

WE CARE



Want to have your voice heard?

Join Our New Member Advisory Committee

A new D-SNP Member Advisory Committee (MAC) has been established to give Neighborhood INTEGRITY for Duals (HMO D-SNP) members a chance to be more involved in their health plan.

Learn about our D-SNP Member Advisory Committee on our website.

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. ©2025 Printed in U.S.A.

For more health tips and resources, visit www.nhpri.org/your-health or call Neighborhood Member Services. You can find the phone number on the back of your member ID card.

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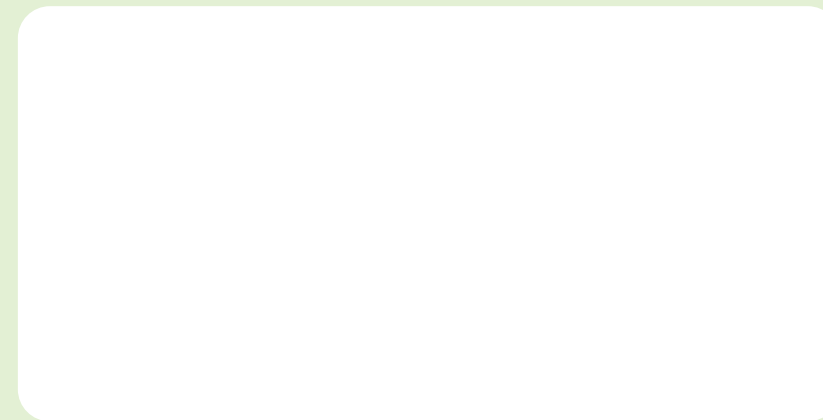


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SEE INSIDE TO GET YOUR FREE POUCH!



Fall 2025

HEALTHY YOU

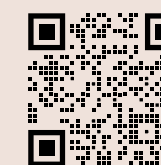
Your 5-minute guide to healthy living

NEW

Learn about your 2026 Plan Benefits!

Important Links

Visit www.nhpri.org/members/member-newsletters or scan the QR code to get more information about the topics in this newsletter.



HEALTHY YOU



Why is it important to get a flu shot?

Getting your flu shot every year is the best way to help protect against the flu. It also lowers your risk of getting very sick. Most people ages six months or older should get a flu shot. Talk to your provider to make sure you are up to date on all of your recommended vaccinations.

Neighborhood members can get a no-cost flu shot at:

- ✓ Your provider's office
- ✓ A pharmacy such as Walgreens or CVS
- ✓ Local flu shot clinics

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

Tenemos servicios de intérprete gratuitos para ayudar a responder sus preguntas sobre su salud y plan de medicamentos. Llame al 1-800-963-1001 (TTY 711)

Disponos de serviços de intérprete gratuitos para ajudar a responder às suas perguntas sobre o seu plano de saúde e de medicamentos. Ligue para 1-800-963-1001 (TTY 711).

យើងផ្តល់សេវាអ្នកបកប្រែផ្ទាល់មាត់ដោយឥតគិតថ្លៃ ដើម្បីជួយឆ្លើយសំណួរអំពីផែនការសុខភាព និងផែនការឱសថរបស់អ្នក។ សូមហៅទូរសព្ទទៅលេខ 1-800-963-1001 (TTY 711) ។

NEW

This new plan will offer similar benefits and services to what you are getting now with INTEGRITY. This high-quality health plan is for individuals who qualify for both Medicare and Medicaid.

One Card for All of Your Health Care

Medicare + Rhode Island Medicaid = Neighborhood INTEGRITY for Duals



Neighborhood INTEGRITY (Medicare-Medicaid Plan) is becoming a new plan called **INTEGRITY for Duals (HMO D-SNP)** starting January 1, 2026

With INTEGRITY for Duals, you get all the benefits you are receiving from Medicare, Part D, and Medicaid through one plan*, including:



\$0 plan premiums, **\$0** deductibles, **\$0** copays for provider visits, and **\$0** over-the-counter (OTC) products**



Supplemental benefits, including dental services through Delta Dental of Rhode Island, a gym membership that includes in-person and virtual fitness classes, and more



\$0 copay for durable medical equipment such as wheelchairs, walkers, incontinence supplies, and more



A Neighborhood care manager, who can coordinate your benefits and services, help address any medication issues, and create your care plan

You don't need to do anything to get this new plan. You will automatically be enrolled. We make it easy to get the care you need and benefits you want.

*If you get long-term services and supports (LTSS), you may have to pay part of the cost of the services. This amount is determined by Rhode Island Medicaid.

**Certain Medicaid benefits will still be covered through Rhode Island Medicaid, such as transportation services. We can help you access those services.

INTEGRITY for Duals: Your All-in-One Health Plan

To thank you for being a valued member, we are giving away free all-in-one pouches to keep your important cards, including your new 2026 Neighborhood &more card!



The Neighborhood &more card includes up to **\$153** every month to cover the cost of groceries, over-the-counter (OTC) products, and wellness products!***



All members are eligible for **\$28** every month to spend on over-the-counter (OTC) medicines and wellness products



If you qualify, you may also get **\$125** every month to use on food and produce at many local grocery stores and markets***



Call Neighborhood Member Services to get a no-cost all-in-one pouch!

You can reach our Member Services Team at **1-844-812-6896 (TTY 711)** from 8:00 a.m. to 8:00 p.m., seven days a week from October 1 through March 31.

***Some benefits mentioned are part of a special supplemental program for the chronically ill. You may qualify for coverage if you have a chronic condition including but not limited to hypertension, diabetes, chronic pulmonary disease, severe hematologic-rare genetic disorders, and depression. Additional eligibility criteria apply. Please contact us for full details.