

# Healthy You

QUARTERLY NEWSLETTER // SUMMER 2017

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Neighborhood  
Health Plan  
OF RHODE ISLAND™



# School is Out, but the Doctors are In



*Use Summer Vacation to Make Check-Ups:*  
Dr. Tracey Cohen,  
Medical Director

Summer can be a good time to catch up on things like reading for fun, time outside, and yes, making appointments. Without the worry of kids missing school, it can be easier to schedule visits. Check the calendar. Is it time for a trip to the doctor or dentist?

- **Get Records.** Certain grades like pre-K and 7 have strict immunization rules. Ask your provider if your child is up-to-date with their shots. Request a copy of your child's records. This form will include the date of their last exam, eye test, and lead screening information. You will need this when school starts or for registration. It is never too early to get organized.
- **Keep Brushing.** While homework may have stopped, good habits need to keep going. Make sure that kids are brushing their teeth twice a day. This is also a good time to see if anyone is due for their 6-month dentist visit.
- **Get Back on Track.** Shots are not just for little kids. Teenagers may need vaccinations to get a job or go to college. Talk to your provider about this. Neighborhood covers all recommended vaccines. If you have questions about what is covered, call Neighborhood Member Services.

# Tips for a Safer Summer

*Rhode Island has many parks and beaches to explore.* Plan for outside activities by keeping a bag filled with must-haves for summer. Sunscreen and bug spray are two important items to have on hand. Here's why:

**Too much sun exposure can lead to skin cancer.** Everyone should wear sunscreen, no matter their skin tone. Look for sunscreen with an SPF of 30 or higher. For an easy start, apply sunscreen about 15 to 30 minutes before heading outside. Remember places like ears, feet, and behind the neck. Put on more sunscreen about every 2 hours, and after swimming or sweating. Babies aged newborn to 6 months should not spend time in the sun.

**Reports show that there are many ticks outside this summer.** This is a concern because some ticks carry Lyme disease, which could cause health issues. Use insect repellent that contains 20 to 30 percent DEET and always check for ticks. Look under armpits, behind knees, in the hair, and in the groin. If you find a tick, remove it as quickly as possible. After you have removed the tick, call your PCP to see if you should take a medication or have a blood test.

**This summer, keep a bag of essentials handy. Here are our top picks:**

- › First-Aid Kit
- › Sunscreen
- › Bug spray
- › Water
- › Sunglasses



## Don't forget to drink water

It is always important to drink water, but especially during the hot days of summer it's important to stay hydrated. Keep water handy to drink before, during, and after any activities. Plain, filtered water is the best option. Not a fan? Flavor with a slice of fresh fruit.



## We Want You to Be Well!

To help you be active this summer, we're raffling off a summer activity bag, filled with things like a Frisbee, a water bottle, sunscreen and more! Neighborhood members may call 1-401-427-6706 (TTY 711) by September 29 to enter the raffle. Leave your name, address, phone number and Neighborhood member ID number to be entered to win a summer activity bag. Three members will be randomly selected to win!



# Tips for Talking with Your Doctor

*Most doctor visits take 15 minutes or less so you want to make the most of the time.*

Before your appointment think about how you are feeling. Do you have questions about your medications? Are you trying to lose weight? Has something changed? Is there anything you want to talk about?

- › **Bring.** We advise making a list on paper or on a smart phone. If you forget to do this, use the time in the waiting room to jot down thoughts.
  - List any medicines you take (or bring them with you).  
Example: Name of Rx, 15 MG, 1 tablet daily
  - List any vitamins or supplements
  - If you have tried any home remedies, let your doctor know
  - Note any problems or questions you have about your health
  - Ask a friend to tag along if visits make you very nervous
- › **Take.** When leaving your appointment, take notes from the doctor, an appointment card to remind you of your next appointment, and anything else the doctor may give you. Be sure the doctor gives you printed instructions, or write things down yourself.
- › **Ask.** If you have any questions about your health, your medicine, the visit, or any follow-up, always ask the doctor. The more they know, the more they can help you.

## Food on the Move

Remember the days of driving to a farm stand? Today you can sign-up to get texts of when the farm stand is coming to you! Food on the Move is a mobile market. It brings fresh fruits and vegetables into neighborhoods. You may use cash, credit/debit card, and SNAP/EBT. For more information visit [riphi.org/food-on-the-move](http://riphi.org/food-on-the-move).



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Spanish: ATENCIÓN: Si habla Español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-401-459-6009 (TTY 711).

Portuguese: ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-401-459-6009 (TTY 711).

### Give Us a Call!

Neighborhood has a special team of nurses and clinical staff team that reviews requests for hospital admissions and other treatments. The process is called utilization management (UM). If you have questions about a care decision Neighborhood has made, call 1-800-459-6019 (TTY 711) and ask for the Medical Management Department. The Medical Management team is available to answer your questions Monday through Friday, 8:30AM to 5PM. If you call after hours, please leave a message and we will return your call the next business day. Neighborhood offers language assistance to members to discuss UM questions. Neighborhood wants to make sure you get the help and information you need.





# Half Veggie Burgers

This recipe is from *Good and Cheap*, a cookbook for people with tight budgets. Visit [LeanneBrown.com](http://LeanneBrown.com) for more recipes.

## Ingredients (8 Servings)

- ▶ 3 cups lentils or beans cooked
- ▶ 1 cup bell pepper (or other vegetable that can stand up to cooking) finely chopped
- ▶ 1 pound ground beef or other ground meat
- ▶ 1 large egg (optional)
- ▶ Salt and pepper
- ▶ 8 hamburger buns

## Directions

1. Roughly mash the lentils. Make sure the vegetables are either small to begin with (like corn or peas) or finely chopped so that they cook evenly.
2. Mix the lentils, vegetables, and meat with your hands in a large bowl. If you plan to barbecue, add an egg to keep them from crumbling when you flip. Season with salt and pepper. Form into 8 patties
3. Grill the patties either on the barbecue or a pan on the stovetop over medium-high heat. Sear until dark brown on one side, then flip them and do the same on the other side. If you want cheeseburgers, lay cheese on the patties after flipping them once.
4. Serve on toasted buns with your favorite toppings and fresh vegetables.

*Excerpted from Good and Cheap by Leanne Brown (Workman Publishing). Copyright © 2015. Photographs by Leanne Brown and Dan Lazin*



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