

HealthyFocus

Winter 2016

Make this the year that you Quit For Life!

This is the year. Quit using tobacco and get healthier in 2016! It is no secret that using tobacco is bad for your health, but there are so many reasons to quit that will make your life even better. Here are some benefits to Quit For Life® today:

- Food tastes better.
- Better sense of smell.
- Cleaner teeth.
- Fresher breath.
- Healthier skin.
- You are able to be more active.
- You save money.

The Quit For Life® Program was developed

by the American Cancer Society and Alere Wellbeing. It is the nation's top stop-smoking program. Their four-step plan can help you gain knowledge and skills to change your life. This program uses many tools, support and personal coaching to help you beat the addiction for good. With this program, there is no limit to how many times you can talk to coaches by phone or web. The program is free, confidential and eight times more successful than quitting alone. Call 1-866-QUIT-4-LIFE or (866) 784-8454 toll-free, (877) 777-6534 (TTY), or log on to www.QuitNow.net today!



PacificSource
Community Solutions

Stay Healthy and Fit in 2016

There are many ways to stay healthy and fit this New Year. You can bike, ski or hike, but whatever you do – get outside! Winter sports can help build muscle, increase strength and improve balance. These activities can be shared by everyone from young to old. They also burn more calories in the colder winter weather.

Working out is great for your physical body, but it is good for your mind too! Exercising releases hormones that will boost your mood and make you feel good. Try these winter activities to get your heart and blood pumping:

- 1) Snowshoeing:** Using snowshoes, you can trek through snow covered hiking trails for miles on top of the powder. This is a low-impact activity. It burns fat and supports heart health.
- 2) Cross-Country Skiing:** This activity is great for building strength. You slide across the snow non-stop for long periods of time. This ongoing cardio helps to grow your lung capacity and uses many different muscle groups. This winter activity will keep your heart rate up and blood flowing!
- 3) Ice Skating:** Ice skating can be a fun and challenging activity. Ice-skating uses a lot of small stabilizer muscles in your hips, knees and ankles. It also includes larger muscles in your legs, buttocks and core. Although you may need to locate

a local rink, this activity is perfect for winter weather!

- 4) Hiking:** During these colder months, hiking can be a great adventure! There will be less people on the trails so you can find some hidden winter gems. You will burn extra calories in the cold and boost your immune system. Leave your stuffy home or office for the great outdoors!
- 5) Biking:** This low impact activity is perfect any time of year. Riding your bike increases endurance and your aerobic health. You can ride on trails or around town. Biking is a great way to stay in shape all year round!

Important! When being active (especially during wintertime), drink water and wear the right clothing. Your body will sweat more and you will need to drink even more water than normal. Wear multiple layers of clothing and remove items as you warm up. Stay healthy and fit – but don't forget to be prepared!

It is important that you do not let these colder months keep you inside. Year-round exercise will allow you to avoid weight gain and depression. Get outside today! Your body (and mind) will thank you!

*Consult your doctor before starting any new exercise routine.

Family Planning

What is Family Planning?

Family planning is how individuals and couples prepare for the birth of their child. This includes birth control activities to prevent pregnancy as well as being healthy and prepared before becoming pregnant.

Why is family planning important?

With the right planning and education, a woman's health and happiness can increase at all stages of pregnancy. A couple can then plan for family size and age spacing between children. The family can also prepare for work leaves and other financial needs when pregnant. Keeping work, school and other goals on track is a great benefit to proper planning.

Thinking ahead will give the child the best chance to be born healthy and happy.

IMPORTANT: Hysterectomies are not covered as a part of family planning.



What services are provided by PacificSource?

- Women's annual exam
- Birth control education and counseling
- Contraceptive supplies, such as patches, birth control pills and intrauterine devices (IUDs)
- Emergency contraception (the "morning after" pill)
- Sterilization (tubal ligations and vasectomies) when performed by a contracted PacificSource provider
- Radiology services (imaging)
- Laboratory testing

Related women's health services that are also covered include:

- Pap tests
- Pregnancy tests
- Screening and counseling for sexually transmitted diseases (STDs), including AIDS and HIV
- Abortions (Contact OHA (formerly DMAP) at (503) 945-5772, toll-free at (800) 527-5772 or TTY/TDD 711 for more information).

Medical and surgical procedures may only be covered when performed by a contracted provider.



2965 NE Conners Avenue
Bend, Oregon 97701

Address
Block
Placeholder



We respect the importance of our members and the diversity of the communities where they live. We want to make sure our services address the needs of everyone. This includes:

- All cultures
- Languages
- Races
- Ethnic backgrounds
- Abilities
- Religions
- Gender identities
- Sexual orientations
- Any special needs

We want our members to feel welcome and well-served in our plan. A translator is available in Spanish and other languages. These services are free of charge. Please call our Customer Service Department to ask for an interpreter.

Si usted necesita servicios de intérprete, por favor llame al teléfono (800) 431-4135.

You can get this newsletter in another language, large print, or any way that's best for you. Please call (800) 431-4135, TTY users call (800) 735-2900.

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Customer Service

Central Oregon:
541.382.5920 Local
800.431.4135 Toll-Free
800.735-2900 TTY

Columbia Gorge:
855.204.2965 Toll-Free
800.735-2900 TTY

Our Hours:
Monday - Friday
8:00 a.m. - 5:00 p.m.