



Saint Mary's Health Plans



Saint Mary's ATRIO Health Plans
2965 Ryan Dr. SE
Salem, OR 97301

Questions? Call us First!

We're here for you.

Call Customer Service:

Toll Free: 1-877-672-8620 (TTY 711)

Daily from 8 a.m. – 8 p.m. Local Time

Want to submit a health topic
for an upcoming issue? Email us!
members@atriohp.com



Watermelon Fruit Pizza

Ingredients:

- 1/2 cup low-fat plain yogurt
- 1 teaspoon honey
- 1/4 teaspoon vanilla extract
- 2 large round slices watermelon (about 1 inch thick), cut from the center of the melon
- 2/3 cup sliced strawberries
- 1/2 cup halved blackberries
- 2 tablespoons torn fresh mint leaves

Directions:

1. Combine yogurt, honey and vanilla in a small bowl
2. Spread 1/4 cup yogurt mixture over each slice of watermelon. Cut each slice into 8 wedges. Top with strawberries, blackberries and mint

Farmers markets are a great way to get nutritious foods, use Supplemental Nutrition Assistance Program (SNAP) benefits, if you have them, and meet new people! To locate a market, visit: www.usdalocalfoodportal.com

Be Well

SUMMER 2023



Staying Healthy This Summer is as Easy as "O-T-C"

With its sunny days and warm nights, summer is a wonderful time to be outdoors. Try a new activity to get moving while you enjoy the fresh air, and soak up some sunshine to boost your vitamin D levels. Even if you cannot easily go outside, some sunlight and a warm breeze through an open window can also improve your health and mood!

Before you start your summer fun, be ready with water to stay hydrated and check your supply of outdoor and sun care items. Enjoying summer safely is a breeze with your Saint Mary's ATRIO 'over-the-counter' (OTC) benefit. You don't need a prescription for OTC items, just your Saint Mary's ATRIO flex card! Use it to buy all kinds of items to help you stay healthy – like sunscreen, allergy medicine, first aid items, and much more.

Shop for OTC items your way! Go online to atriohp.com/extra-benefits, or use the OTC mail order catalog, or visit a participating store. You can also call us to place your order at 1-855-253-5768 (TTY 711), Monday through Friday from 5 a.m. – 8 p.m. local time.



Talk to Us!

Have a health topic to suggest for a future issue of Be Well? Email us your ideas at members@atriohp.com or call Customer Service. Or better yet – join the Saint Mary's ATRIO Member Advisory Committee to really make your voice heard! The Member Advisory Committee is a team of member volunteers who give us feedback on their plans and coverage – what they like and do not like about being a Saint Mary's ATRIO member – and share ideas on how we can be even better.

We need participants like you! All you need to do is visit our website: atriohp.com/member-advisory-committee or call us to sign up, and then meet with us and other members (in-person or online) to tell us your thoughts!



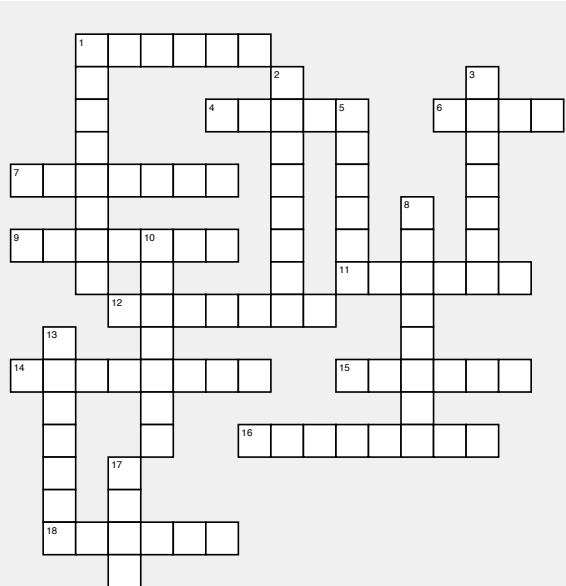
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June is Alzheimer's & Brain Health Awareness Month

Nearly six million Americans over the age of 65 (including 69,000 in Oregon and 49,000 in Nevada) may have dementia due to Alzheimer's, according to an Alzheimer's Foundation 2020 report. If you notice any sudden changes in yourself or someone you care for, tell your doctor – an important first step. While studies are still being done to see how much crossword puzzles benefit your brain, we do know they are fun! Give this one a try:

Summer Crossword



ACROSS

- 1) Beachgoer's pride
- 4) Surfer's hangout
- 6) Dog days month
- 7) Rod & reel sport
- 9) Disk you whisk
- 11) Make a bed?
- 12) Roughing it, perhaps
- 14) Treat on a stick
- 15) Alfresco meal
- 16) Parlor treat
- 18) Bermuda _____

DOWN

- 1) Beach attire
- 2) Worker's respite
- 3) Not indoors
- 5) Tramping on the trail
- 8) Outdoor cookout
- 10) Lake activity
- 13) Ballpark fare
- 17) Summer cooler

Opioids – Know the Risks

If you have pain from surgery, or if you fall and break a bone, your doctor may prescribe you an opioid – like codeine, morphine, or oxycodone.

While these drugs can be helpful, they can also be dangerous. Opioid addiction can form after less than 7 days of use. They are not recommended for long-term, non-cancer pain.

If you need to take an opioid it is important to know the risks. When taken every day, your body may 'get used to' these drugs and they will not work as well (called 'tolerance'). Taking more for the same effect increases your risk of addiction or overdose. Taking opioids with other drugs can also lead to serious health problems or even death. You should never drink alcohol or use other drugs your doctor did not prescribe while taking an opioid.

You have safer options for pain relief! Many over-the-counter (OTC) drugs like Tylenol, ibuprofen, and creams reduce pain. You can also use exercise, physical therapy, massage, and acupuncture to reduce pain. Visit atriohp.com or call us to learn more about the benefits covered for you as a Saint Mary's ATRIO plan member!

Be Aware: Medicare Scams

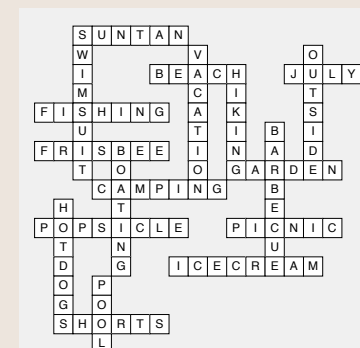
The Medicare program has always been a popular target for fraud, scams, and other sneaky thieves. Stay alert! Do not give anyone you don't know any personal information. If you don't trust a caller, hang up and call the company back directly. For Saint Mary's ATRIO, this number is on the back of your member ID card. If you get a suspicious text or email, do not click any links. Go directly to the company's website by typing it into your phone or computer's internet browser. For more information visit the US Dept. of Health and Human Services' website: oig.hhs.gov/fraud/consumer-alerts/



Be Cool This Summer!

Summer temps can go above 100° F – last June in Nevada, Las Vegas hit 116° F. High heat increases health risks, especially dehydration. Stay safe and cool inside during high heat; the sun is hottest between 10 a.m. and 2 p.m. When outside always protect your skin with strong sunscreen and protective clothing, and drink lots of water (popsicles and fresh fruit are a tasty way to stay hydrated). Try the Watermelon Fruit Pizza recipe on the back of this newsletter, too – a healthy way to stay cool this summer!

Crossword Solution



From Our CEO, Gregg

When it comes to choosing a Medicare Advantage plan, people look for affordable benefits like dental, vision, and hearing, a large network of quality doctors and services, and personal customer service. At Saint Mary's ATRIO Health Plans we are grateful you joined us for all of this and more, and that you trust us to be your partner in health.

Our members have told me that as a smaller company, they like how fast we respond to their needs. Saint Mary's ATRIO is special because we provide service to our members with a local, home-town touch. In fact, our members feel right at home walking into our offices to ask a question or just to say hello – and we love when they do! The core of all we do is for YOU, our valued Saint Mary's ATRIO members. We are here to make quality healthcare affordable and easier for you to access.

If you ever have questions about your plan or need help, please call us first at 877-672-8620 (TTY 711) daily from 8 a.m. to 8 p.m. Or, if you happen to be in our neighborhood feel free to stop by! Thank you again for being a valued Saint Mary's ATRIO member.

In good health,

Gregg Kimmer
CEO, Saint Mary's ATRIO Health Plans

Get Social!

Visit our social media page – facebook.com/atriohp – for health tips, news, and more. You can also share how you stay healthy, and how you feel about your Saint Mary's ATRIO plan – like Reedsport, Oregon resident Gail Kucher did. Gail said: "Glad I switched to ATRIO. Better benefits, customer service, and approvals for medical services. What savings! No hassles."

