



Saint Mary's Health Plans



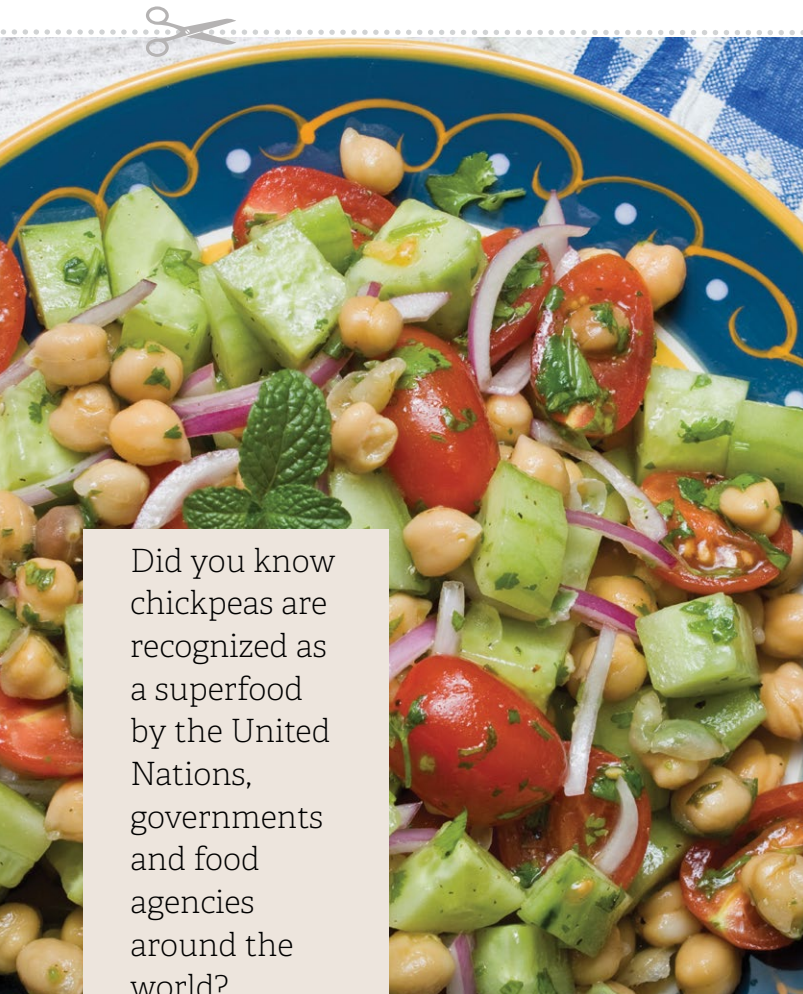
Saint Mary's ATRIO Health Plans  
2965 Ryan Dr. SE  
Salem, OR 97301

## Questions About Your Coverage?

We're here for you.  
Contact Customer Service:

8 a.m. – 8 p.m.  
Toll Free: 1-877-672-8620 (TTY 711)

Want to submit a health topic for an upcoming issue? Email us!  
Member\_Comm\_Requests@atriohp.com



Did you know chickpeas are recognized as a superfood by the United Nations, governments and food agencies around the world?

### Chickpea Salad

#### Ingredients

- 3 Tbsp extra virgin olive oil
- 3 Tbsp lemon juice, from 1 large lemon
- 1 garlic clove, pressed or minced
- 1/2 tsp sea salt, or to taste
- 1/8 tsp black pepper
- 1 1/2 cups cherry tomatoes, halved
- 1 English Cucumber, halved and sliced
- 15 oz chickpeas, or garbanzo beans, drained, rinsed
- 1/2 medium red onion, thinly sliced
- 1 avocado, sliced
- 1/4 cup cilantro, chopped
- 4 oz feta cheese, diced

#### Instructions

Combine the dressing ingredients in a small bowl: 3 Tbsp olive oil, 3 Tbsp lemon juice, 1 pressed garlic clove, 1/2 tsp salt and 1/8 tsp pepper and whisk (or shake them together in a small mason jar). Combine remaining chickpea salad ingredients in a salad bowl, add dressing to taste (we used all of it) and toss to coat.

# Be Well

SPRING 2023



### In This Issue...

## It Pays to Be Healthy

The Saint Mary's ATRIO Healthy Rewards program makes an annual wellness visit even more beneficial. And your FLEX CARD can help pay for your gym membership. Golden opportunities to boost fiscal and physical fitness! **Turn the page for more.**

## Make Plans for National Nutrition Month



During National Nutrition Month, see how planning healthy meals can be as simple as adding another veggie or fruit to every meal. This will also help you to look and feel better!

**Learn more inside.**



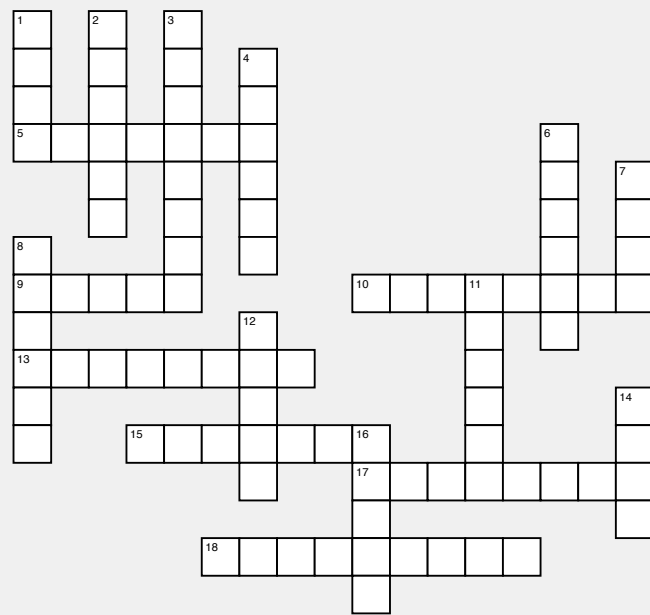
## Spring Blooms with Ways to BE WELL

### March Toward Better Health with Three Simple Steps

Of all seasons, spring embraces a time of renewal and endless possibilities...including becoming a healthier you. It is a time to let go of old habits and try new ways to optimize happiness and wellbeing. Learn how planning healthy meals, getting an annual wellness check-up and staying active leads to a healthier you now – and year 'round!



## Spring Crossword



### ACROSS

- 5) They're usually found in beds
- 9) Time for showers
- 10) Gloom's opposite
- 13) Yellow spring flower
- 15) Day for diamonds and dreams
- 17) Shower apparel?
- 18) Monarch, e.g.

### DOWN

- 1) Sport with tees
- 2) Fledgling plant
- 3) America's pastime
- 4) \_\_\_ egg
- 6) Eating outing
- 7) When spring ends
- 8) Vegetable plot
- 11) One of four in a year
- 12) Breezy
- 14) Flying toy with a tail
- 16) Verdant

**Reminder:**  
Daylight Saving Time is Sunday, March 12.



## Medicare Experience Survey

The Centers for Medicare and Medicaid Services (CMS) send a Medicare Experience Survey annually to a randomly selected group of Medicare Advantage members. Survey results enable health professionals to evaluate Medicare program performance. The results also help Saint Mary's ATRIO to identify areas in which we can enhance member experience.

**If you receive the Medicare Experience Survey, please take a moment to complete and return it.**

You can be the voice for thousands of members, like you, who like you want the best benefits and services from their health plan. This year, randomly selected survey participants will be notified from March through May by phone or mail.

**Thank you in advance for your participation.**

Your voice matters. You don't have to wait for a survey to let us know if there is a way we can improve your experience with ATRIO Health Plans. Please call us by using the number on the back of your Member ID card, 1-877-672-820 (TTY 711). As a valued member, we care for you and welcome your comments.

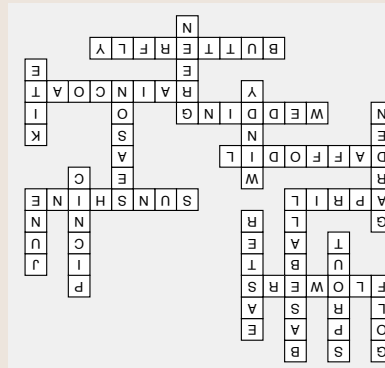
## The Flex Card: Boost Your Physical & Fiscal Fitness



The Saint Mary's ATRIO Flex Card is a special debit card preloaded with a set amount of dollars. Depending on your plan choice, Saint Mary's ATRIO Health Plans' members in Oregon and Nevada can use the Flex Card to help pay for fitness programs, including gym memberships, dental and qualified over-the-counter pharmacy items.

When it comes to keeping you healthy, we've got you covered!

## Crossword Solution



## Healthy Meal Planning

It's no secret that planning and enjoying healthy meals ensures a balanced diet and reduces the risk of developing diseases, including high blood pressure, diabetes and heart conditions. But what many people don't know is how easy it is to plan healthy meals. Here are simple tips to get you started.

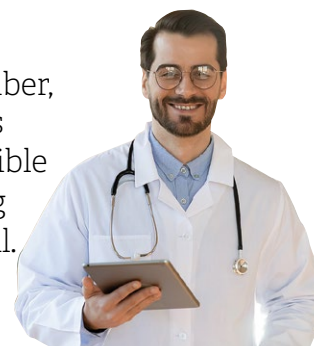
- Keep the six food groups in the mix: Dairy, fruits, grains, oils/solid fats, protein and vegetables
- Make a shopping list and include fresh, frozen and staple items to have readily available
- Try our Chickpea recipe on the back page. Reduce sodium intake by seasoning food with herbs or citrus
- Plan to use leftovers to save time and money
- Write down your meals to ensure you have a variety of healthy foods

**Most of all, drink plenty of water throughout the day. It is very important to stay hydrated.**

## Check Out the Rewards of an Annual Wellness Visit

The Annual Wellness Visit (AWV) is a yearly appointment with your primary care provider to create or update a personalized prevention plan. This can help prevent illness based on your current health and risk factors. Seeing your doctor for a wellness visit also helps correct unhealthy habits, manage chronic conditions, and puts you on a path to a healthier lifestyle. A visit with your doctor also provides an opportunity for you to be the best advocate for your health care needs. Come prepared with questions to ask your doctor. Share any symptoms you may have. Discuss future prevention measures as well.

As a valued Saint Mary's ATRIO Health Plan member, another benefit just for you: our Healthy Rewards program! Through the program, members are eligible to receive one \$50 reward annually for completing their AWV, in-home-assessment, or annual physical. Learn more at [www.saintmarysatrio.com](http://www.saintmarysatrio.com).



## Member Notification:

The Secretary of Health and Human Services (HHS) renewed the COVID-19 public health emergency on 1/11/2023. This means you can seek care, even if it's not an emergency, from any health care provider, pharmacy or hospital contracted with Medicare, and pay in-network copays or coinsurance. Pre-authorizations to see a provider outside of our extensive network and step therapy requirements will be waived. Early refills for medications will be allowed. For more information, please call Customer Service toll-free 1-877-672-8620 (TTY 711).