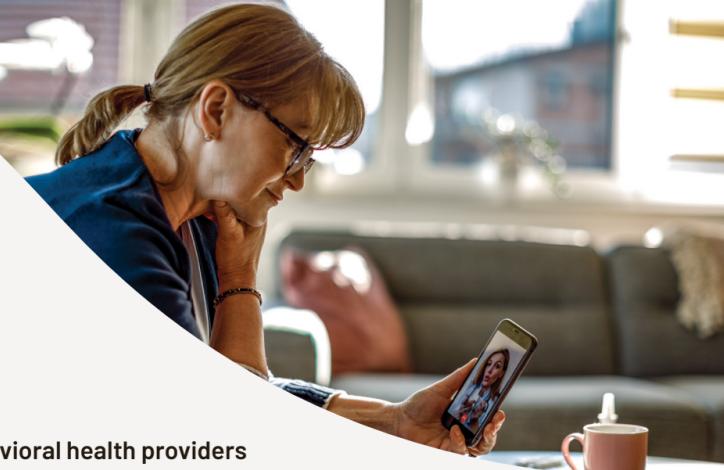
It's important to treat emotional well-being with the same care as your physical health. Learn to Live provides computerized cognitive behavioral therapy (cCBT) and is an effective, evidence-based alternative to traditional in-person therapy.

Learn to Live offers seven highly confidential online self-help programs. Once you launch Learn to Live through the website or Learn to Live app, you begin by taking an assessment that provides guidance on which of the programs might benefit you the most.

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://providencehealthplan.com/BehavioralHealth)



Member perks available to you

Active&Fit Direct™

It's time to kickoff your fitness routine Ready to start a routine or looking to take it to the next level? Access thousands of participating fitness centers and online workout videos.

LifeBalance

Health and well-being go hand in hand That's why we've partnered with LifeBalance to give you and your family access to discounts on more than 20,000 recreational, cultural, and travel related businesses and activities.

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

AIM Specialty Health and Beacon Health Options

Effective March 1, 2023, American Imaging Management/AIM Specialty Health and Beacon Health Options changed their names to Carelon. AIM transitioned to Carelon Medical Benefits Management, and Beacon Health Options transitioned to Carelon Behavioral Health. Please note that this is a name and branding change and members won't experience any disruption in coverage or claims.



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](https://myprovidence.com)