



## Upcoming health awareness months



July

### Ultraviolet (UV) Safety Month

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

Vaccination is important for all ages to protect community health. To learn more for you or your family, [ProvidenceHealthPlan.com/PreventiveCare](https://www.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](https://myprovidence.com).



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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.

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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).

**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).

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# Your Summer Guide to All Things Health

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

# Summer Self-Care: Healthy habits for your daily routine



Summer is the perfect time to try out self-care activities you can enjoy all year.

Here are some simple ways to boost your health this summer:

## 01 Stretch with yoga for self-care

Yoga can help improve your strength and flexibility while reducing stress.

## 02 Try pickleball for your social and physical health

Pickleball increases your activity level and can boost your mood.

## 03 Read for less stress

Benefits of reading include reduced stress, better sleep, and improved self-esteem.

## 04 Practice meditation for overall health and well-being

Meditation helps lower your heart rate and blood pressure while improving your mood.

## 05 Listen to music to ease anxiety

Listening to music 30 minutes per day can lessen anxiety while improving memory and alertness.

## 06 Spend time outdoors to improve your mood

Being outdoors helps you relax while also improving your mental and physical well-being.

Visit our blog for more healthy living tips

[ProvidenceHealthPlan.com/News/HealthyLiving](https://www.providencehealthplan.com/news/healthy-living)

## Pharmacy benefits and resources

### Understand your benefits and save money on prescriptions

Providence Health Plan offers access to thousands of participating pharmacies. You can easily get the prescriptions you need and save time and money. You can do this in-person or with mail-order.

### **Formulary: Your list of covered medications**

Providence Health Plan will give you a list of medications (called a drug formulary) that are covered by your plan. The medications on this list have been approved based on their safety, quality, and cost.

To access your formulary, log in to your myProvidence account online at [myProvidence.com](https://myProvidence.com)

### **Find a preferred pharmacy**

In most cases, if you choose a preferred retail pharmacy, you will pay less when filling a 30- to 90-day supply of medication. This is because Providence Health Plan has worked with the pharmacy to lower the cost of medication copays for our members.

To search for in-network pharmacies, log in at [myProvidence.com](https://myProvidence.com)

### **Helpful tip: Ask your provider about generic medications**

- Generics can save you money. 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 drugs\*

To learn more about pharmacy benefits, visit [ProvidenceHealthPlan.com/Pharmacy](https://www.providencehealthplan.com/pharmacy)

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

## Member perks available to you

### **NEW! Rx Savings Solutions**

#### A new way to help lower your prescription drug costs

Providence Health Plan has teamed up with Rx Savings Solutions to offer a free and private service that helps you save money on your prescriptions. This service is customized for your specific medications and pharmacy benefits, and you will receive notifications by mail, email, phone, or text if there are potential savings available.

Set up your account today to see how you can save.

Go to [myrxss.com/ProvidenceHealthPlan](https://myrxss.com/ProvidenceHealthPlan) or call **1-800-268-4476**

(TTY 1-800-877-8973), Monday-Friday, 5 a.m. to 6 p.m. (Pacific Time).

## myProvidence

### **Access wherever you are**

myProvidence 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](https://myProvidence.com)

