

Be Well

SPRING 2026



Oregon is a land of dramatic contrasts, from the deepest lake in the country (Crater Lake) to the deepest river gorge (Hells Canyon) – and even the largest living organism (a 2,300-acre fungus). Here are just a few of the Beaver State’s spectacular locations that you can visit (usually as day trips) and get back to nature.

Silver Falls State Park (near Salem)

People call it the “crown jewel” of the Oregon State Parks system, and once you visit Silver Falls State Park, you know why. Its beauty, boundless recreational opportunities and historic presence keep it there. Where else can you walk behind a waterfall? Check out the famous South Falls and see what a 177-foot curtain of water looks like from behind. It’s part of the Trail of Ten Falls, a spectacular, nationally recognized hiking trail that weaves through a dense forested landscape.

International Rose Test Garden (Portland)

Your community may offer a variety of local events, including festivals or community gatherings. Keep an eye on your local community’s website and Facebook (Meta) page for upcoming happenings of interest, such as shows by local playhouses, at this serene site.



Cannon Beach (North Oregon coast)

Walk this sandy stretch of beach crowned by iconic Haystack Rock. Stunning coastline views and outstanding natural areas blend with a charming beach village just 90 minutes from Portland. Known as one

of the top art towns in America, this walkable community is dotted with art galleries, shopping boutiques, fine restaurants, and premier hotels, all within short walking distance of the beach.

Look for other Oregon places to explore in future newsletters!



From Our CEO

This issue of our newsletter has quickly become one of my favorites, simply because it highlights the beauty of nature that resides throughout Oregon.

As part of my role at ATRIO Health Plans, I have the privilege of spending a lot of time in Oregon, not just visiting our offices and employees, but attending member meetings, speaking at industry events, and meeting with our partners and providers. Each time, it never ceases to amaze me how truly captivating this region is.

Whether you have been to any of these sites or not, I hope you get a chance to see them – and more – in this beautiful state.

Jen Callahan

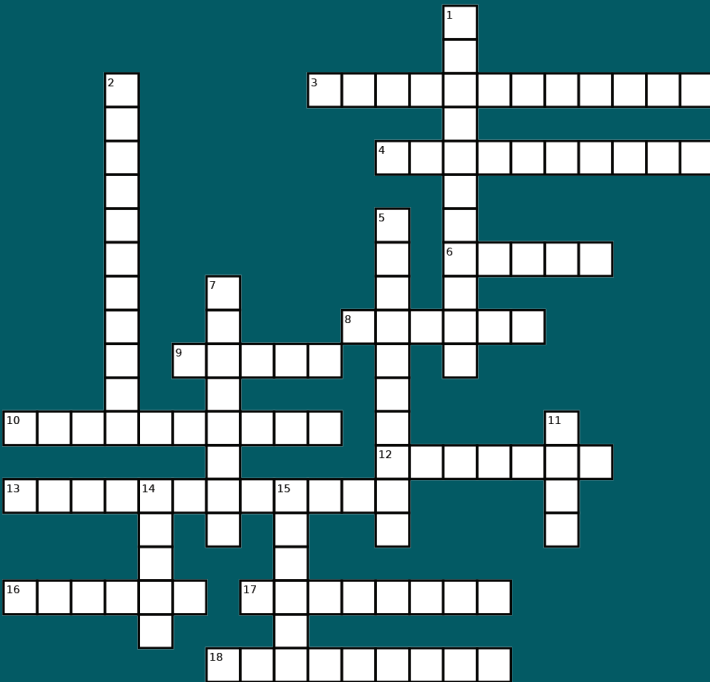
President and CEO
ATRIO Health Plans



Did You Know?

Oregon is home to the world's smallest park – **Mill Ends Park** – consisting of one small tree, located in a median strip in downtown Portland. Total park size: 452 square inches!

ALL ABOUT OREGON



Down:

1. Deepest river gorge in North America. (2 words)
2. Inspiration for *The Simpsons'* hometown
5. Deepest lake in the county (2 words)
7. Largest city by population
11. Oregon's state beverage
14. Capital of Oregon
15. State vegetable

Across:

3. Oregon's NBA team (2 words)
4. Oregon's neighbor to the North
6. Oregon's state ranking by size
8. Third most climbed mountain in the world (2 words)
9. State flower: Oregon _____
10. State bird: Western _____
12. Town where *The Goonies* was filmed
13. The smallest city park in the world (3 words)
16. Oregon's nickname: The _____ State
17. Nation's largest producer of this nut
18. Lebanon has the world's largest strawberry _____

See crossword solution in this newsletter

Medicare Fraud Scams

ATRIO Health Plans urges members to be cautious of scam callers offering durable medical equipment that you did not request or do not need. These callers may claim the equipment is "free" or already approved by your health care provider and/or insurance, but their goal is often to fraudulently bill your coverage. If you believe fraud is involved, report it to the FCC and notify ATRIO using these key actions:

Protect your Medicare and ATRIO ID numbers. Like credit cards, only share them with trusted healthcare providers.

Review your Summary Notices and Explanation of Benefits for accuracy as soon as they arrive to ensure services listed were received. Call ATRIO immediately if you see anything incorrect.

Never share your personal identifiable or insurance information with suspicious or unsolicited callers. Ask for the caller's name, company, phone number, and address, then hang up to verify the information.

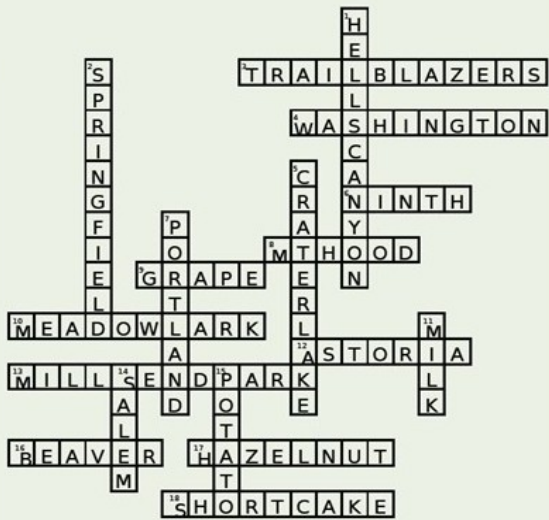
Identify Red Flags. Legitimate organizations will not rush you, threaten you, or demand immediate payment.

Avoid "Free" offers. Scammers often offer free, unnecessary tests or equipment to obtain your number.

Current ATRIO members can report suspected Fraud, Waste or Abuse to:

- ATRIO at 1-877-672-8620 (TTY 711)
- HHS Office of Inspector General at 1-800-447-8477, HHSTips@oig.hhs.gov, OIG.HHS.gov/fraud/report-fraud, or ReportFraud.ftc.gov
- Medicare at 1-800-633-4227
- FCC Complaints at 1-888-225-5322 and select option "4"

Crossword Solution



Opioid – Know the Risks

If you have pain from surgery, or if you fall and break a bone, your doctor may prescribe you an opioid – like codeine, morphine, or oxycodone. While these drugs can be helpful, they can also be dangerous. Opioid addiction can form after less than seven days of use. They are not recommended for long-term, non-cancer pain.

If you need to take an opioid it is important to know the risks. When taken every day, your body may ‘get used to’ these drugs and they will not work as well (called ‘tolerance’). Taking more for the same effect increases your risk of addiction or overdose. Taking opioids with other drugs can also lead to serious health problems or even death. Never drink alcohol or use other drugs your doctor did not prescribe while taking an opioid.

You have safer options for pain relief. Many Over-the-Counter (OTC) drugs like Tylenol, ibuprofen, and creams reduce pain. You can also use exercise, physical therapy, massage, and acupuncture to reduce pain.

Visit atriohp.com or call us to learn more about the benefits covered for ATRIO plan members.



The "Eyes" Have It

May is **Healthy Vision Month**, encouraging Americans to prioritize eye health through comprehensive, dilated eye exams, healthy eating, and UV protection. Learn more at nei.nih.gov.

MediDrive for Member Transportation Services



Effective April 1, 2026, ATRIO Health Plans has partnered with a new transportation company, MediDrive. ATRIO's transition from SafeRide to MediDrive **does not change your current transportation benefit**; it simply provides an enhancement as MediDrive contracts with additional transportation service providers.

You will still receive 12 or 24 one-way non-emergent, health-related trips per year, depending on your plan*. Health-related locations include medical facilities, dentists and doctors' offices, gyms, community centers, and pharmacies to pick up prescription medications. Rides may be provided by taxis, rideshare services, vans, and non-emergency medical transport as determined by MediDrive. Uber and Lyft are part of the MediDrive network and subject to availability. *All rides must be scheduled through MediDrive.*

Beginning April 1, 2026, to schedule a ride, please call **1-888-617-0467** (TTY 711) (the same phone number previously used for SafeRide), Monday – Saturday, 6 a.m. to 6 p.m. local time. Rides should be scheduled at least 48 hours in advance (except for emergencies); rides scheduled less than 48 hours in advance will be subject to availability. If you must cancel, you need to do so at least 3 hours before your scheduled pick-up time. (If after this time, the ride will be deducted from your annual ride balance.) If you have any questions, please contact Member Services at **1-877-672-8620** (TTY 711).

*Not all ATRIO plans include a Transportation Benefit



ATRIO Health Plans
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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**

Want to submit a topic?

Email us! members@atriohp.com



Gingernuts

INGREDIENTS:

- 1 $\frac{3}{4}$ cups all-purpose flour
- 1 teaspoon baking soda
- 2 teaspoons ground ginger
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ cup granulated sugar
- 4 tablespoons unsalted butter, softened
- 2 tablespoons golden syrup (or light molasses)
- 1 egg

INSTRUCTIONS:

- 1) Preheat the oven to 350°F and line a baking sheet with parchment paper.
- 2) In a medium bowl, whisk together the flour, baking soda, ground ginger, and cinnamon.
- 3) In a large bowl, beat the softened butter and sugar together until light and fluffy.
- 4) Add the golden syrup and egg to the butter mixture and mix until well combined.
- 5) Gradually add the dry ingredients to the wet mixture, stirring until a dough forms.
- 6) Roll the dough into small walnut-sized balls and place them on the prepared baking sheet, leaving about 2 inches between each.
- 7) Flatten each ball slightly with your fingers or the back of a spoon, then bake in the preheated oven for 10-12 minutes, or until the cookies are golden brown and slightly cracked on top.
- 8) Remove from the oven and allow the cookies to cool on the tray for 5 minutes before transferring them to a wire rack to cool completely. For an extra zing, add a pinch of ground cloves or nutmeg to the spice mix.