



Five Tips for Everyday Safety

Use proper form. Try to remember proper physical form in your everyday routines. Keep things close to you to avoid over-reaching, and always use your legs when picking up large or heavy items. (Bend at the knees—avoid bending at the waist.)

Take regular breaks. Taking a quick break from looking at your computer screen or doing mundane tasks will help to re-energize you and keep you alert.

Check your smoke alarms. Once a month, check the smoke alarms in your home to make sure they're working, and replace batteries as needed. Keep a fire extinguisher in a central, easy to access location, and learn how to use it.

Maintain your vehicle. Make time for regular vehicle maintenance, such as checking your exterior lights, getting your oil changed, and checking your tire pressure.

Be prepared. Thoughtfully determine what you may need to keep yourself healthy and safe during an outing or long day.

InTouch: Your Benefit Information When You Need It

At PacificSource, it's important to us that you know about all the resources and information available to you through InTouch, our secure online benefits portal for members. Things like a summary of your benefits, your ID card, and recent explanation of benefits are all available at your fingertips when you need it.

Maybe you're wondering: Why does this matter?

Right this minute, you might not need to know how much you've paid toward your deductibles this year, or even what your deductible amounts are.

It might not matter right now that your ID card is still tucked away in its envelope, buried in a stack of junk mail on your dining room table or kitchen counter.

And you might not be thinking about your unused preventive services (such as an annual exam, or dental cleanings, if you have a dental plan), which are covered by your plan.

So, why should you know about InTouch resources?

At some point, you'll need your health plan benefits information, which you can find using InTouch. And with InTouch, getting the information you need—when you need it—is easier than you might think.

When it's time to go to the doctor, you'll probably wonder how much you'll have to pay and how much



your plan will pay. Using InTouch, you can find your deductibles listed under Deductible in the Benefits section. This will also tell you how much you've already paid toward your deductibles.

And remember that ID card buried in a stack of mail at home? Not very helpful when you're standing at the reception counter at your doctor's office. But if you're signed up for InTouch and you have our free myPacificSource app, you have immediate access to your ID card.

Then again, maybe right about now you realize you haven't been to the doctor in a while. Or maybe you have a PacificSource dental plan, and you haven't had your teeth cleaned this year. The Service Limits listed in the Benefits section will tell you which covered services you've used, and what you have left.

Ready to get started?

Visit PacificSource.com to register for or log into InTouch, today.



PO Box 7068 • Springfield OR 97475-0068

Have you moved?

To update your address, talk to your employer or visit PacificSource.com/NewAddress.

Feel free to contact us toll-free:

Idaho: (800) 688-5008

Montana: (877) 590-1596

Oregon: (888) 977-9299

Email: cs@pacificsource.com

What's inside:

- ▶ InTouch: Your Benefit Information When You Need It
- ▶ Five Tips for Everyday Safety

Go paper-free! You can get the *Member Newsletter*, as well as billing notices and explanation of benefits statements, by email.

1. Go to PacificSource.com and register for or log into InTouch.
2. Select "My Profile"
3. Choose your preferred messaging options.

Join the conversation!

MillionIdeas.org



Dental Care: An Important Part of Your Overall Health

Good oral hygiene and regular preventive care, along with early diagnosis and treatment, can all help you avoid the cost and discomfort of major dental work.

Taking good care of your teeth can also decrease your risk of other serious health problems—including heart disease, stroke, and more.

Concerned about cost? Most PacificSource dental plans include free dental cleanings – two or three per year, depending on your plan.

Think you don't have time? The average dental cleaning only takes about 45 minutes.



Anxiety? Tell your dentist. If your dentist knows about your fear, he or she can help make you more comfortable during the visit.

Don't have a dentist? Visit PacificSource.com/find-a-dentist, or call toll-free (866) 373-7053. Make an appointment today!