



**Optum Alaska**

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## Alaska Medicaid Provider Update

### **Quarterly Participant Newsletter issue 9 January 3, 2024**

Dear Alaska Medicaid Provider,

We are excited to announce that the ninth issue of the Alaska Medicaid Newsletter for participants is here! This issue includes helpful articles and information on these topics:

- Exercise and mental health
- How to help spot the signs of anxiety in children
- Peer Support Corner: Anxiety and ways to manage it
- Optum contact information for participants
- Optum Live and Work Well resource
- Substance Use Helpline information along with substance use disorder online assessment and treatment recommendation
- 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 \(optum.com\)](#). 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](mailto:akmedicaid@optum.com).

To unsubscribe from future e-communications please visit [Provider Alert Email \(optum.com\)](#).

