

# Healthy You

SUMMER 2020

Stay Healthy During COVID-19 p2

Fresh Air is Good Medicine p2

Housing Resources p4

We know that these are challenging times for many Rhode Islanders. Neighborhood is here to help you stay healthy. We'll get through this together.

# STAYING HEALTHY

## During the COVID-19 Crisis

Neighborhood is committed to the health and safety of our members. We want you to stay healthy and be informed.

Visit our website for the most up-to-date information and to:

- Get answers to frequently asked questions
- Find resources on health and wellness, food assistance, prescription drug delivery and more
- Learn about what is covered under your plan



[www.nhpri.org/coronavirus-update/](http://www.nhpri.org/coronavirus-update/)

For more information, visit <https://health.ri.gov/diseases/ncov2019/>



## FRESH AIR is Good Medicine

There are safe and fun ways for you and your family to keep moving during these challenging times.

- Take a walk
- Ride bikes
- Play catch
- Have a family dance party

Physical activity will help reduce stress and improve mental health for you and your family.

Remember to practice social distancing and keep 6 feet between yourself and others.

# HOUSING RESOURCES

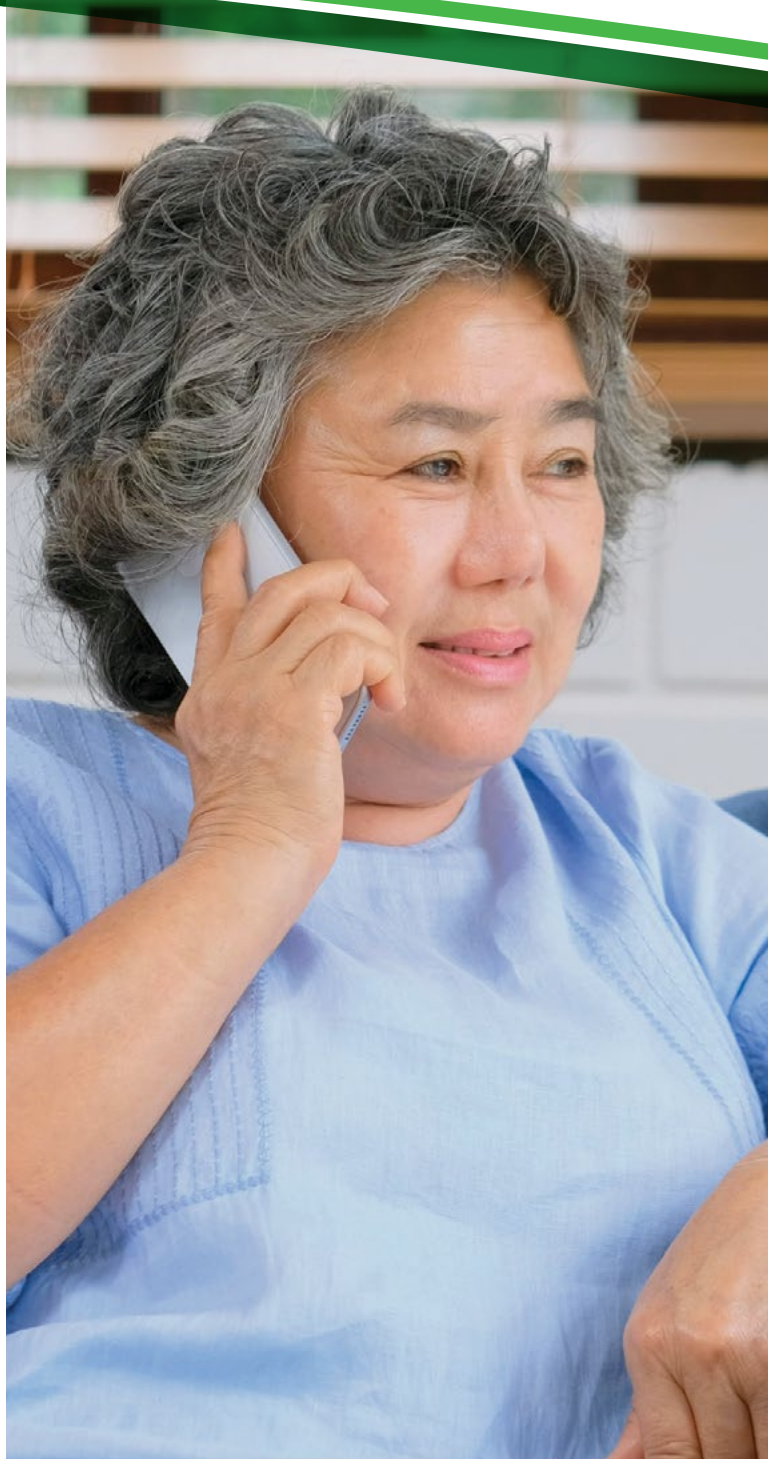
Neighborhood knows it's important to be able to stay in your home, especially during this time of the COVID-19 crisis. If you have questions related to housing security or safety, please contact your Neighborhood case manager or call Neighborhood Member Services.

You can also find information on how the Rhode Island Department of Health is helping keep Rhode Islanders in their homes: <https://health.ri.gov/covid/#renters>

## Member Services is Ready for Your Call

**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.





*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.*