



ONESHARE HEALTH IS NOT AN INSURANCE COMPANY. This is an ACA-exempt Health Care Sharing Ministry.

ELIGIBLE SHARING SERVICES FOR OCTOBER  
**\$3,530,788.85**

PAID SHARED SERVICES FOR OCTOBER  
**\$3,530,788.85**

TOTAL PAID SHARED SERVICES  
**\$55,938,014.76**

## SmartHealth 365

### Save Money & Feel Better Anytime, Anywhere

### We Are Here For You!

As a Health Care Sharing Ministry, we are continually striving for excellence when it comes to your health, especially your mental health. Now, your OneShare Health Membership\* provides access to our Behavioral Health / Member Assistance Program (MAP) thanks to our partnership with Integrated Behavioral Health (IBH)!

The purpose of MAP is to transform lives through behavioral health and wellness engagement, and to deliver clinical expertise, coordinated care, and excellence in customer service that will promote positive outcomes and a return to well-being.

The following services are now available through MAP:

- **Confidential Counseling:** Up to four (4) face-to-face, video, or telephonic counseling sessions for relationship and family issues, stress, anxiety, and other common challenges.
- **24-Hour Crisis Help:** Toll-free access for you or a family member experiencing a crisis.

For more information about the Behavioral Health / Member Assistance Program (MAP), please refer to the attached flyer, or reach out to Member Support by calling **(833) 546-4478**, Monday–Friday, 8:00am to 5:00pm CST.

LEARN MORE

\*The Behavioral Health / Member Assistance Program (MAP) is available to Members of the Catastrophic, Classic, and Complete Programs. MAP is not available to Summit Program Members.

## We'd love your input! Nominate Your Favorite Local Charity.

OneShare Health is dedicated to helping those in need around the world, and our Members are a big part of that. Is there a local or international charity that's close to your heart? Send us your nomination for a chance to have your organization selected by the 1Share For OneShare initiative, which donates \$2 per share of our social posts (up to \$2,000 a month) to different charities!



Click below to nominate your favorite organization as our next featured charity. Team One is ready to help!

NOMINATE A CHARITY

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## Are You Traveling for Thanksgiving?

While staying home is the best way to protect yourself and your loved ones from COVID-19, if you are planning to travel for Thanksgiving here are the latest recommendations to lower your risk of infection.

- Wear a mask (including on public transportation and in transportation hubs)
- Avoid close contact by staying at least 6 feet apart
- Wash your hands often or use hand sanitizer (with at least 60% alcohol)
- Avoid contact with anyone who is sick
- Avoid touching your eyes, nose, and mouth

For more information about traveling during COVID-19, visit the [CDC website](#); recommendations have been updated as of October 21, 2020.

Do you know your travel risks during COVID-19? Stay informed by reading the CDC article below.

## Latest OneShare Health News



### **News Alert: Partnership with Christian Musician Johnny Rez**

OneShare Health will be collaborating with Latin Christian Artist Johnny Rez to bring more awareness to Christian HCSMs and the importance of faith, community, and lifting each other up in times of need.

[READ THE PRESS RELEASE](#)

Learn more about who Johnny Rez is and how he became the Christian Artist he is today in our exclusive feature, "[Introducing Johnny Rez: A Man of Faith, Passion, and Music.](#)"

### **November is American Diabetes Month**

In recognition of National Diabetes Awareness Month in November, let's break the mold and become more accountable in our living. Follow these five doable health tips to break some unhealthy habits.

### **Access Healthcare Bluebook at No Extra Cost\***

With Healthcare Bluebook, you can save time and money shopping for your health care procedures and find providers who meet your budget\*\*.

You can easily access Healthcare Bluebook through your OneShareBox dashboard or by logging in using the same credentials for OneShareBox.

[VISIT HEALTHCARE BLUEBOOK](#)

Are you having issues visiting Healthcare Bluebook? Contact Member Support Monday through Friday, 7 am to 7 pm CST, at [\(833\) 546-4478](#), or email [Member Support](#).

\*OneShare Health Members enjoy access to HCBB at no extra cost. HCBB is not owned or operated by OneShare Health, LLC.

\*\*All procedures are subject to Sharing Eligibility, Terms and Conditions, and Membership Guidelines.

READ THE ARTICLE



## OneShare Health Announces October 1Share For OneShare Partner Charity

To further its Mission of spreading compassionate care, OneShare Health teamed up with the Larry Little Foundation during the month of October. [Read More](#)



## Be Selfless While Giving Thanks!

In this month's devotional, Jeremy Farmer shares his thoughts on a popular Bible verse within the OneShare Health Family and reminds us to be thankful and to always look to bless others. Watch the video to remember to love selflessly as Thanksgiving approaches.

WATCH DEVOTIONAL

Read the latest articles from the One Share, One Voice Blog by subscribing today!

SUBSCRIBE TO THE BLOG

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"A generous person will prosper; whoever refreshes others will be refreshed."

Proverbs 11:25 (NIV)

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Have Questions?  
Connect with Member Support today.

SEND US AN EMAIL

GIVE US A CALL

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onesharehealth.com

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The sharing Membership does not guarantee or promise that your medical bills will be paid or shared by the Membership.

The Behavioral Health/Member Assistance Program is not owned or operated by OneShare Health and is not a sharing service but is made available to Members by Integrated Behavioral Health (IBH). We do not recommend or endorse any services, procedures, opinions, or consultations provided, and you assume all responsibility in connection with utilizing these services. Nothing available through the OneShare Health or Behavioral Health/Member Assistance Program site, or its services, is intended to be and must not be taken to be the practice of behavioral advice, or counseling care from OneShare Health.

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