

## Toxicology Testing: Blood or Urine?

We've noticed some confusion related to toxicology testing when the panel selection says "Other," specifically, whether that means a blood test or urine test. It's important to read the entire selection message - if a PEth test (blood test) is selected, the message will state, "This is a blood collection." **If the message does *not* say it is a blood collection, it is a urine collection.** Another way to know whether the test is a blood or urine test is that urine panels are always a five digit code (i.e. 96130), and a blood test is always a four-digit code (4817).

We know also that there can be confusion on the part of the collection site. When selected for a blood test, it may be helpful to avoid telling the collection site staff that you are there for a *PEth* test. Rather, let them know that you need a *blood* test.

Finally, if there are questions about what panel or type of specimen you need to test on, please call RecoveryTrek at 757-943-9800 or your Uprise Health Agreement Monitor.

## RecoveryTrek Success Manager

Our dedicated Success Manager with RecoveryTrek has changed. Effective immediately, the Success Manager for Uprise Health Monitoring is Samantha Levin. Samantha can be reached at 757-943-3619 or by email at [samantha@recoverytrek.com](mailto:samantha@recoverytrek.com). Samantha can help with test site requests, billing questions, or any other issues related to RecoveryTrek. Your primary point of contact for weekly check ins and all questions related to your specific monitoring requirements will continue to be your Uprise Health Agreement Monitor.

## Satisfaction Survey



## Winter Blues, or SAD?

Winter in the Pacific Northwest is known for its gray skies and near constant drizzle. It is normal to feel some degree of "winter blues" around this time of year, but if the blues turn into Seasonal Affective Disorder, (SAD) it may be time to take action. SAD symptoms typically appear in the fall or winter months, and resolve during spring and summer. Signs and symptoms of SAD may include:

- Feeling listless, sad, or down most of the day
- Losing interest in activities you once enjoyed
- Low energy/feeling sluggish
- Sleeping too much
- Difficulty concentrating
- Feeling hopeless, worthless, or guilty

While we can't control the weather, there are a variety of treatments and home remedies that may help. These include:

- Light therapy
- Psychotherapy
- Antidepressant medications
- Make sure your home and work environments are as bright as possible
- Get outside every day, rain or shine

Thank you to everyone who completed the bi-annual HPSP Satisfaction Survey this month. This survey is conducted via Survey Monkey every January and July, and is sent to all participants who have been in HPSP for at least four months. We review every response and comment carefully, and we are constantly re-evaluating the program based on this feedback.

Check back for the results of the survey in next month's newsletter. You are also always welcome to provide feedback, comments, and suggestions at any time by sending an email to [hpsp@uprisehealth.com](mailto:hpsp@uprisehealth.com).

- Exercise regularly (even a 10 minute walk around the neighborhood helps)
- Normalize sleep patterns

## Testing Holidays

There will be no toxicology tests scheduled on the following days:

- Monday, January 16
- Monday, February 20

We strongly recommend that you continue to check in for testing seven days a week, 365 days a year, in order to maintain your routine. Missed testing check ins, and missed tests, are common after holiday or vacation exemptions.

## Holiday Closure

Uprise Health's offices will be closed to observe Martin Luther King, Jr. Day on Monday, January 16, 2023.



## Continuing Education Opportunities

### 2023 OHCA Spring Expo

April 20-21, 2023  
Salem, OR

[Conference Information](#)

### 54th Annual Primary Care Review

OHSU School of Medicine  
February 6 - 10, 2023  
Portland, OR

[Conference Information](#)

### Oregon Dental Conference

April 13-15, 2023  
Portland, OR

[Conference Information](#)



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