

Be Well

SUMMER 2026

Summer Sips

Easy mocktails & coolers

Beat the heat with these three refreshing non-alcoholic drinks, perfect for backyard relaxation, pool days, and everything in between.

Strawberry Limeade

servings: 2 prep time: 10 mins.

INGREDIENTS

- 1/2 cup lime juice
- 1/3 cup sugar*
- 1/3 cup water
- 1/2 lb strawberries, sliced
- 2-4 mint leaves (for taste)
- 2 cups cold water

INSTRUCTIONS

1. To make the simple syrup, combine the sugar and water in a saucepan, and cook over medium-high heat for 5-10 minutes until the sugar is dissolved and the liquid is clear.
2. In a large mason jar or a pitcher, combine the lime juice, simple syrup, strawberries, mint, and water. Let sit in the refrigerator for 2-3 hours. Serve and enjoy!

**A healthier sugar alternative can be substituted.*



Strawberry Limeade



Kiwi Fruit Smoothie

servings: 2-3 prep time: 5 mins.

INGREDIENTS

- 3 peeled kiwi fruit
- 1 mango, peeled, stoned and chopped
- 16 oz. pineapple juice
- 1 banana, sliced

INSTRUCTIONS

1. Put all of the ingredients in a blender and mix until smooth, then pour into 2 tall glasses.
2. Keep a slice of kiwi fruit back to garnish the inside of the glass or top with a sprig of fresh mint.

(article continued on page 5)



From Our CEO

Did you know that you have allowances added to your ATRIO Flex Card (AKA your andmore card) for payment of alternative therapy services for routine acupuncture, chiropractic care, and naturopathy services? (See article on page 4.)

Take advantage of the alternative therapy allowance you have and see if these treatments are right for you! For any questions you might have, call customer service at 1-877-672-8620 (TTY 711).

Also, check out our CMO Dr. Krystal Revai's article, "Mindful Minute" article on page 2, which provides some helpful tips to disconnect from technology and re-connect with nature – for a little while anyway.

Jen Callahan

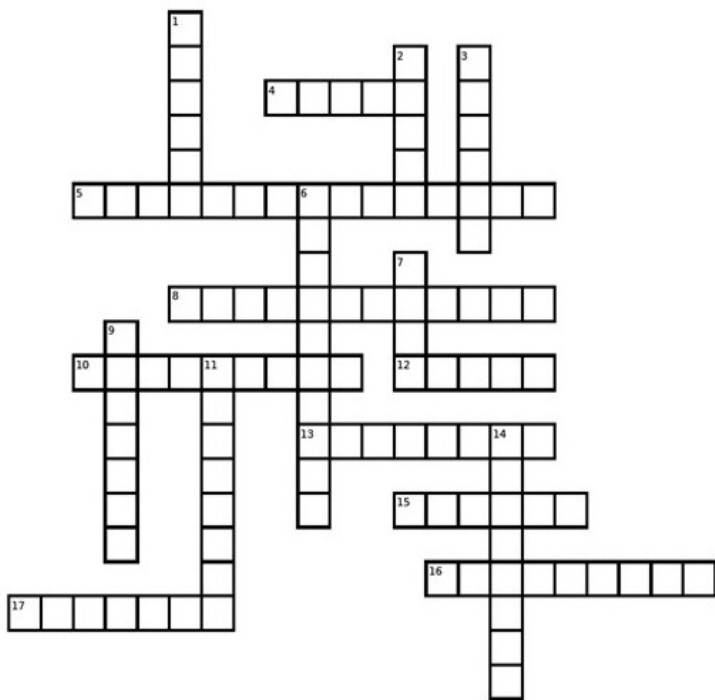
President and CEO
ATRIO Health Plan



Exploring Oregon

In the southwestern part of the state, the **Oregon Caves National Monument and Preserve** displays the "Marble Halls of Oregon," created and decorated by eons of acidic water seeping into marble rock.

ALL ABOUT THE MOVIES



Down:

1. The Seven Year Itch star, Marilyn _____
2. Western film icon John _____
3. Country that Dr. Zhivago takes place in
6. Last names of the "Road to" movies actors (2 words)
7. 1975 killer shark blockbuster
9. Winner of 4 Best Actress Oscars (last name only)
11. 1980 Leslie Nielsen disaster movie satire
14. Backdrop for the movie, *Glory* (2 words)

Across:

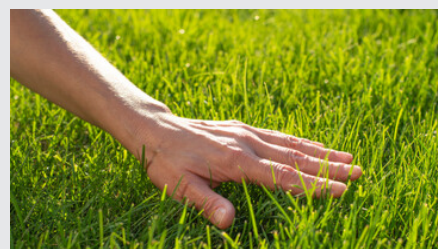
4. 2025 Best Picture Oscar winner
5. 1939 pic based on Margaret Mitchell novel (4 words)
8. Another name for the Oscar (2 words)
10. The "singing cowboy" (2 words)
12. *When Harry Met* _____
13. *Butch Cassidy and the* _____ *Kid*
15. *Dances with* _____
16. Los Angeles area for the film industry
17. *Saving* _____ *Ryan*

See crossword solution on page 4

Mindful Minute

One of my favorite podcasts is called "Office Hours" by Arthur Brooks. A recent episode, "Why You Literally Need to Touch Grass," made me smile and recommit to adding a bit of outdoor time to my day.

Brooks' basic point is simple: We weren't designed to live almost entirely indoors, on screens, inside



our own heads. Yet, given our modern-built environment, we do. The podcast is very science- and research-based, which may not be everyone's cup of tea, but I encourage you to give it a listen. Brooks outlines data showing that regular time outdoors reduces anxiety, improves mood and focus, and helps us to quiet that constant mental loop of rumination and comparison.

What I appreciated most is that this isn't about becoming an outdoorsy person or adding another thing to your to do list. It's about contact with nature – being outside, letting your eyes land on a tree instead of a screen, feeling sunlight or wind or solid ground, giving your brain what it longs for.

So here's a gentle experiment for the coming week: Where could you add just a little more outside time?

- Maybe standing in the sun for 60 seconds?
- Maybe watching the sun rise or set?
- Maybe literally touching grass?

You don't need a plan or special gear. It doesn't have to be "perfect." Even small moments can make a difference. Give it a try. You might be surprised how quickly your body responds.

Krystal Revai, MD, MPH

Chief Medical Officer
ATRIO Health Plans

August is Summer Sun Safety Month



August is **Summer Sun Safety Month**, acting as a reminder to protect your skin and eyes from harmful ultraviolet (UV) radiation as you enjoy the peak of summer. It emphasizes preventing skin cancer, heat-related illnesses, and sun damage through daily sunscreen use, protective clothing, and seeking shade, even on cloudy days. Sun safety tips include:

- Apply SPF 30+ to all exposed skin, reapplying every 2 hours, or after swimming/sweating.
- Wear long-sleeved shirts, pants, and wide-brimmed hats to protect your face, ears, and neck.
- Avoid direct sun during peak hours (10 a.m. – 4 p.m.).
- Wear sunglasses that block 99% of UVA and UVB radiation to prevent cataracts and eye damage.
- Drink plenty of water to prevent heat-related illness.
- Keep infants under 6 months out of direct sunlight.

For more information on skin care and other tips on proper protection from the sun, visit skinandcancerinstitute.com/its-summer-sun-safety-month.

Have You Scheduled Your Annual Wellness Exam?

Senior Wellness Centers are designed to support patient health, comfort, and independence. ATRIO Health Plans has teamed up with P3 Health Partners to focus on our members' preventative care, helping them stay well, manage existing conditions, and address concerns early.*

At P3 Health Partners' Senior Wellness Centers, the team will work closely with ATRIO and your primary care provider to help support your health and wellness. An Annual Wellness Exam with P3 gives you dedicated time to review your health, stay up to date with screenings, and plan for your ongoing care. During your visit, P3 can help you:

- Review your health history
- Create a personalized care plan
- Schedule screenings and tests
- Connect you with helpful resources
- Catch health concerns early

Complete your Annual Wellness Visit at one of our locations and you may be eligible to receive a complimentary gift.*

Visit a P3 Senior Wellness Center location near you:

**3190 State Street,
Suite 102 Medford,
OR 97504**

**171 NW Medical Loop,
Suite 1
Roseburg, OR 97471**

**966 12th Street SE,
Suite 110
Salem, OR 97302**

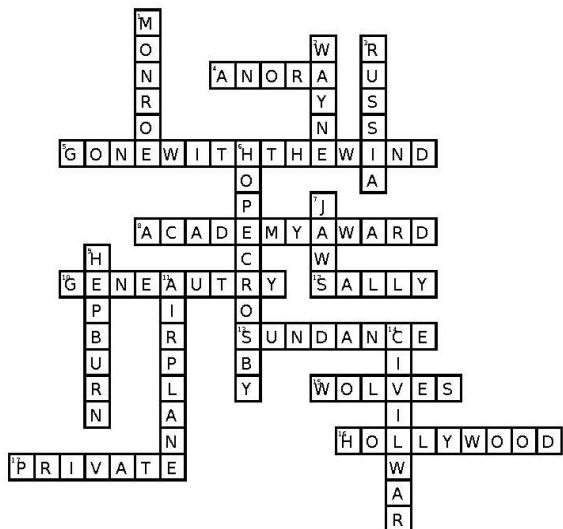
Book your appointment today. Call **1-971-209-3663**.

**Patients must meet eligibility requirements.*



Visit atriohp.com to learn more about your extra benefits

Crossword Puzzle Solution



Correction: In the spring 2026 member newsletter crossword puzzle, we incorrectly added an "s" to the word "Mill" instead of after "End" in the solution, "Mill Ends Park." We apologize for this error.

Have You Heard from BeneLynk?

ATRIO Health Plan collaborates with BeneLynk to help members access programs and services that may improve their health and well-being. If you have received a call, letter, or voicemail from BeneLynk, you may be eligible for additional benefits or support, including assistance with



Medicaid Extra Help for prescription drug costs, Veteran resources, community programs, and more. BeneLynk's advocates provide personalized assistance at no cost to you and can help determine which programs may be

available based on your circumstances.

If you hear from BeneLynk, we encourage you to take the call or return their message. To learn more, contact BeneLynk directly at 1-866-977-6136 (TTY 711).

Using Your Alternative Therapies Benefits

With your ATRIO Flex Card, you have allowances to use on routine acupuncture, chiropractic care, and naturopathy services. These therapies can be beneficial in a number of ways, personalized to your care needs.

Acupuncture is aimed at supporting the body's own healing abilities. Thin needles are placed at different points of the body based on the patient's goals. It has been found to help with pain management, quality of sleep, and muscle/joint stiffness.

Chiropractic care can help reduce pain, improve mobility and help with balance. Treatment includes gentle techniques for mobility, adjustments to target joints, and exercises to improve strength.

Naturopathy is a holistic approach that focuses on how the body can heal itself with help from natural remedies. Naturopathic remedies are focused on balance, using herbal remedies and nutritional supplements in accordance with your health goals. These remedies have been found to be helpful with arthritis, digestive issues, insomnia, joint pain, and memory loss.

Take advantage of your alternative therapy allowance and ask your doctor if these treatments are right for you! For any questions, call our customer service at 1-877-672-8620 (TTY 711) from 8 a.m. – 8 p.m. daily.



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

Questions?

Call us First!

We're here for you.

Call Member Services:

Toll Free: **1-877-672-8620**

(TTY 711), 8 a.m. – 8 p.m. daily,
local time, or online at:

atriohp.com

Want to submit a topic?

Email us at:

members@atriohp.com

Summer Sips (continued from page 1)

Iced Latte

serving: 1 glass

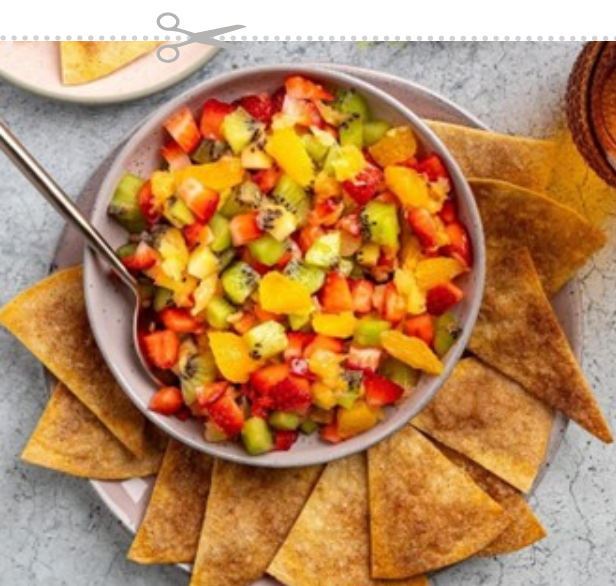
prep time: 5 mins

INGREDIENTS

- 2 espresso shots (2 oz.)
- 2 tsp sugar, honey or maple syrup (to taste)
- 3-½ oz. whole milk
- ice

INSTRUCTIONS

1. Mix the hot espresso with the sugar until it dissolves.
2. Fill a glass with ice and stir in the sweetened coffee.
3. Pour over the milk and stir until combined.



Fruit Salsa with Cinnamon Chips

INGREDIENTS:

Salsa Dip

- 1 cup chopped strawberries
- 1 peeled and chopped orange
- 3 peeled and chopped kiwis
- 1 can (8 oz) unsweetened crushed pineapple (drained)
- 1 tbsp lemon juice
- 1-½ tsp sugar*

Cinnamon Chips

- 10 flour tortillas (8 inches)
- ¼ cup butter, melted
- ⅓ cup sugar*
- 1 tsp ground cinnamon

** You can substitute a healthier sugar alternative, such as agave, stevia or maple syrup (adjust to taste)*

INSTRUCTIONS:

- 1) Combine all fruits, lemon juice, and sugar in a small bowl. Cover and refrigerate until serving.
- 2) Brush the tortillas with melted butter; cut into 8 wedges. Combine the sugar and cinnamon and sprinkle over all wedges. Place on an ungreased baking sheet.
- 3) Bake at 350°F for 5-10 minutes, or until crisp. Serve with the fruit salsa to dip!