

# Healthy You

SPRING 2020

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Neighborhood  
Health Plan  
OF RHODE ISLAND™



# We Want You to **BE WELL!**

Neighborhood is committed to the health and safety of our members during this time of uncertainty due to the Coronavirus (COVID-19) pandemic.

Visit our website for answers to frequently asked questions related to covered services, telemedicine, tips for staying healthy and more: [www.nhpri.org/coronavirus-update](http://www.nhpri.org/coronavirus-update)

## If You Need a Provider

If you have symptoms of COVID-19 such as fever, cough, and shortness of breath, call your primary care provider first before going to a provider office, urgent care center or the emergency room. If you don't have a primary care provider please call the Rhode Island Department of Health's hotline at **401-222-8022**. Calling your provider or the hotline first protects everyone from the possible spread of germs.

## We are Here to Help You

If you have questions about your health insurance coverage or need help getting access to resources such as food, housing, behavioral health services, filing for unemployment and more, please contact Neighborhood Member Services at the phone number on the back of your member ID card.



# Healthy RECIPE

It's good to start your day off with a healthy breakfast. Try out this recipe for whole wheat blueberry muffins – enjoy for breakfast or a healthy snack!



## Whole Wheat Blueberry Muffins

### Ingredients

- 1 1/2 cups whole wheat flour
- 3/4 cup sugar
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1/3 cup vegetable oil
- 1 egg, slightly beaten
- 1/3 cup nonfat or 1% milk
- 1/2 cup unsweetened applesauce
- 2 cups blueberries (fresh or frozen)

### Directions

1. Preheat oven to 400 degrees. Lightly coat the bottom of 12 muffin cups with oil or baking spray.
2. Mix the flour, sugar, salt and baking powder in a large bowl.
3. In a separate bowl, blend vegetable oil, egg, milk and applesauce until smooth. Stir the liquid ingredients into the flour mixture until just moistened. Lightly stir in the blueberries.
4. Fill each muffin cup about 3/4 full.
5. Bake about 20 minutes, or until the muffin tops are golden brown. A toothpick inserted into the center of the muffin should come out moist but without batter.

*For nutrition details and more healthy breakfast recipes, visit [medlineplus.gov/recipes/breakfast/](https://medlineplus.gov/recipes/breakfast/)*

*Recipe Source: MedlinePlus, National Library of Medicine.*

# MOBILE MARKET FOOD DELIVERY THROUGH FARM FRESH RI

Farm Fresh RI offers food delivery through its Mobile Market. Get healthy, local and fresh foods delivered to your door!

Delivery is available for people living in Providence, Pawtucket and the East Bay. If you live outside of those areas, you can also order online and do curbside pickup at The Hope Artiste Village building (1005 Main Street) in Pawtucket.

*To learn how to place an order and for more details, visit*  
[www.farmfreshri.org/homedelivery/](http://www.farmfreshri.org/homedelivery/)



# Mental Health Matters

Mental health is how you feel, think or act. Mental health can be a hard topic to talk about but it is an important one.

It is good to care about your mental health and your physical health. If you are worried about your mental health, talk with your provider.

**Here are 5 tips to help manage stress and improve your mental health:**

1. Try deep breathing exercises for stress relief. Take long, slow breaths.
2. Eating healthy meals can help you feel less stress.
3. Make time to exercise. Just 30 minutes of walking can help relieve stress.
4. Set goals and decide what needs to be done now and what can wait.
5. Start writing. Journaling can be a great way to relieve stress.

*For more information visit:*  
[www.cdc.gov/mentalhealth](http://www.cdc.gov/mentalhealth)

# May is Older Americans Month

Every May, the Administration for Community Living celebrates older Americans and their impact in the community during Older Americans Month.

The theme for 2020 is “Make Your Mark.” You can participate by sharing your experiences with others, trying a new activity in your community, volunteering, spending time with neighbors or loved ones, thanking a caregiver in your life and more.

*For more ways to get involved visit [www.acl.gov/oam](http://www.acl.gov/oam).*



## A CARING NURSE is Just a Call Away

**Our Nurse Advice Line is available to all our members.**

*It has caring nurses available 24 hours a day, 7 days a week.*

*To speak to a nurse, call the Neighborhood Nurse Advice Line at 1-844-617-0563 (TTY 711).*





# LONG TERM Services and Supports

Long Term Services and Supports (LTSS) is a variety of services and supports that help members meet their daily needs and improve the quality of their lives so they can safely remain in the community. Eligibility is determined by the State.

*For more information on LTSS,  
visit [www.dhs.ri.gov/Programs/  
LTCProgramInfo.php](http://www.dhs.ri.gov/Programs/LTCProgramInfo.php)*





# The RISKS of Electronic Cigarettes (E-Cigarettes)

E-cigarettes are electronic devices that heat a liquid and produce an aerosol, not a harmless water vapor.

This aerosol usually has nicotine and other harmful things in it. No amount of nicotine is safe for adults, kids or teens. E-cigarettes are popular, especially with young people, and it's important that you know the risks.

## E-cigarettes can cause health issues

- Most e-cigarettes contain nicotine, which is very addictive.
- They contain other harmful and cancer causing chemicals.
- If you have never smoked, used other tobacco products or used e-cigarettes, don't start now.

*For more information about e-cigarettes visit [www.cdc.gov/e-cigarettes](http://www.cdc.gov/e-cigarettes).*



*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 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 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, o idioma, os serviços de assistência gratuita, estão disponíveis para você. Os serviços de chamada em 1-844-812-6896 (TTY 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. A sua chamada será devolvido no próximo dia útil. A ligação é gratuita.*