

Healthy You

SPRING 2020



Farm Fresh RI *p2*

Healthy
Breakfast Recipe *p3*

Dangers of
E-Cigarettes *p4*

Nurse Advice Line *p5*

Mental Health
Matters *p6*



Neighborhood
Health Plan
OF RHODE ISLAND™

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/



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/

Recipe Source: MedlinePlus, National Library of Medicine.



The DANGERS of Electronic Cigarettes

Electronic 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 kids, teens and adults. E-cigarettes are popular with young people, and it's important that parents and families know the risks.

The use of e-cigarettes is not safe for kids, teens, and young adults and can cause many health issues.

- Most e-cigarettes contain nicotine and other harmful things. Nicotine is very addictive and young people can get addicted to it more easily.
- Kids, teens and young adults are at risk for long-term effects from exposing their brains to nicotine.
- Nicotine can harm the part of the brain that is responsible for memory, attention and learning. A lot of brain development happens in the teen years, but the brain keeps developing until around age twenty-five.
- Young people who use e-cigarettes may be more likely to smoke regular cigarettes in the future.

Talk to your Kids

If you have a child, it's important to talk to them about the risks of using e-cigarettes. If you are worried about your child's e-cigarette use, please contact their primary care provider.

For more information visit www.cdc.gov/e-cigarettes

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).

Gift Cards for HEALTHY LIVING

We want you to be healthy, which is why we offer Neighborhood REWARDS.

With Neighborhood REWARDS, you can earn \$25 gift cards to Walmart for making good choices for your health and your family's health.

These healthy choices include:

- Getting your yearly check-up (adult)
- Bringing your teen or child to their yearly check-up
- Joining a gym
- Completing certain health activities that are important for adults, teens and children

Visit our website to learn more about Neighborhood REWARDS: www.nhpri.org/rewards

Remember: Going to your yearly check-up is one of the best ways to stay healthy.



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).



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



Gift Card Raffle

Enter for a chance to win a \$25 Visa gift card by May 1, 2020. Visit www.nhpri.org/newsletter-raffle and fill out the form to enter. One winner will be randomly selected from all entries.



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. ©2020 Printed in U.S.A.

For more health tips and resources, visit www.nhpri.org/your-health or call Neighborhood Member Services at 1-800-459-6019 (TTY 711).

Approved, #2920 3/30/2020