

Healthy You

SPRING 2019

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Spring Activities for Seniors

This spring is the perfect time for people of all ages to start up some new activities.

It's especially important for people age 65 and over to stay active. Keeping your body moving keeps it healthy. A happy body can have a positive effect on your mood, memory, and your mind as a whole!

Here are a few ideas to help you get started:

- Start a garden.
- Join a local community group.
- Find a nearby nature trail to walk.
- Take up swimming.
- Take your bicycle out for a ride.
- Try bird watching.

There are plenty of activities that seniors can do to keep moving this season. Head outside with your own list and enjoy that beautiful spring weather!





Tips for Establishing a Good Relationship with Your PCP

An important part of health care is the relationship you have with your Primary Care Provider (PCP).

The most important part of any relationship is trust. This is especially true with your PCP. Your health can be very personal and you want to feel like you can trust the person you're talking to.

It's important to create a history of your health. Something your PCP can look back on whenever they need to. This lets them know what your health has been like for years. That helps your PCP diagnose any new or lingering issues that might come up.

Here are some tips to help you establish a good relationship with your PCP:

- › Be prepared for your appointment.
- › Write down any questions you have.
- › Don't be afraid to bring a friend or loved one.
- › Be honest.
- › Communicate any concerns or questions you have.
- › Make sure you understand what your PCP is telling you.
- › Do what you can to follow any directions from your PCP.

Having an active role in your health care can lead to a healthier life. Get started by scheduling your yearly check-up with your PCP.

If you need help finding a PCP, or want to choose a new one, please call Neighborhood Member Services.

So, You Want to Quit Smoking?

When you decide to quit smoking, you are already on the path to living a healthier life. But the journey isn't over. There are still plenty of steps to take. Health and Wellness Specialist Rosemary O'Brien is here to help with some important questions.

Q: *I decided to quit smoking. Now what?*

A: That's great! Neighborhood has a program called Quit for Life to help you quit. Working together with a tobacco cessation specialist gives you support and education which can be very helpful to your success. These services are provided over the telephone so you don't have to go to appointments. Call Neighborhood Member Services at the number on the back of your member ID card and say you need help to quit smoking.

Q: *Is it better to quit cold turkey or use something like a nicotine patch?*

A: It is each person's decision but they should talk about it with their doctor. Research does show that if you use some kind of tobacco cessation aid like the nicotine patch and get help you are two times more likely to successfully quit smoking. Neighborhood does pay for some tobacco cessation aids and this would be discussed when you call.

Q: *How will I feel and what health benefits will happen after quitting?*

A: Some things you may notice pretty quickly:

- › Better breathing
- › Better sense of smell
- › Food tastes better
- › Your breath, clothes and hair will smell better

Some of the health benefits that will happen over time:

- › Blood pressure drops to normal
- › Carbon monoxide (poisonous gas) level in your blood drops
- › Your lungs work better
- › Your risk of coronary heart disease lowers
- › Your risk of dying from lung cancer and getting other tobacco related cancers lowers

Q: *What should I do if I have a cigarette?*

A: This can happen while trying to quit smoking. There are *slips* and there is *relapse*. A slip is when you have one or two cigarettes then stop. A relapse is when you go back to smoking daily. The key is to look at what led to smoking the cigarette and think about what you could do differently next time. Then get back on track with quitting.

Q: *Are nicotine patches or gum better than smoking?*

A: Nicotine patches and gum contain nicotine but cigarettes contain nicotine and create more than 7,000 chemicals. At least 69 of these chemicals are known to cause cancer. Nicotine patches and gum should be used to replace the same amount of nicotine from the number of cigarettes you smoke every day. This helps prevent nicotine withdrawal when you are quitting smoking. It also helps you to work on changing behaviors and work on the psychological piece of smoking without having withdrawal.

Q: *I've tried quitting before and failed. How can I make this time different?*

A: Most people try to quit smoking many times before they are successful. Quitting smoking is a process. It is important to look at past quit attempts to see what worked and what did not. You can then use what worked to help you this time. Past quit attempts are not failures. They are learning experiences that you can use to help you. Getting help and using some kind of tobacco cessation aid can help.



It isn't easy to quit smoking but it can be done. Remember that you are not alone. Talk to your doctor and ask for help. You will be healthier, you will feel better and you will save money. Neighborhood can help.

Preventing Falls at Home and On the Go

Falling can lead to a serious injury. There are things you can do at home and on the go to prevent falls. These tips will help you stay safe and avoid a trip to the emergency room:

1. Talk with your doctor if you are worried about falling. Your doctor can help you get the supports you need to stay safe.
2. Make sure your home is well-lit.
3. Remove rugs, wires and clutter from walkways.
4. Wear non-slip shoes that fit right.
5. Install grab bars for support inside the bath tub and next to the toilet.
6. Always use the handrails on stairs when they are available.
7. Take your time and slow down going from one place to another.
8. Try balance exercises, if your doctor says it's okay.
9. Get your eyes tested regularly and always wear your glasses when you need them.
10. Avoid sitting in chairs or sofas that make it difficult for you to stand up.

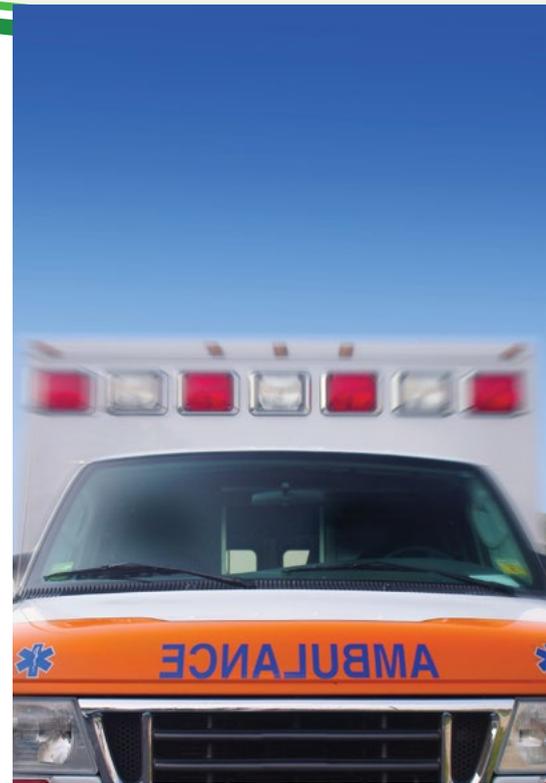


Neighborhood can perform home safety evaluations, fall risk assessments and make equipment recommendations to keep you safe in your home. Call Neighborhood Member Services to learn more.

Avoid the Emergency Room – Unless it's an Emergency

The emergency room is not always the best place to go for medical care. If you are not sure if it is an emergency you can call your primary care provider (PCP) office at any time. They will tell you when to go to the emergency room or their office. For things like minor cuts, ear aches or cold symptoms, a trip to your PCP is a better choice.

In a medical emergency, call 911 and ask for help or go directly to the nearest hospital.



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For more health tips and resources, visit www.nhpri.org/CurrentMembers/YourHealth or call Neighborhood Member Services at 1-844-812-6896 (TDD/TTY 711).

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Spanish: ATENCIÓN: Si habla Español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-812-6896 (TDD/TTY 711).

Portuguese: ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-844-812-6896 (TDD/TTY 711).



Neighborhood Health Plan of Rhode Island is a health plan that contracts with both Medicare and Rhode Island Medicaid to provide the benefits of both programs to enrollees.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call Member Services at 1-844-812-6896 (TTY/TDD 711), 8 am to 8 pm, Monday – Friday; 8 am to 12 pm on Saturday. On Saturday afternoons, Sundays and holidays, you may be asked to leave a message. Your call will be returned within the next business day. The call is free.

ATENCIÓN: Si usted habla español, servicios de asistencia con el idioma, de forma gratuita, están disponibles para usted. Llame a Servicios a los Miembros al 1-844-812-6896 (TTY/TDD) 711, de 8 am a 8 pm, de lunes a viernes, de 8 am a 12 pm los sábados. En las tardes de los sábados, domingos y feriados, se le pedirá que deje un mensaje. Su llamada será devuelta dentro del siguiente día hábil. La llamada es gratuita.

ATENÇÃO: Se você fala Português, Língua serviços de assistência, de forma gratuita, estão disponíveis para você. Os serviços de chamada em 1-844-812-6896 (TTY/TDD) 711, 8 am a 8 pm, de segunda a sexta-feira; 8 am a 12 pm no sábado. Nas tardes de sábado, domingos e feriados, você pode ser convidado a deixar uma mensagem.