

Community Update



November 2021: The State of the Nation's Mental Health

LETTER FROM THE DIRECTOR

As we enter the third year of the COVID-19 pandemic, there is no doubt that it is continuing to have dramatic effects on people's lives and not just on those who have contracted the disease. There are less obvious, but just as profound impacts that are coming to light on how pandemic-related stress is affecting our personal well-being.

[\(Read the full letter HERE.\)](#)

LEARN MORE

Join Us

To find out about the benefits of joining the Alliance, email Theresa Lampkin Tamura, Director of Membership and Business Engagement at tamura@wahealthalliance.org.

Visit the Community Checkup website

The Community Checkup website helps consumers make informed choices by giving them access to a robust and accessible supply of data and resources. [Learn more.](#)

The Washington Health Alliance brings together those who give, get and pay for health care to create a high quality, affordable system for the people of Washington state.

ALLIANCE UPDATES

- Alliance Welcomes New Board Member Dr. Jay Fathi
- Alliance Welcomes New Consumer Education Committee Chair Van Chaudhari
- Interested in Learning About Innovations by eValue8™ Health Plans and PBMs?
- Join the Alliance's Efforts to Improve Care for Low-Back Pain
- Alliance Efforts to Support High Quality Health Care Reaches International, National and Statewide Audiences
- Using Multi-Payer Alignment Can Improve Health Care Quality
- The Alliance is Hiring -- Help Transform Care for Low-Back Pain Statewide!
- Vaccination Update

Joining the Alliance

Our members can be the best ambassadors for our work. If you know someone who would like to learn more about membership in the Alliance, this online [tool](#) can help or contact Membership Director Theresa Tamura at tamura@wahealthalliance.org.