



Optum Alaska

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Alaska Medicaid Provider Update

Quarterly Participant Newsletter issue 10 April 4, 2024

Dear Alaska Medicaid Provider,

We are excited to announce that the tenth issue of the Alaska Medicaid Newsletter for participants is here!

This issue includes helpful articles and information on these topics:

- Grief and Loss: Helping Others Cope with Grief
- Ways to avoid loneliness and maintain mental health when you live alone
- Caregiver support and self-care
- Peer Support Corner: Caregiver stress
- Optum contact information for participants
- Optum Live and Work Well resource
- Mental Health Awareness Month
- Alaska support and meeting information
- How to find a provider in Alaska and Alaska hotlines

You can find the Alaska Medicaid Newsletter on the Optum Alaska website at the following link: [Participant Newsletter \(optum.com\)](https://Alaska.Optum.com). If you are interested in receiving print copies of the newsletter, or have suggestions for topics, please email a member of our Provider Relations team at akmedicaid@optum.com.

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