

Travel Reminders

As we enter a busy holiday travel season, please remember to request travel sites at least two weeks prior to your trip. The easiest way to do this is by sending an email with your destination address (including zip code) to Samantha@recoverytrek.com and cc'ing your Agreement Monitor. Don't forget to pack Custody and Control Forms (COCs) in case you are selected to test while traveling.

Test Site Updates - Bend, OR

We have recently learned that one of our contracted test sites, Mountain Medical Urgent Care in Bend, OR, is under new ownership. As a result, the site will be temporarily closed and will re-open as BestMed. **The site will be closed from 9/22/2023 - 10/19/2023.**

BestMed has another location that can provide urine and PEth toxicology services, both during and after the closure of the (former) Mountain Medical site. This site is located at:

108 NW Sisemore St, Unit 120
Bend, OR 97703
541-213-2133
Hours: Monday - Friday 7:00 am - 7:00 pm;
Saturday 8:00 am - 7:00 pm

Fall Themed Mocktails

Whether you're hosting an autumn gathering or just wanting a delicious beverage for yourself, there are lots of alcohol-free ways to indulge. Take a look at this article for 18 creative recipes to enjoy as the weather gets cooler and the fall season sets in. Remember that "non-alcoholic" beer and wine, and fermented drinks like kombucha, are not recommended.

[Halloween Mocktails](#)

Testing Holidays

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

- Friday, November 10

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.

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

[Oregon State Holidays](#)

Continuing Education Opportunities

Oregon Public Health Association
79th Annual Conference & Meeting
October 16-17, 2023
Corvallis, OR
[Registration Information](#)

Annual Acute & Critical Care Symposium
American Association of Critical Care Nurses
November 1, 2023
Legacy Emanuel Medical Center
[Registration Information](#)

**Dissociative Disorders & The Normalcy of
Fragmentation**

Rainier Springs
October 27, 2023
Virtual

Registration Information



Uprise Health | PO Box 8668, Portland, OR 97207 hpspmonitoring.com

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