

Be Well

Winter 2025

Finding Your Perfect Pet



Studies have shown that owning a pet can help contribute to improved well-being in seniors. But before rushing out and buying the first four-legged, feathered or finned pet you see, consider the following factors to best fit your situation.

Activity Level – If you have limited mobility, low-energy pets, such as cats, small dogs or fish, usually require minimal exercise. However, if you can still manage short walks and mild physical tasks, then a small-to-medium-sized dog with a calm temperament might be suitable.

Living Space – If you live in an apartment or another comparably sized living space, then you may want to opt for a cat, small dog, or bird that can adapt to smaller spaces. If you are in a house with a yard or can manage longer walks – potentially more than once a day – then a larger breed dog could work for you.

Physical Ability – If you struggle with mobility issues, consider a pet that doesn't require extensive training or grooming. This also includes any lifting limitations you may have that could determine the size and weight of your pet.

Pet Type and Breed – Whether it's a cat or bird, or a small dog vs. large dog that you want, you should also consider your pet's energy level and degree of maintenance they will require.

Consider Rescuing a Pet – As an alternative to buying your companion from a pet store or kennel, a great option is to adopt a rescued pet from an animal shelter and give a loving home to a pet in need. Many of these rescues are more docile than puppies, for instance, are already house-trained and just want someone to cuddle with them.



From Our CEO

I hope you are enjoying a happy and healthy 2025.

I am excited to be leading ATRIO Health Plans into the New Year and to uphold the high level of customer service that we are proud to provide to our members. At ATRIO, this is our goal every day.

Make sure to let us know how we are doing. Our contact information is listed below my message on this page.

I am also happy to announce that we are now publishing a newsletter for our members each quarter throughout the year. This means we can provide you with even more health tips, fun things and member news. Enjoy!

Jen Callahan

President and CEO
ATRIO Health Plans

Questions? Contact us!

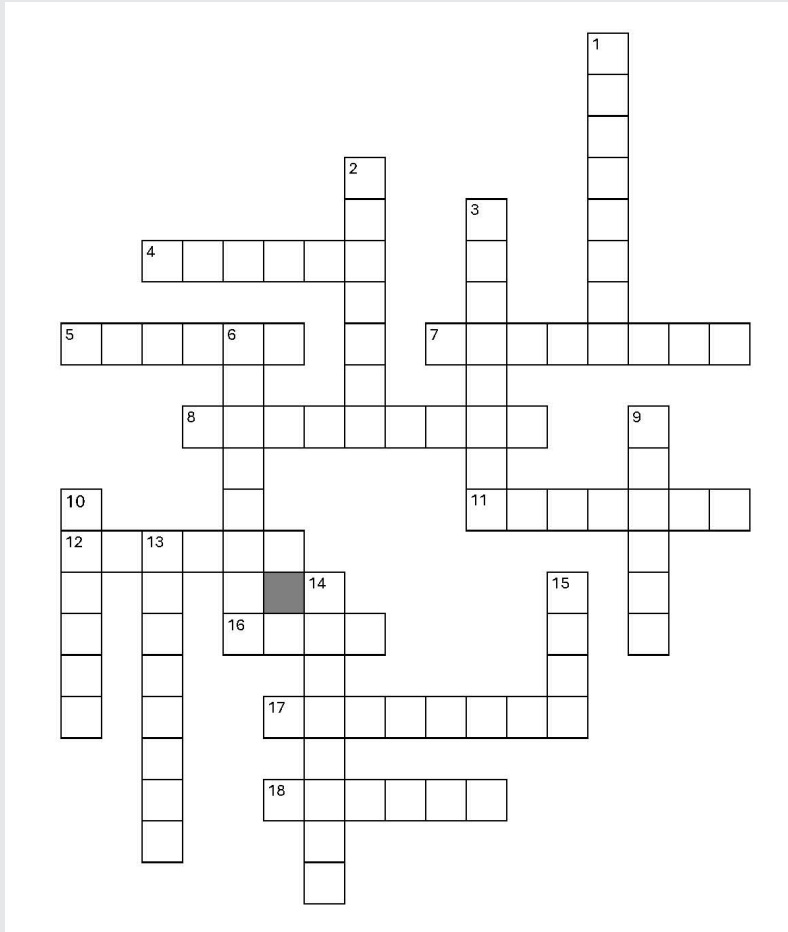
We're here for you.

Call Member Services:

Toll Free: **1-877-672-8620** (TTY 711),
daily from 8 a.m. - 8 p.m. local time
or contact us on atriohp.com.

All About Our Pets

All answers refer to our faithful companions.



Down:

- 1. Parrot's smaller, non-talking cousin
- 2. Scaly, cold-blooded pet family
- 3. Freshwater native with a precious metal name
- 6. A tank for your fish
- 9. A baby cat
- 10. Man's best _____
- 13. Winged friend's inside house
- 14. Canine's backyard home
- 15. Hands for a dog or cat

Across:

- 4. Minty plant that drives cats wild
- 5. Necklace for a pet
- 7. Giving a pet a home
- 8. Small, short-eared South American rodent
- 11. Short-tailed rodent with cheek pouches
- 12. Long ears and likes to hop
- 16. The cat's _____
- 17. A cat's mustache
- 18. Another name for a tortoise

Crossword solution on page 3



Getting the Most out of Your ATRIO Flex Card

As an ATRIO member, you get a debit card to use for some of your health expenses. Your Flex Card allowances can be spent on your preventive and comprehensive dental costs, fitness classes or a gym membership, select over-the-counter items and alternative routine therapies.

- **Dental** – You will receive a benefit allowance to spend on preventive and comprehensive services from any dental provider (excludes cosmetic procedures).
- **Staying Fit** – Your fitness allowance can be used toward a gym membership or fitness classes.
- **Over-the-Counter** – You can use your OTC allowance at participating retail locations, ordering online, or by calling **1-833-287-3622** Monday – Friday, 5 a.m. – 8 p.m. PST. To find the catalog of approved items and retail locations, visit mybenefitscenter.com. Popular OTC items include:
 - Pain relievers (Advil, Tylenol, lidocaine creams)
 - Heartburn medications (Tums, Pepcid AC, Prilosec)
 - Antihistamines for allergy and cold symptoms
- **Alternative Therapies** – You will receive an allowance for routine Chiropractic, Acupuncture and Naturopathy services.

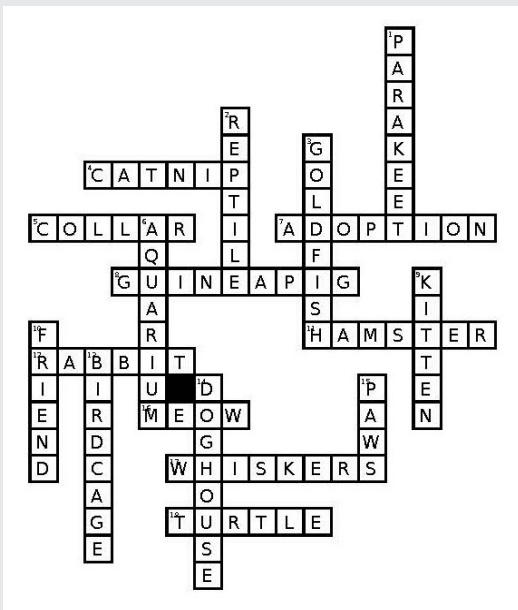


Healthy Hints: 3 Ways to Keep Your Mind Sharp

As we age, it's important to keep our minds healthy. Here are a few of the best ways to achieve good brain health.

- ✓ **Stay active** – Working out can have a positive impact on body *and* brain. Finding the right exercises that work for you is key. Remember: Always consult with your doctor before starting any exercise regimen.
- ✓ **Stay social** – Isolating yourself could potentially impact, not only how long you live, but also how well you live. It is important to make sure you regularly stay in touch with friends and family – and make new friends along the way.
- ✓ **Find your Zen** – Meditation can have instant benefits to the mind, particularly in helping you to sharpen your attention and focus better on tasks.

Crossword Solution



March Is National Colorectal Cancer Awareness Month

Colorectal cancer is the second leading cause of cancer death in the United States.* Although a somber statistic, more than a million people in the United States count themselves as survivors.** While early detection and treatments make a difference in survival, knowing the causes and risk factors we can control can also help.

Diet – Diets rich in red and processed meats may contribute to colorectal cancer risks, while diets full of fruits, vegetables, and whole grains reduce risks.



Exercise – Replace a sedentary lifestyle and obesity for physical activity to help reduce risk of the disease. (Always consult with your doctor before starting any exercise regimen.)

Smoking and alcohol use – Quit the first one and limit (or quit) the second one. Your physician can help you.

Visit www.cancer.org to learn more about risk factors, early detection, and treatment for colorectal cancer.

*National Cancer Institute

**American Cancer Society

Don't Forget:
Daylight Savings Time
begins Sunday, March 9,
at 2:00 a.m. Unfortunately,
you lose an hour of sleep that day!



New! Premium Payment Portal

Visit MyATRIO Portal 

The ATRIO Premium Payment Portal is now available! If you would like to set up recurring checking or debit/credit card payments, please visit the **myATRIO member portal on atriohp.com** and login or create an account. Once logged in, click on "Plan Information" to be directed to the payment portal.

If you do not want to create a myATRIO member account, but would like to set up recurring checking or debit/credit card payments, please contact Member Services at **1-877-672-8620** (TTY 711) and we can assist you with setting up your payments.

Important:

- Our due date has changed for 2025. Your premium and/or late enrollment penalty (LEP) are now due on the 20th of each month.
- Our new portal allows you two options for timing your monthly payment:
 1. **Default option** – processes your full invoiced amount on the 20th of each month
 2. **Custom option** – allows you to select the date and the dollar amount to be processed

If you currently have your premium and/or LEP payment set up with your financial institution, please update your payment to reflect any changes in your premium/LEP amounts for 2025. If you currently have the billing ID listed as your account number to apply a payment, you will need to change the billing ID to your ATRIO Member ID to ensure your payment is properly applied.



Oven Roasted Potatoes



INGREDIENTS

- 2 pounds of baby or Russet potatoes, cut into bite-size pieces
- 3 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp dried thyme (or rosemary)
- ½ tsp salt (to taste)
- ½ tsp black pepper
- 2 tbsp chopped fresh parsley (optional garnish)

DIRECTIONS

Preheat oven to 425°F and line a large baking sheet with parchment paper or lightly grease it with oil. Rinse and dry the potatoes thoroughly. For baby potatoes, cut them in halves or quarters to ensure even cooking.

In a large mixing bowl, toss the potatoes with olive oil, garlic powder, paprika, thyme, salt, and pepper. Ensure all pieces are evenly coated with the seasoning. Arrange seasoned potatoes in a single layer on the prepared baking sheet. For maximum crispiness, avoid overcrowding the pan.

Bake in the preheated oven for 25-35 minutes, flipping the potatoes halfway through cooking. Roast until the potatoes are golden brown and crispy on the outside, and tender when pierced with a fork.

Remove the potatoes from the oven, sprinkle with fresh parsley, if desired, and serve hot.