

## TALKING TREND

### Retail Healthcare



Retail healthcare, a growing trend in the healthcare industry, is expected to double its business conducted through retail outlets in 2023, according to Forrester Research. Retail giants like Walmart, Amazon, and CVS have expanded their offerings to include healthcare services such as blood tests, vaccinations, and medical check-ups, which were traditionally provided by hospitals, clinics, or doctors' practices.

Retail healthcare providers capitalize on consumer expectations of convenience, often allowing patients to seek immediate care without the need for advanced appointments.

Most Health Net plans offer access to CVS MinuteClinics which offer a variety of healthcare services such as: Minor Illnesses & Injuries, Diabetes Screening, Chronic Care Management, Vaccinations and COVID-19 testing. For a list of locations visit [www.minuteclinic.com](http://www.minuteclinic.com)

## INDUSTRY NEWS

### The Opioid/Drug Overdoses Crisis



Drug overdoses continue to impact the United States. According to the Centers for Disease Control and Prevention (CDC), in 2020, 91,799 drug overdose deaths occurred in the United States. Opioids were involved in 68,630 overdose deaths in 2020 (74.8% of all drug overdose deaths). Currently, 82.3% of opioid-involved overdose deaths involved synthetic opioids particularly those involving illicitly manufactured fentanyl and are the main driver of drug overdose deaths. The market for illicitly manufactured fentanyl continues to change, and it can be found in combination with heroin, counterfeit pills, and cocaine.

The opioid epidemic worsened significantly during the pandemic, with overdose deaths recorded in the 12 months leading up to April 2021 up 28.5% from the year before, according to data from the CDC. The misuse of opioids is a serious national crisis that affects public health as well as social and economic welfare. CDC Drug overdose data from 2019 to 2020 indicates troubling trends between different population groups. In just one year, overdose death rates increased 44% for Black people and 39% for American Indian and Alaska Native (AI/AN) people. The data also showed that lower proportion of people from racial and ethnic minority groups received treatment. Therefore, a comprehensive, community-based prevention and response efforts is required to address disparities in drug overdose deaths and the inequities that contribute to them.

Collaboration is the key for success in preventing opioid overdoses and deaths. Mental health and substance use treatment providers and members of the community all bring resources to address the opioid epidemic. In response to this crisis, Health Net developed a multifaceted program to identify opioid misuse and strives to mitigate the impact on our members and their families. Health Net's Opioid Utilization program addresses the opioid epidemic and works to reduce inappropriate opioid utilization. The goals of this program are to decrease the number of new opioid prescription starts (as medically appropriate), identify members on high-dose opioids and other risky medications, increase awareness and access to treatment for opioid use disorder, and prevent overdose.

Health Net plans also offer substance use disorder assistance through MHN. Members can reach MHN by calling (888) 327-0010 or through the MHN website [HERE](#).

## HEALTH NET NEWS

### Health Net Expands Network to Include PeaceHealth

Health Net Health Plan of Oregon, Inc. (Health Net) is pleased to announce our commercial group network now includes PeaceHealth hospitals and physicians. We have carefully implemented processes to ensure a smooth transition for our members and providers as PeaceHealth returned to our commercial group network effective 3/1/23.

Health Net is committed to providing access to high-quality care for the members we serve. The PeaceHealth network for Oregon commercial group members includes medical centers, critical access hospitals and medical clinics throughout Oregon, including Eugene, Springfield, and Florence. In addition, PeaceHealth Southwest Medical Center and provider groups in the Vancouver, Washington metro area will be in-network for Oregon commercial group members who reside in Washington.

**We're here for you!**  
For questions, reach out to your Health Net Account Executive

To find a PeaceHealth provider in our network, members may use our quick-and-easy online [ProviderSearch tool](#).

#### Helpful Resources

- PeaceHealth In-Network Hospitals and Clinics
  - PeaceHealth Sacred Heart Medical Center, University District
  - PeaceHealth Sacred Heart Medical Center at RiverBend
  - PeaceHealth Medical Group
  - PeaceHealth Medical Group-Eugene
  - Sacred Heart Physicians
  - PeaceHealth Medical Group-Siuslaw
  - PeaceHealth Medical Group-Cottage Grove
  - PeaceHealth Medical Group-Dexter
  - PeaceHealth Peace Harbor Medical Center
  - PeaceHealth Cottage Grove Community Medical Center
  - PeaceHealth St. John Medical Center
  - PeaceHealth Southwest Medical Center – Vancouver (Oregon Group Plans Only)
  - PeaceHealth Medical Group Southwest – Vancouver Metro (Oregon Group Plans Only)

## WELLNESS

### Summertime Stress



Summertime is often associated with relaxation, vacations, and leisure activities. However, it's not uncommon for people to experience stress during this season for various reasons. Here are a few potential sources of summertime stress and some suggestions on how to manage them:

**Travel planning:** Planning a vacation or organizing trips can be overwhelming, especially if you have a lot of details to consider. To reduce stress, start planning well in advance, create a checklist of tasks, and break them down into manageable steps. Consider using travel apps or websites to streamline the process. Remember to allow some flexibility in your plans to accommodate unexpected changes.

**Family obligations:** Summertime often involves family gatherings, reunions, or visits from relatives. While these events can be enjoyable, they can also create pressure and additional responsibilities. Communicate openly with your family about your boundaries and prioritize self-care. It's okay to say no or delegate tasks when needed. Find moments of solitude to recharge and maintain a healthy balance.

**Body image and social pressures:** The summer season can bring about feelings of body insecurities due to societal expectations surrounding beach bodies and swimwear. Remember that everyone has unique body shapes and sizes. Focus on self-acceptance and self-care rather than comparing yourself to others. Engage in activities that make you feel good about yourself and boost your confidence.

**Heat and health concerns:** Depending on where you live, the summer months can bring intense heat and humidity, which can impact your well-being. Stay hydrated by drinking plenty of water, dress in lightweight and breathable clothing, and seek shade or air-conditioned environments when necessary. Protect your skin with sunscreen and wear a hat or sunglasses. Be aware of heat-related illnesses and take necessary precautions.

**Work-life balance:** Balancing work commitments with personal time during the summer can be challenging. If possible, try to plan your workload in advance to allow for some flexibility and time off. Take advantage of vacation days or plan shorter getaways to recharge and enjoy the season. Disconnect from work-related emails and notifications during your time off to fully relax.

**Financial strain:** Summer activities and vacations can strain your budget. Plan your expenses wisely and set a realistic budget. Look for free or low-cost activities in your community, such as outdoor concerts, festivals, or hiking trails. Consider organizing potluck gatherings or picnics with friends to share the costs and enjoy each other's company without breaking the bank.

To further support stress management, Health Net has partnered with Sharecare to offer the "Unwinding" program. Unwinding is an evidence-based digital program that uses mindfulness to help you build resilience. With breathing exercises, meditations, sleep support, visual relaxation, and more, you can access a quick dose of calm whenever you're feeling stressed throughout the day. You can find a direct link to Sharecare in our Health & Wellness section, and flyers are available on the Small/Large group member wellness sections. Embrace Unwinding and start living a less-stressed life.

Members can register for Sharecare at [healthnet.sharecare.com](http://healthnet.sharecare.com).

## IN THE COMMUNITY

### Health Net Celebrates Pride Month



CA cPRIDE Meet Up - West Hollywood

Centene's LGBTQIA+ Employee Inclusion Group, cPRIDE celebrated Pride by hosting events all over the country all month long!

Centene supports an inclusive and supportive work environment. cPRIDE's Mission Statement reads:

"We advocate for all within the spectrums of gender and sexuality and their allies, encouraging people to bring their full selves to work. cPRIDE offers development, support, and networking opportunities for its members. We are committed to making our LGBTQIA+ employees and their allies fully engaged in their career."

## JUST FOR FUN

### Add a Little Red, White, and Blue to Your July 4th Beverages

It's easy! Just put blueberries, raspberries, and strawberries in an ice cube tray, cover with water (or coconut water for extra flavor).

Freeze overnight and use berry cubes in any clear cocktail or mocktail to add a little patriotic pizzazz to your holiday party.

**Happy 4th of July Everyone!**

