

Be Well, Stay Well



Flu season is here! Get your flu shot—not the flu



If you got your flu shot—great! If you did not get your flu shot—get it now!

Neighborhood members can get a flu shot with no cost to you at:

- Your doctor’s office
- A pharmacy such as Walgreens or CVS

Protect yourself and your family from the flu!

Contact Us

Neighborhood Member Services

 **ACCESS/Rite Care,**
TRUST/Rhody Health Partners
1-800-459-6019 (TDD/TTY 711)
Mon-Fri 8AM-6PM

Commercial Plans
1-855-321-9244 (TDD/TTY 711)
Mon-Fri 8AM-6PM

INTEGRITY/Medicare-Medicaid Plan
1-844-812-6896
Mon-Fri 8AM-8PM; 8AM-12PM on Sat

Beacon Health Strategies
(Behavioral health services)
1-800-215-0058
(TDD/TTY 1-781-994-7660)

 **Website:** www.nhpri.org

- | | |
|--|---|
|  Asthma |  Heart Failure |
|  COPD |  Coronary Artery Disease |
|  Diabetes | |

INSIDE THIS ISSUE

- Protect Yourself from the Flu..... p2
- Chronic Conditions and Pneumonia..... p3
- Community Health Network..... p4
- Recipe: Healthy Chicken Parmesan p5
- Health Information and Your Caregiver..... p6



Protect Yourself From the Flu

The flu is also called Influenza. It is an infection of the nose, throat and lungs. The flu is more serious than a cold and can make people very sick.

The best way to prevent the flu is by getting your flu shot every year. Getting a flu shot is the most important step in protecting you against flu viruses. Flu shots do not contain the live flu virus. Flu shots will not cause you to get the flu.

The flu can be more dangerous for people with chronic conditions like:

- Asthma
- Diabetes
- Heart failure
- Chronic Obstructive Pulmonary Disease (COPD)

Call your doctor if you have a chronic condition and have not had your flu shot.



Action Plans Can Help You Reach Your Goal

Have you ever had a health goal that you felt was too hard to reach?

Making small steps can help you reach a bigger goal. Making an action plan with your provider can help you to identify small steps you can take.

Action plans:

- Should be about something you want to do.
- Should be realistic.
- Should be about a specific behavior

Steps for an action plan:

- What are you going to do?
- How much will you do?
- When will you do it?
- How many days a week will you do it?

Ask yourself how sure you are that you will do it and choose a number between 0 and 10:

- 0 is not sure at all that you can do it.
- 10 is being completely sure you can do it.
- If your answer is 7 or higher this is probably a realistic plan.
- If your number is less the 7 you should look at your plan again. Ask yourself what you could change on your plan to bring your number to a 7 or more.

Once you make a plan you are happy with:

- Write it down and put it someplace where you will see it every day.
- Keep track of how you are doing.
- Write down any problems you are having.

Bring your action plan to your next provider visit. Review your plan with your provider.

Go to Page 3 to see what an action plan looks like.



Chronic Conditions and Pneumonia

When you have a chronic condition you are at higher risk of getting pneumonia.

There is a shot to help lower your chance of getting pneumonia. The shot is called a pneumococcal vaccine. This shot is needed every five years.

Call your provider to see if you have had the pneumococcal (pneumonia) shot within the last five years and when you need it next.



Neighborhood's Member Advocate is Here to Help

Neighborhood has a Member Advocate to help our members with problems.

These are some of the things our Member Advocate may be able to help with:

- If you have lost your insurance. Especially if you are getting treatment for a serious medical problem or need your medication.
- Hear your concerns and experiences when trying to get health care services.
- Make sure you get the services you need.
- Neighborhood's appeals process.

For more information or if you need help with a problem, call Neighborhood's Member Advocate at 1-401-427-7658. (TTY 711).

EXAMPLE

Action Plan

What do you want to do?

Goal: Lose weight

1. What are you going to do?
 - Walk around the block
2. How much will you do?
 - Two times around the block
3. When will you do it?
 - Before dinner
4. How many days a week will you do it?
 - 3 days a week
(Monday, Wednesday and Friday)

How sure do you feel that you will do it?

- 0 is not sure at all that you can do it.
- 10 is being completely sure you can do it.

You say 5: What could you do to make this a 7?

Walk around the block one time a day instead of two.

Now how sure do you feel that you will do it?

You say 7. Great—start your action plan.

Bring your action plan with you to your provider visit.





Chronic Conditions Can Be Hard to Live With

When you have a chronic condition you often have to make many changes in your life. These changes can be difficult. This can cause you to feel sad.

Everyone feels sad sometime in their life. Depression is different.

Depression can:

- Make you feel down or sad for days at a time.
- Affect your ability to do your normal daily activities.
- Prevent you from enjoying the things that you used to enjoy.
- Make it hard to just get through the day.

People who have a chronic condition are more likely to have depression. If you think you have depression, ask yourself these two questions.

During the past month have you:

- Had little interest or pleasure in doing the things you usually enjoy
- Felt down, depressed or hopeless

If you answered yes to one or both of these questions you may have a problem with depression.

For more information or to get help call your provider or call Beacon Health Options (Beacon). Beacon is Neighborhood's behavioral health provider and they are here to help.

You can call Beacon Health Options at 1-800-215-0058. (TTY 711).



Community Health Network is Here to Help



Community Health Network offers chronic disease self-management workshops.

These workshops are available to:

- Adults 18 years old and older who have a chronic condition such as asthma, Chronic Obstructive Pulmonary Disease (COPD) or diabetes.
- People care for someone with a chronic condition.

These programs can help you:

- Manage your symptoms
- Manage your medications
- Talk with your medical providers
- Reduce stress
- Eat well and exercise
- Set goals to improve your health and lifestyle

These workshops will give you the tools to take control of your health.

For more information call 401-432-7217, (TTY 711).



Breaded Chicken Parmesan



Introduction

The same great taste of the Italian favorite, but with fewer calories and less fat!

Minutes to Prepare: 10

Minutes to Cook: 20

Number of Servings: 2

Ingredients

12 ounces white meat chicken (one double breast)

1 tbsp grated Parmesan cheese

1/4 cup Italian-style bread crumbs

1 tsp garlic powder

1 tbsp onions, dried

Crushed red peppers if desired

1-2 tbsp olive oil

Directions

Cut the chicken breast horizontally (filet it) so you will end up with two thin pieces.

Rub each piece with olive oil. Mix dry ingredients together and pat each piece with the crumb mixture until well covered. Bake at 375°F for about 20 minutes.

Recipe source:

<https://recipes.sparkpeople.com/>



Take Good Care of Yourself

When you take care of yourself you also help your chronic condition. There are things you can do every day to take care of yourself.

Taking care of yourself can help prevent your chronic condition from getting worse. It can also help you manage your symptoms.

Managing your chronic condition can be hard, even when you know what to do. It is even harder if you are not sure what to do or how to do it.

Talk to your provider if you:

- Do not understand what you need to do to manage your condition.
- Do not have the things you need to manage your condition.
- Do not feel you are able to do the things you need to do, even when you know how.
- Do not believe you need to do the things your provider recommended.
- Have religious or cultural reasons why you do not want to do the things your provider recommends.

It is very important to talk to your provider honestly about these things. There may be other things you can do to help.

Talk to your provider about how to take good care of yourself.





Your Health Information and Your Caregiver

A caregiver is someone who helps take care of you and your health. Caregivers often need to know some or all of your medical information. This helps them do their best to take care of you.

It is your decision who your health information can be shared with. This is something you should talk about with your provider. If you would like your information shared with your caregiver your provider will help you with this.

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.

Limitations and restrictions may apply. For more information, call Neighborhood INTEGRITY Member Services or read the Member Handbook.

Benefits as well as the List of Covered Drugs and/or pharmacy and provider networks may change throughout the year. We will send you a notice before we make a change that affects you.

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 1-844-812-6896 (TTY: 711).

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

Neighborhood Health Plan of Rhode Island © 2018 #2746, Approved 11/19/2018



Be Well, Stay Well

About this Newsletter

You are receiving this mailing because you or your child appear to be under treatment for one of the following:

- Asthma
- Diabetes
- COPD
- Heart failure
- Coronary Artery Disease (CAD)

Neighborhood Health Plan of Rhode Island (Neighborhood) has disease management programs for our members who have these diagnoses. Our goal is to help you better control your health.

As part of these programs, you will receive this newsletter with information to help you stay well. You also have access to health coaches who are nurses. They can work with you over the phone to teach you ways to help manage your health. These programs are voluntary.

Please call Neighborhood Member Services if you:

- Want to work with a health coach
- Have questions about the disease management programs
- Have questions about the information in this newsletter
- Do not have any of these conditions
- Do not want to be in a disease management program

Neighborhood Health Plan of Rhode Island sends information to help our members learn about their health care. Please work with your providers to decide the treatment that is right for you and your family.