

## Join us in talking about racism and its impact on health

Physical healthcare and mental healthcare professionals have a vital role in improving health and wellbeing in our communities by identifying and treating racial trauma and injustice experienced by the individuals we serve. At Healthy Blue, we are committed to addressing racism in our society through open discussions about trauma, injustice, and inequality. These conversations are critical to improving the wellbeing of all Americans and the communities in which we live and serve.

### We can impact the injustice of racism together

Healthy Blue is working with **Motivo**,\* the first *HIPAA*-compliant digital platform that connects mental health therapists and clinical supervisors, to engage providers and associates in conversations on racial injustice, trauma, and inequality. Together, we are hosting racial equity forums on a quarterly basis to keep the conversation going.

### Our racial equity forums focus on:

- Exploring how racism takes shape in healthcare.
- Discussing how to identify racism in your practice and how to be an ally to your patients.
- Recognizing implicit bias (we all have it!) and how it affects the care provided to your patients.
- Understanding the impact of prolonged exposure to racism on people of color.
- Providing you with actionable resources to put an end to racism in your practice.

Since October 2020, Healthy Blue has sponsored four virtual forums: **Racial Trauma in America**, **The Road to Allyship: Playing Your Part in Racial Equity**, **In Pursuit of Racial Equity: Deconstructing Bias Forum**, and **Exploring the Impact of Racial Trauma on the Health & Wellbeing of Children**.

Please register for the next forum:

### **Grief and Loss: The Disproportionate Impact of the Pandemic on Communities of Color**

Please join us to hear from a diverse panel of experienced professionals from Motivo and Healthy Blue about the impact of racial inequities on our health and wellbeing. This forum will explore ways we can help people cope with grief, family dynamics, and difficult conversations during the holidays and will discuss strategies healthcare professionals, therapists, and caregivers can use to help people navigate these experiences and practice self-care through the holidays and beyond.

December 8, 2021  
4 p.m. to 5:30 p.m. ET

**Register today! Continuing education credits available for those who sign up and participate.**

### **The first step to addressing racism is to recognize its existence, subtle or otherwise**

These conversations may feel uncomfortable at first, but that's OK — This is how we will make progress together in creating a more just and equitable society.

\* Motivo is an independent company providing a virtual forum on behalf of Healthy Blue.