

Healthy You

SUMMER 2019



- Fight Measles *p2*
- Importance of Check-Ups *p3*
- Healthy Summer Eating *p4*
- Stop & Shop Raffle *p5*
- Summer Recipe *p6*



Neighborhood
Health Plan
OF RHODE ISLAND™

Doing Your Part in the Fight Against Measles

By Dr. Christopher Ottiano, Medical Director

As more cases of measles are reported, it's so important for you and your family to be up-to-date on vaccinations.

The measles virus is highly contagious. It can be spread through breathing, coughing and sneezing. The virus can even survive in the air for up to two hours.

Learning the symptoms is the best way to see if you have it. In the case of measles, catching the symptoms early means preventing others from getting sick.

What are the symptoms of measles?

- Fever
- Cough that doesn't go away
- Rash of tiny red spots
- Runny nose
- Red, watery eyes
- Sore throat

One way to know for sure is by keeping an eye out for what happens a few days after these symptoms start. Little white bumps will pop up on the inside of your mouth. A rash can spread all over your body. You can spread the disease to others both four days before and four days after you get the rash.

The best way to keep your family and our community safe and healthy is with an MMR (Measles, Mumps, and Rubella) vaccine. It's recommended for children to get two doses. One dose when they're 12 to 15 months and another dose when they're 4 to 6 years old. It's also important for teens and adults to make sure they're up-to-date on all MMR vaccines.

Are you doing your part? Talk with your doctor or your child's doctor to make sure everyone in the family is vaccinated.



The Importance of Check-ups for Adults

We want you to stay healthy, which is why we recommend getting a check-up with your primary care provider (PCP) at least once a year. At your check-up, you should discuss the following wellness screenings and topics with your PCP:

- Blood pressure
- Cholesterol
- Blood glucose
- Healthy weight
- Colonoscopy (colorectal cancer screening)
- Pap smear (cervical cancer screening for women)
- Mammogram (breast cancer screening for women)
- Prostate exam (prostate cancer screening for men)
- Quitting smoking or tobacco use if you currently smoke or use tobacco
- Getting your flu shot before flu season
- Any questions or concerns you may have about your physical or mental health

Having regular or yearly check-ups with your PCP is the best way to prevent illness. If you haven't seen your PCP in a while, call and make an appointment today!

Members may also be eligible to receive rewards for making healthy choices such as getting an annual check-up. Learn more about Neighborhood REWARDS by visiting www.nhpri.org/rewards.*

*Restrictions apply

The Importance of Check-ups for Children and Teens

Children and teens need regular check-ups with their primary care provider (PCP). These visits help their PCP to better understand your child's needs and to learn about any changes to your child's health. The benefits of check-ups are:

- Preventing health problems.
- Keeping track of your child's growth and development.
- Getting your child tested for lead.
- Getting the recommended shots.
- Talking about any questions or concerns.

You may be eligible for rewards like gift cards when your child completes a lead screening test, a check-up and other healthy behaviors. For more information, visit: www.nhpri.org/rewards.

The American Academy of Pediatrics recommends routine well-care visits at the following ages:

Routine Well-Care Visit Schedule



For more information go to: www.aap.org/en-us/Documents/periodicity_schedule.pdf



New Ways to Enjoy Summer Fruits & Veggies

Eating healthy this summer can be easier than you think!

The summer is a great time to try out new recipes using the fruits and veggies that are in-season. Make it a goal to eat 1-2 cups of fruit per day and 2 cups of vegetables per day.

Did you know that you can grill your fruit? It's true! Grilling your fruit is a great way to bring out some extra sweetness. Nectarines, peaches, pineapple and plums are just a few fruits that taste delicious when you cook them on the grill. Just make sure you remove the pit.

Summer squash is also great on the grill. It can also be cooked in a pan, in the oven or

even eaten raw with dip or on a salad. Summer squash can be found at the grocery store or at your local farmers market. It is a great source of vitamin C and there are so many ways to enjoy it. Try sprinkling some cheese on top or seasoning with your favorite spices.

It's also important to make sure your body is hydrated. The sun can drain your body of the energy it needs to keep moving. Drinking water is the best way to stay hydrated. Try adding fruit or veggies to your water for extra flavor – squeeze in some lemon, add in strawberry slices or cut up some cucumber.

Have a healthy summer!

Neighborhood Health Plan of Rhode Island complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Spanish: ATENCIÓN: Si habla Español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-459-6019 (TTY 711).

Portuguese: ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-459-6019 (TTY 711).

Have You Heard About Farm Fresh RI?

With over 55 farmer's markets in Rhode Island, getting fresh and affordable fruits and vegetables can be easy and a fun outing for the whole family. Farm Fresh RI farmers markets can be found through the summer in a neighborhood near you!

Farmers markets also accept Supplemental Nutrition Assistance Program (SNAP) and WIC. Farm Fresh RI offers even more benefits through their Bonus Bucks program. SNAP shoppers get a 100% bonus at all Farm Fresh RI farmers markets!

To see a full list of locations and to learn about the Bonus Bucks program, visit Farm Fresh RI online at www.farmfreshri.org.



Stop & Shop Gift Card Raffle

Try a new summer recipe like the one on page 6 with a gift card! Enter for a chance to win a \$25 gift card to Stop & Shop by August 31, 2019.

Visit www.nhpri.org/newsletteraffle and fill out the form to enter. One winner will be randomly selected from all entries.



A Taco Salad Recipe Perfect for the Summer Season

Spice up your summer with a taco salad recipe that's both healthy and delicious!

INGREDIENTS:

- 4 cups of chopped lettuce
- 1 cup of beans, pulled pork, or ground beef
- 2 small tomatoes, chopped
- ½ cup of corn, fresh or canned
- 2–3 finely chopped scallions
- 1 cup of roughly crushed tortilla chips
- Either cheddar or queso fresco for sprinkling

Not only is this recipe quick to shop for, it's easy to make, too. Start by mixing ¼ cup of sour cream or yogurt, salt, pepper, and 1 juiced lime. Now that you have your dressing, it's time for a taste test.

Too bland? Throw in a few extra pinches of pepper or squeeze in some more lime juice. You can also add chopped cucumber, grated carrots, sliced or pickled jalapenos or some chopped bell peppers to add more flavor.

Next, toss all your ingredients together in a bowl. Mix them up as much as you like. Pour your dressing over the top and your taco salad is ready to enjoy!



Healthy You is published by Neighborhood Health Plan of Rhode Island for its members. The information is intended to educate its members about subjects pertinent to their health and is not a substitute for consultation with their provider. ©2019 Printed in U.S.A.

For more health tips and resources, visit www.nhpri.org/CurrentMembers/YourHealth or call Neighborhood Member Services at 1-800-459-6019 (TDD/TTY 711).

#2867, Approved 5/31/19