February 10, 2010

Oregon Health Plan Openings

Sitting May Shorten Lifespan

You can reduce that risk by tak- the busiest of schedules.

A new study suggests that every ing the stairs instead of the elevator,

Applications are now being ac- open or call 1-800-699-9075. You cepted from low-income Oregonians for enrollment into the Oregon Health Plan.

The state has funding to cover an additional 35,000 adults out of the approximately 140,000 Oregonians reservation packets. whose incomes would qualify them

Applicants will be added to a reservation list, which will be the source of monthly drawings for come limits of less than the federal coverage until the budgeted monies are exhausted.

the Internet site oregon.gov/DHS/

hour of the day you spend in front

of the television or sitting at a com-

puter increases your risk of dying

from cardiovascular disease.

can also go to a local Department of Human Services office to request a reservation packet. Local county health departments, most hospitals and health care clinics also have

Once a person's name is drawn, for this health insurance coverage. he or she will be sent an application packet to apply for the health plan.

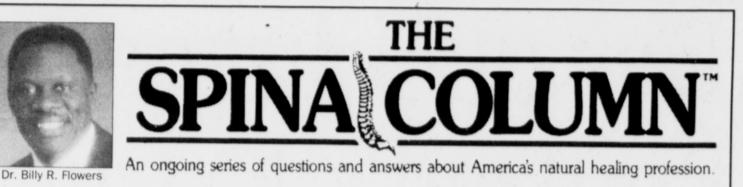
Eligibility is based on strict inpoverty level, which is based on the number of people in a household. For To add your name to the list, visit example, the limit is \$903 for an individual or \$1,526 for a family of three.

or squeezing in a walk during lunch.

and Vascular Institute suggest that

you incorporate activity into even

Experts at the Providence Health



Part 23. Chiropractic And Knees: Knees neet to know how Chiropractic helps too.

: My right knee hurts terribly all of the time. It has been swollen several times to the point of needing to be drained. Can Chiropractic help?

: Your case sounds familliar. It reminds me of one case in particular. A man once came to my office for consultation. He wanted to show me his knee but his slacks were so tight from swelling in his knee that he could not pull his pant leg up to show me. I talked to him about his knee and showed him graphs of the nervous | healthier than it had been in years. system and how it affects the knee. He decided to become a Chiropractic patient and has had no problem with his knee since. Within days the swelling was out of his knee. Like so many patients, he had an added

His headaches disappeared. In short, he got that healthy happy feeling of Chiropractic. If you have knee pain or if you have any question concerning your health at all, call us today, Isn't it time you bonus. His back was stronger and stepped up to Chiropractic?

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We stand together, richer for our differences.

We celebrate the wisdom of collaboration and the strength in diversity.

