

RecoveryTrek Portal Now LIVE

Have you checked out the RecoveryTrek participant portal? It has recently been updated with some new features that should be beneficial to your monitoring experience, including:

- **Profile** - add or edit demographic information like address, preferred name, personal pronouns, and more. You can even upload a photo, if you'd like.
- **Collection Sites Map** - use the search function to find sites in **Oregon**. For sites outside of Oregon, please contact your Agreement Monitor or RecoveryTrek.
- **Orders** - place an order for Chain of Custody Forms (COCs) by clicking "Create New Order." Select Standard for shipping method for free 10-14 day shipping.
- **Vacation Requests** - Click "Create New Vacation Requests" to quickly and easily request a testing exemption or travel site. Just enter your dates and location of travel as well as the reason for the request, and it will be reviewed by your Agreement Monitor.

To access your participant portal, simply log in at: <https://www.recoverytrek.com/> and click **Participant Login**. You'll need your Program ID, which is 3701, as well as your user name (email address) and password (note this is not the same as your six-digit PIN). If you need assistance logging in, send an email to greatsupport@recoverytrek.com. Uprise Health does not have access to, nor can we reset, participants' passwords for the portal.

Herbal Supplements

One of the most common questions agreement monitors are asked by participants is, "Can I take XYZ supplement?" We recognize that vitamins and herbal supplements are an increasingly popular choice and we want to provide some guidance around how supplements may interfere with your success in monitoring.

Remember that herbal supplements are not regulated by the FDA and are not required to undergo clinical trials and testing. There are no



Honoring Women's History Month

This month, we acknowledge and celebrate women who have broken barriers in medicine. Here are stories of just a few:

Rebecca Lee Crumpler, MD (1831-1895)

Dr. Crumpler was the first Black woman to earn an MD, which she did in 1864 from the New England Female Medical College. After the Civil War ended, she moved from Boston to Virginia, where she provided medical care to formerly enslaved persons despite rampant racism and sexism.

Susan LaFlesche Picotte, MD (1865-1915)

Born on the Omaha reservation in Nebraska, **Dr. Picotte** was the first Indigenous woman to earn a medical degree. After graduating from Women's Medical College of Pennsylvania in 1889, she returned to her homeland to provide care for children at the local government boarding school as well as the community at large.

Virginia Apgar, MD (1909-1974)

The health and wellbeing of newborn babies increased dramatically after **Dr. Apgar**

guarantees that the ingredients listed on the bottle are actually in the supplement (the opposite is also true - there may be ingredients in the supplement that are not listed). As such, remember that you are proceeding at your own risk when you use supplements. We strongly recommend that you seek guidance from your primary care provider prior to starting any new supplement.

There are some supplements that we know should NOT be used by participants in monitoring because they may interfere with toxicology testing and cause positive toxicology results.

- Many tinctures and elixirs are made using alcohol - these are not permitted by HPSP. If you are interested in taking a tincture or elixir, you are encouraged to look for an alcohol-free version.
- Poppy seeds and California poppy can cause toxicology tests to be positive for morphine or codeine. Any food, drink, or supplement with poppy/poppy seeds as an ingredient is not permitted by HPSP.

If you have a question about a specific supplement, your agreement monitor may be able to provide guidance as to whether the ingredients listed on the product would be contraindicated for monitoring. However, HPSP will not guarantee that any vitamin or supplement product is "safe" or "approved." There may be ingredients in the product that are not listed on the packaging, and it is impossible for HPSP to know how every ingredient may metabolize. If a supplement results in a positive test, please remember that we must follow the guidelines for non-negative toxicology results; this may include a report of non-compliance to the licensing Board and a requirement to step-down from practice pending a third-party evaluation. We are here to support you on your wellness journey. We hope this information provides some clarity. Please let your agreement monitor know if you have any questions.

developed her eponymous score to quickly assess neonates immediately after birth. Initially trained as a surgeon, Dr. Apgar spent most her impressive career as an anesthesiologist, researcher, and professor.

Testing Holidays

There are no testing holidays this month.

A full list of testing holidays for 2023 can be found here:

[Oregon State Holidays](#)



Don't Forget to Spring Forward

Daylight Saving Time begins on Sunday, March 12, at 2:00 am. Remember to set your clocks forward and enjoy the longer days ahead!

Continuing Education Opportunities

Fora Health Let's Discuss Series

Shining a Spotlight on Mental Wellness
How Everyone Can Be Happy: The Science of Happiness

March 23, 2023

Portland, OR (in-person and virtual)

[Registration Information](#)

Oregon Dental Conference

April 13-15, 2023

Portland, OR

[Conference Information](#)

2023 OHCA Spring Expo

April 20-21, 2023

Salem, OR

[Conference Information](#)



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