

Healthy You

SPRING 2019

Get Moving P2

You and Your PCP P3

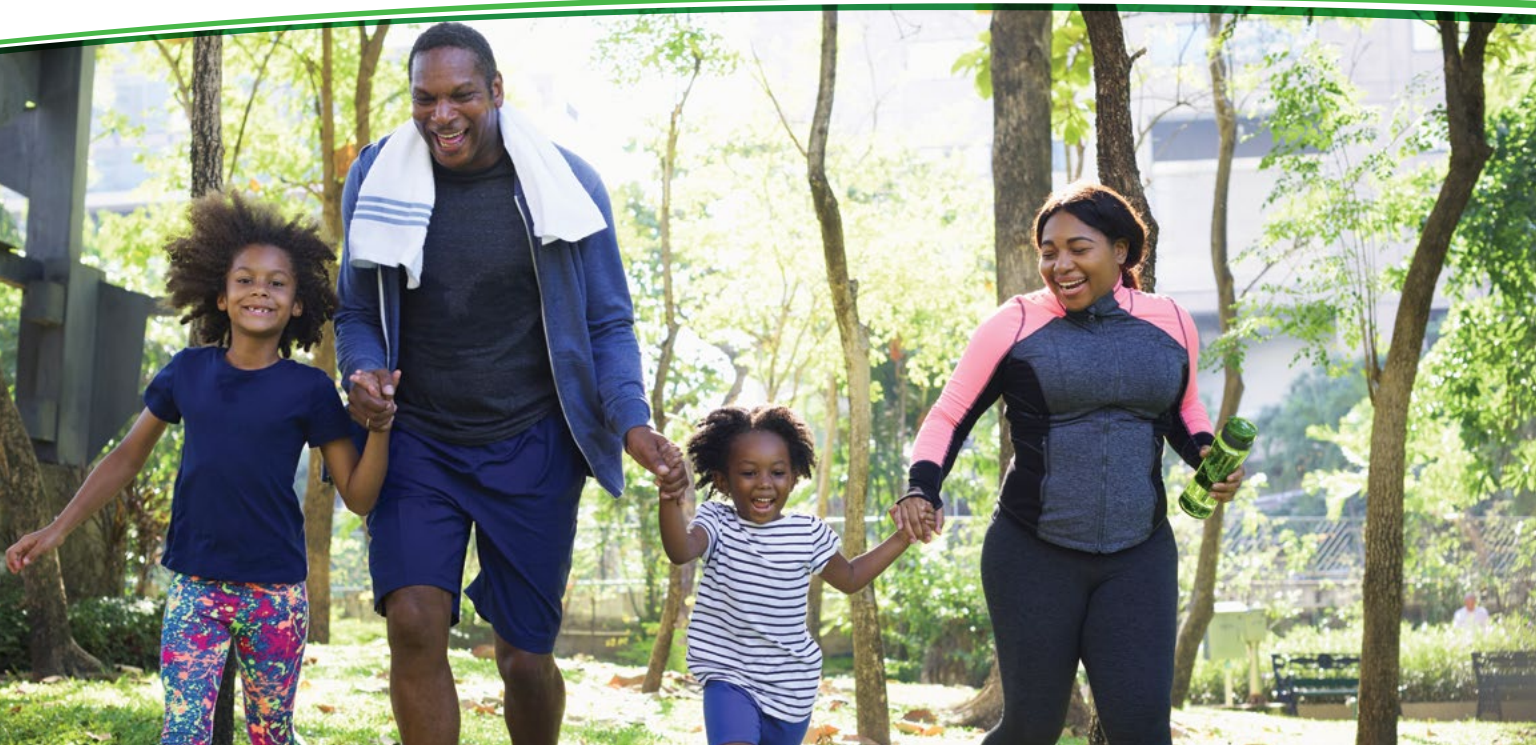
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**Neighborhood
Health Plan**
OF RHODE ISLAND™



Get the Whole Family Moving this Spring!

There are plenty of good reasons to get the whole family outside and moving this spring.

Take a walk, ride bikes, play soccer together in the park or find a new hiking trail. Exercising as a family can be fun. It also means there's more than one person for support and motivation and it's a great way to build strong relationships with each other. Set a goal like taking a walk three times per week or riding bikes together every weekend.

Taking advantage of local parks and bike trails is a fun and affordable way to spend a day. Did you know places like Ballard Park, the Newport Cliff Walk, Roger Williams Park, and Sakonnet Greenway are easily accessible by bus? For more information on local parks, visit www.riparks.com.

Make an effort to get your family out and moving this spring. It's more than just a great start to the season – it's the start of a healthier life.

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.

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.



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

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).

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.

Activity Bag Raffle

Springtime is here! That means you get to head outside to enjoy the warm weather and sunshine. To help you enjoy the weather, we're giving away an activity bag with a water bottle, towel, sunglasses, Frisbee and sunscreen.

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



New and Improved Neighborhood REWARDS!

Want gift cards for healthy behaviors? With Neighborhood REWARDS, you may be eligible for gift cards when you go to your annual check-up or get certain screenings and immunizations.* Our updated offerings have something for everyone!



Our Offerings

Children & Teens

- **\$25 gift card** for getting your child's 18 month old check-up
- **\$25 gift card** for having your child tested for lead by his or her second birthday
- **\$25 gift card** for getting all of the recommended shots for your child by their second birthday
- **\$25 gift card** for bringing your child age 3-12 to their yearly check-up
- **\$25 gift card** for bringing your teen age 13-18 to their yearly check-up
- **\$25 gift card** for having your child or teen complete an asthma action plan
- **\$25 gift card** for having your child or teen complete a routine diabetes screening

Adults

- **\$25 gift card** for getting your yearly check-up
- **\$25 gift card** for completing an asthma action plan
- **\$25 gift card** for completing a routine diabetes screening
- **Up to \$50 in a gift card** when you submit your receipts for a 3-month gym membership – **now available for all Medicaid members!**

Visit www.nhpri.org/rewards to download and print the form(s) before your next check-up with your doctor, or call Neighborhood Member Services and we will mail you the forms you need.

* Neighborhood REWARDS are subject to change. Restrictions apply. ACCESS and TRUST members must be in their plan for 3 months in a row to be eligible for Neighborhood REWARDS.



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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).

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