4 steps to get proactive about your meds
90-day medication supplies can improve your health

Studies show that about 50 percent of medications used to treat chronic diseases are not being taken as directed. Getting 90-day prescription fills of these types of medications can help solve this problem and improve health.

Medication works ... when you take it
Many chronic diseases can be managed successfully with medication. However, about 50 percent of these types of medications are not being taken as prescribed. Studies show that about 20 – 30 percent of these prescriptions are not even filled. But taking medications as prescribed is the best way to manage conditions. Be sure to talk with your healthcare provider if you are concerned about your medication or are not able to take it as prescribed. They can answer your questions and help you work through any side effects. They can also change your therapy.

How much is enough?
You should take all of your prescribed medication without missing doses. If you don't, your condition will most likely get worse. Give yourself the best shot at getting better!

How do 90-day prescription fills help?
You can help yourself successfully take your medication as prescribed by getting a 90-day fill. By having your prescription filled ahead of time, you can eliminate the risk of running out and missing doses. You can also eliminate the risk of refill delays. In addition, monthly refills mean more trips to the pharmacy, which can take up valuable time.

Take advantage of the 90-day fill
Many insurance plans offer 90-day prescription fills. Depending on which plan you have, you may be able to save money by filling a 90-day supply or by using a mail-order pharmacy. Check with your insurance plan to see if you have this benefit. Then, talk with your healthcare provider to see if you can get a 90-day fill.

Courtesy of Moda Health
Immunizations for those age 50 and above

Over 50? Immunize to protect yourself. Vaccines are recommended for adults, as well as children, and are a safe and cost-effective way to prevent certain illnesses.

If you are age 50 or older, the Center for Disease Control (CDC) recommends that you receive the following vaccinations to protect you from serious infectious diseases https://www.cdc.gov/vaccines/adults/rec-vac/index.html:

- Annual flu shot
- One dose of tetanus, diphtheria and pertussis (Td), then a tetanus/diphtheria (Td) booster every 10 years.
- One or two doses of measles, mumps and rubella (MMR) if you were born in 1957 or later.
- Two doses of recombinant zoster vaccine (RZV) to help prevent shingles, if you are aged 50 years or older (preferred) or one dose of zoster vaccine live (ZVL or Zostavax) at aged 60 years or older, even if you have had shingles before.
- One dose of pneumococcal conjugate vaccine (PCV13) to help protect against pneumonia and meningitis, and at least one dose of pneumococcal polysaccharide vaccine (PPSV23), depending on your age and health condition. https://www.cdc.gov/vaccines/hcp/adults/downloads/fs-pneumo-hcp.pdf

There may be additional vaccines recommended for you, based on your specific health status, age and lifestyle. Talk with your doctor or other healthcare professional at your next appointment to find out which vaccines are recommended for you.

Courtesy of Providence Medicare Plans
4 Steps to Get Proactive about Your Meds

National Check Your Meds Day serves as a reminder to assess your drug regimen.

Ready to create a better system to manage the meds you take?
Ideally, prescription and over-the-counter medications and supplements work wonders for your overall health and well-being, but using them incorrectly can risk harm. That’s the motivation behind National Check Your Meds Day on October 21—when pharmacists across the U.S. welcome anyone seeking advice about getting their meds in order.

Avoid the tendency to “set and forget”
As much as you wish it were true, medications aren’t something you can set and forget. You and your doctor need to keep tabs on what you’re taking and how it’s affecting your health. Over time, your health and conditions can change which often leads to necessary adjustments. And the more meds that get added, the greater the chance for incorrect doses, dangerous interactions, or redundancies.

Take control of your own meds regimen
Whether or not you visit your pharmacy on National Check Your Meds Day, the great imperative remains: to establish a personal medications-management system that works for you for the long haul. As a way to start, consider these four steps before your next visit with a primary care provider:

Step 1: Do an Inventory
Gather your prescription and over-the-counter drugs. If possible, keep your medications in their original containers. Include:

- Prescriptions in vials, tubes, bottles, and plastic bags
- Sleep and motion-sickness aids
- Headache or pain remedies
- Cold symptom remedies (liquid, capsules, and tablets)
- Laxatives and upset-stomach aids
- Vitamins and nutritional supplements
- Herbal supplements or remedies

Step 2: Make Meds Part of Your Next Appointment
If you’re taking several types of meds, call your doctor or pharmacist to schedule a medication checkup. Take your meds to a doctor or pharmacist for them to review all of your meds with you. Jot down questions beforehand—anything you don’t understand, or experiences with reactions, side-effects, and effectiveness.

Step 3: Get All Your Questions Answered
During your next primary care appointment, check to make sure your medication list is the same as what’s listed with your doctor. It’s important that they match so your healthcare team knows what you’re taking in case another med needs to be prescribed. Never hesitate to ask your provider if the meds are right for you. And if any medications ought to be added, changed or stopped. If some of the drug names are confusing, write down what the medication is for. By the end of your “med checkup,” the goal is for you to return home with an updated (and accurate) medication list.

Step 4: Keep a List and Add Notes
Keep your medication list in a reliable go-to location at home; date it and make it available for anytime you (or you healthcare team) need to see a healthcare provider—whether it’s for an appointment or in an emergency. If you dedicate a notebook to “all things meds-related,” enter notes about reactions, potential side effects, or questions to ask your primary care provider.

Sources
1. FDA, American Heart Association, National Institute on Aging, National Community Pharmacists Association

Courtesy of PacificSource Health Plans
Sardinian longevity minestrone

2 tablespoons extra-virgin olive oil
1 small yellow or white onion, chopped
1 medium carrot, peeled and chopped
1 celery stalk, chopped
1 broccoli stalk, peeled and chopped
1 small sweet potato, peeled and diced (about 1 cup)
1 tablespoon tomato paste
2 cloves garlic, minced
1 can fava beans
1 can Great Northern beans
1 28-ounce can crushed tomatoes
1/4 cup loosely packed fresh Italian flat-leaf parsley leaves, chopped
1 tablespoon chopped fresh basil leaves
1/2 cup of fregula or Israeli couscous
Kosher salt and freshly ground black pepper
1/4 cup Romano or smoked Gouda cheese, finely grated (optional)
extra-virgin olive oil for garnish

Heat the oil in a 5-quart Dutch oven or soup pot set over medium. When the oil begins to shimmer, add the onions, carrots, celery, broccoli and sweet potatoes. Sauté, stirring frequently, until all of the vegetables are softened.

Push the vegetables to the side of the pot, creating a clear spot, and add the tomato paste and garlic to the spot. Stir together until the garlic is fragrant (less than a minute), then mix in with the vegetables.

Increase heat to medium-high, and add the beans, crushed tomatoes and 4 cups of water. Bring to a boil, then reduce heat to low or medium-low to maintain a very gentle simmer. Cook for 20 minutes, uncovered.

Add the uncooked pasta and a pinch of salt. If the soup is too thick, add another cup of water. Cook for 10 minutes more.

Stir in the herbs. Taste, and add salt and pepper as needed. To serve, spoon into bowls, drizzle with olive oil and top with the cheese. Leave off the cheese, and the soup is naturally vegan!

Serves 6-8
Author: SoupAddict

Nutrition facts (based on 7 servings)

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<table>
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<tbody>
<tr>
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You asked, we listened

2020 Plan Change Information Coming Soon

Watch your mailbox for the 2020 benefit and rate information in early September!
2019 PHIP Plan Change Presentations

PHIP has scheduled presentations for current members to review the 2020 plan year changes. Pre-Registration is not required and meetings last approximately 1.5 to 2 hours. For directions, you may contact the locations directly.

Represented Plans: K = Kaiser Permanente, M = Moda Health, P = Providence, PS = PacificSource, U = United Healthcare

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<thead>
<tr>
<th>Area</th>
<th>Date</th>
<th>Time(s)</th>
<th>Location</th>
<th>Plans</th>
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<tbody>
<tr>
<td>Salem</td>
<td>9/16</td>
<td>9:30 a.m.</td>
<td>Oregon State Fair &amp; Expo Center 2330 17th St. NE (Cascade Hall)</td>
<td>K, M, P, U</td>
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<tr>
<td>Albany</td>
<td>9/16</td>
<td>2:00 p.m.</td>
<td>Linn County Expo Center 3700 Knox Butte Rd.</td>
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<td>Lane Events Center 796 West 13th Ave.</td>
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<td>Oregon City</td>
<td>9/23</td>
<td>9:30 a.m.</td>
<td>Providence Willamette Falls Community Center 519 15th St.</td>
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<td>Gresham</td>
<td>9/23</td>
<td>2:00 p.m.</td>
<td>Four Points Sheraton 1919 NE 181st Ave.</td>
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<td>The Dalles</td>
<td>9/25</td>
<td>9:30 a.m.</td>
<td>Columbia Gorge Discovery Center 5000 Discovery Dr.</td>
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<td>9/25</td>
<td>9:30 a.m.</td>
<td>Prineville Golf Club 7120 NE Ochoco Hwy.</td>
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<td>Bend</td>
<td>9/25</td>
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<td>Hampton Inn &amp; Suites 730 SW Columbia St.</td>
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<td>9/26</td>
<td>9:30 a.m.</td>
<td>Keizer Civic Center 930 Chemawa Rd. NE</td>
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<td>Corvallis</td>
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<td>9:30 a.m.</td>
<td>Courtyard Marriott 400 SW 1st. St.</td>
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<td>Medford</td>
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<td>Inn at the Commons 200 N. Riverside Ave.</td>
<td>M, U</td>
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<td>Florence</td>
<td>10/2 Wednesday</td>
<td>9:30 a.m.</td>
<td>Florence Events Center 715 Quince St.</td>
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<td>Lincoln City</td>
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<td>3:30 p.m.</td>
<td>Lincoln City Community Center 2150 NE Oar Place</td>
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<td>Salem</td>
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<td>9:30 a.m. &amp; 1:30 p.m.</td>
<td>Oregon State Fairgrounds 2330 17th St. NE (Cascade Hall)</td>
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<td>9:30 a.m.</td>
<td>Hillsboro Civic Center 150 E Main St.</td>
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<td>Tigard</td>
<td>10/8 Tuesday</td>
<td>2:00 p.m.</td>
<td>Oregon State Bar 16037 SW Upper Boones Ferry Rd.</td>
<td>ALL</td>
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For questions regarding the meeting schedule, contact PHIP at 800-768-7377. Please note: Due to unforeseen circumstances, the printed schedule may change. Any changes to the schedule can be found on persheath.com.
PERS Health Insurance Program (PHIP)
pershealth.com
503-224-7377
800-768-7377
711 (TTY)
Fax: 503-765-3452 or 888-393-2943