



ATRIO Health Plans  
550 Hawthorne Ave., Suite 140  
Salem, OR 97301



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## Important Plan Information

## Questions? Call us First!

We're here for you.

Call Member Services:

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

Daily from 8 a.m. – 8 p.m. local time

Or online at [atriohp.com](https://atriohp.com)

Want to submit a topic?

Email us! [members@atriohp.com](mailto:members@atriohp.com)



## Chicken and Artichoke Rice Salad

### INGREDIENTS:

- 2 cups cooked rice (white or brown)
- 2 cups cooked chicken, shredded or diced
- 1 (14 oz) can marinated artichoke hearts, drained and chopped
- 1 red bell pepper, diced
- 1 small cucumber, diced
- 2 red onions, sliced
- ¼ cup fresh parsley, chopped
- ¼ cup olive oil
- 2 tbsp lemon juice
- 1 tsp Dijon mustard
- Salt and pepper, to taste

### INSTRUCTIONS:

- 1) In a large mixing bowl, combine the cooked rice, chicken, artichoke hearts, red bell pepper, cucumber, green onions and parsley.
- 2) In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, salt and pepper to make the dressing.
- 3) Pour the dressing over the salad and toss gently to combine, ensuring all ingredients are evenly coated.
- 4) Taste and adjust seasoning if necessary. Serve chilled or at room temperature.

ATRIO Health Plans is a PPO, HMO, PPO C-SNP, and HMO D-SNP with Medicare and Oregon Health Plan contracts. Enrollment in ATRIO Health Plans depends on contract renewal.

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# Be Well

SPRING 2025



Maintaining a healthy level of social interaction later in life helps promote mental and emotional stability. Beyond connecting with family and friends, there are other ways you can keep your mental and emotional health in a good place:

**Join Clubs and Groups:** Put yourself out there and join organizations based on your interests, such as book clubs, gardening groups or walking clubs. Your local senior center is a great place to start.

**Take Classes:** Learning is a life-long endeavor. Do you have an urge to learn something new? Or maybe gain additional knowledge and skills on something you already do? Consider continuing education classes or workshops to learn new skills or explore different interests.

**Volunteer:** Volunteering provides opportunities to give back to the community and connect with others who share similar values. Start by doing some research based on your interests, causes you would like to support and/or even skills you can provide to an organization.

**Pursue Hobbies:** Do you have a hobby you used to enjoy, or even still enjoy but never had the time to do before you retired? There are so many things you can do at your own pace and time, such as gardening, painting, reading or playing music.

**Get Active:** Participate in exercise classes, walking groups, or other physical activities for physical and mental well-being. Your ATRIO Flex Card also comes with a fitness allowance.

**Attend Events:** Your community may offer a variety of local events, including festivals or community gatherings. Keep an eye on your local community's web site and Facebook (Meta) page for upcoming happenings of interest, such as shows by local playhouses.



### From Our CEO

Among the benefits that ATRIO provides to our members, there is one that often remains a hidden gem: our **Members Resources** section on [atriohp.com](https://atriohp.com) (Click on the "Members" tab on the home page to access the page.) Helpful tips and information on this page include:

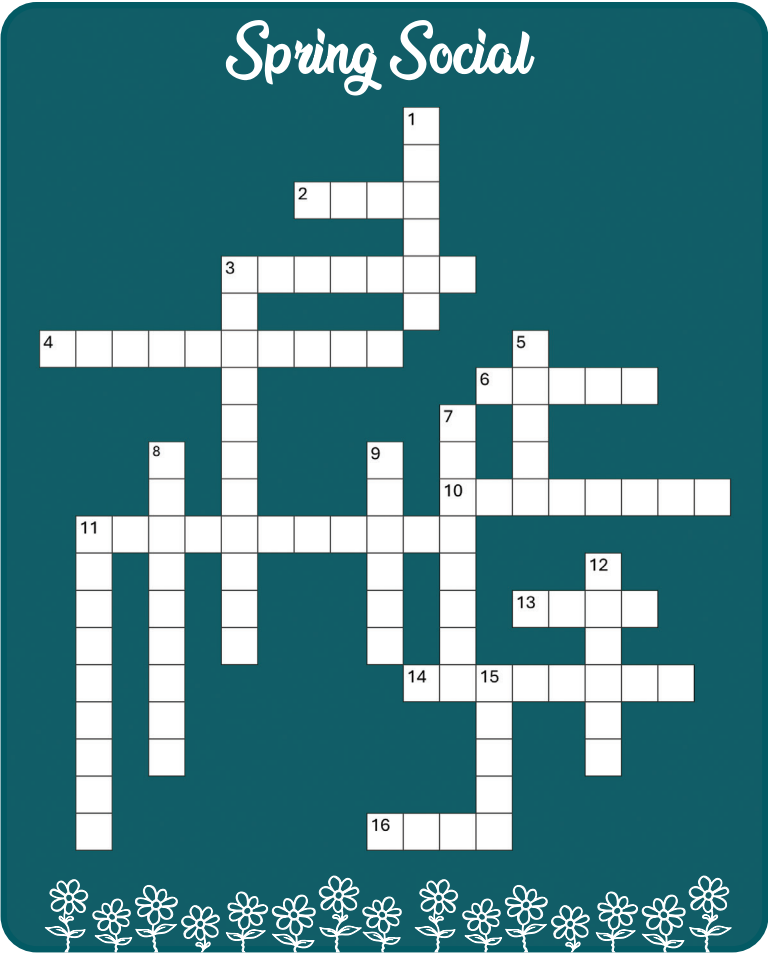
- The Quick Start Reference Guide – provides information on your benefits and how to use them
- The Pharmacy Benefit Guide – helps you understand your pharmacy benefits
- Understanding your Explanation of Benefits (EOB)
- How members can obtain a free blood glucose monitor and test strips for diabetes
- Information on vaccines, immunizations, flu, COVID, pneumonia and opioid use
- Frequently asked questions and answers on member benefits, such as covered medications, billing and how to contact ATRIO
- Resources for low-income recipients
- And, of course, our current and previous issues of our member newsletter

Moving forward, our member newsletters will be quarterly and online only – so check your Member Resources page for the latest news and tips. Happy Reading!

### Jen Callahan

President and CEO  
ATRIO Health Plans





Down:

- 1. DC Event: National \_\_\_\_ Blossom Festival
- 3. College kids' week off
- 5. Must be filed by April 15<sup>th</sup>
- 7. Circular canopy protects you from rain
- 8. Formerly a caterpillar
- 9. Warm weather allergy from certain plants
- 11. Weed that invades lawns in warm weather
- 12. Outside space to grow plants and veggies
- 15. April 1<sup>st</sup>: April \_\_\_\_ Day

Across:

- 2. Sixth month of the year
- 3. April \_\_\_\_ bring May flowers
- 4. Mom's big day
- 6. April 22<sup>nd</sup> awareness event: \_\_\_\_ Day
- 10. America's pastime
- 11. Pre-butterfly larva stage
- 13. June 14<sup>th</sup> holiday: \_\_\_\_ Day
- 14. Yellow flower that symbolizes rebirth
- 16. The birds and the \_\_\_\_

Crossword solution on page 3



According to the Alzheimer's Association, more than 55 million people globally are affected by Alzheimer's or dementia. By embracing simple and effective healthy habits that promote brain health, you can lower your risk, including:

- 1) Challenge your mind:** Activate your brain by trying something new or unfamiliar. Engage in games and activities that help you think strategically.
- 2) Get moving:** This means doing activities that get your heart pumping and improve blood flow to the body and the brain.
- 3) Be smoke-free:** Quitting smoking can decrease the risk of cognitive decline to levels comparable to those who have never smoked.
- 4) Eat healthy:** Choose a diet with healthy options, such as vegetables and lean protein, to help decrease the likelihood of cognitive decline.
- 5) Sleep well:** Avoid screens before bedtime and make your sleeping space as comfortable as possible.
- 6) Keep your heart healthy:** Eat a balanced diet, exercise regularly and take your prescribed medications.

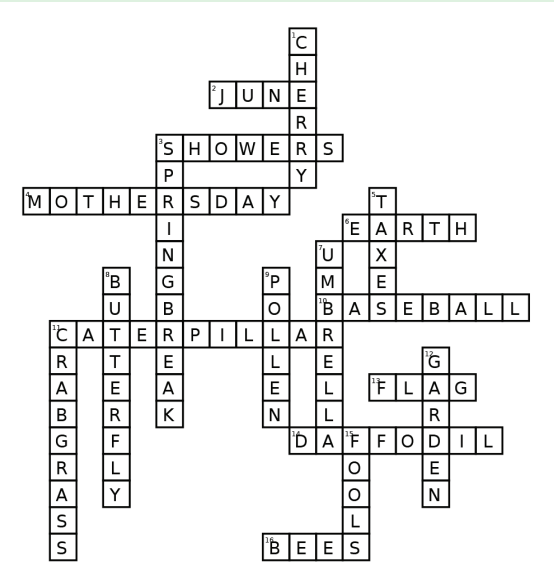
Don't hesitate to contact your doctor if you have memory concerns. An early diagnosis of Alzheimer's or dementia offers a range of benefits, including greater access to treatment options.

For more information, please visit <https://www.alz.org>.

Update: Prior Authorization Requirements (effective July 15, 2025)

As a part of ATRIO Health Plans' commitment to delivering high quality health insurance at a low cost, we evaluate our medical policies and clinical programs on an ongoing basis. In order to support this, codes will be added, updated, removed for some of the requirements for Prior Authorizations. To see a list of the changes and the full list of required Prior Authorizations, visit [atriohp.com/oregon/members/coverage-decisions-appeals-and-grievances/](https://atriohp.com/oregon/members/coverage-decisions-appeals-and-grievances/). For any questions, call Member Services at 1-877-672-8620 (TTY 711) daily, from 8 a.m. – 8 p.m.

Crossword Solution



No matter your age, getting the right amount of sleep each evening can help you maintain good brain, heart and lung health, protect against disease and balance your mood. Just making a few changes can help:

**Your Evening Routine** – Follow a regular schedule by going to sleep and getting up at the same time each day, even on weekends or when traveling. Find ways to relax and make your room cozy before bedtime each night, such as reading a book, listening to soothing music and keeping the temperature comfortable.

**Your Intake** – Avoid eating large meals two to three hours prior to bedtime and avoid drinking large amounts of liquid late in the day, especially caffeine and alcohol.

**Your Screen Time** – Try not to watch television or use a computer, cell phone or tablet in the bedroom to help you fall asleep.

If you have trouble falling asleep or staying asleep throughout the night, talk to your doctor to get the support you need.

