

# Healthy You

SPRING 2021

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# COVID-19: Prevention, Vaccine and More



A message from  
Neighborhood's  
Medical Director,  
Dr. Chris Ottiano

As we come up on a year of the COVID-19 pandemic, I want to say thank you to Rhode Islanders for doing your part to help keep our community healthy. I know the COVID-19 pandemic has been very challenging in many ways. At Neighborhood, we want to make sure you have what you need to stay healthy and safe. We're here for you and your family.

## Health Tips: Continue healthy habits to slow the spread

1. Keep wearing your mask in public places and when you are around people you do not live with. Wearing a mask is one of the best ways to protect yourself and others.
2. Wash your hands often for at least 20 seconds with soap and water or use hand sanitizer.
3. Take care of your mental health. Stress and worry are common but there are things you can do to help:
  - » Make time to get active
  - » Try deep breathing exercises
  - » Connect with loved ones by phone or video
  - » Try a new activity like art, a puzzle or journaling
  - » If you are concerned about your mental health, contact your primary care provider
4. Get tested with or without symptoms. All Rhode Islanders can sign up for a test online at [www.portal.ri.gov](http://www.portal.ri.gov). It's easy and there is no cost to you for getting tested. There are testing sites located throughout the state.

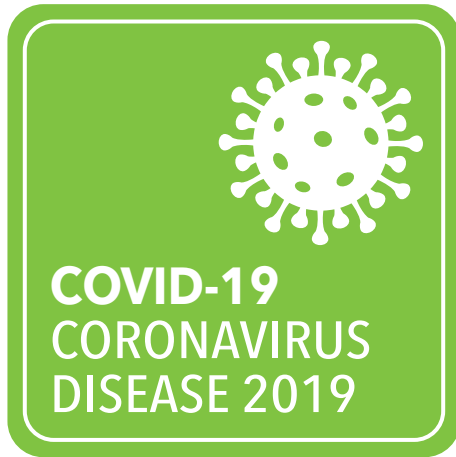
## STAY INFORMED

We want to make sure you have the information you need about COVID-19. Visit our COVID-19 Resource page for:

- Health tips
- Benefit information
- Vaccine and testing information from RIDOH
- Resources to keep you and your family healthy

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





## Vaccine Information: Get the facts from the experts

The Rhode Island Department of Health (RIDOH) will be providing more details on the vaccine rollout plan. For the most up-to-date information and for answers to frequently asked questions, visit [www.covid.ri.gov/vaccination](http://www.covid.ri.gov/vaccination).

Neighborhood Health Plan of Rhode Island will work closely with RIDOH during the vaccine distribution to help ensure Rhode Islanders are protected against COVID-19. When the vaccine is available to the public, Neighborhood encourages members to get vaccinated. If you have questions, contact your primary care provider.

You can also find information on vaccine safety and more from the Centers for Disease Control and Prevention: [www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html](http://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html)

## Stay Active At Home

With COVID-19 continuing to be a concern, it is important that we all play our part by staying home, social distancing and wearing our masks.

That doesn't mean we cannot stay active while staying home. Staying active is important and can improve your health in many ways. It can also reduce the risk of serious health conditions like heart disease, type 2 diabetes and cancer.

### Here are some ways you can keep active while still playing your part in stopping the spread of COVID-19:

- At-home exercises. Try jumping jacks, going for a walk, or finding a workout online.
- Play with your children or pet. Playing together is good for your mind and body.
- Clean your space. Take a break from work, school or watching the news to do something else.
- Dance like no one is watching. Moving is a great way to boost your mood. Have fun!

To learn more about keeping active while at home, visit: [www.nia.nih.gov/health/fun-ways-older-adults-stay-physically-active](http://www.nia.nih.gov/health/fun-ways-older-adults-stay-physically-active)

# Healthy & Delicious Lentil Soup

Are you looking for healthy meals for you and your family? Look no further. Here is a hearty lentil soup, full of veggies you and your family will love!

## What you'll need:

- 1 onion, chopped
- 1/4 cup olive oil
- 2 carrots, diced
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 bay leaf
- 1 teaspoon dried basil
- 1 can crushed tomatoes
- 2 cups dry lentils
- 8 cups water
- 1/2 cup spinach
- 2 tablespoons vinegar
- Salt to taste
- Ground black pepper to taste

## Directions

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Stir in vinegar, and season to taste with salt and pepper, and more vinegar if desired.

Learn more: [www.allrecipes.com/recipe/13978/lentil-soup/](http://www.allrecipes.com/recipe/13978/lentil-soup/)



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# Supporting Children During Challenging Times

Mental health is just as important for your children's health as physical health. Mental health is how you feel, think or act.

Mental health can be a hard topic to talk about with your children but it is an important one. If you are worried about your child's mental health, talk with their provider.

If you are concerned about your child's mental health, reach out to their provider. For more information visit: [www.cdc.gov/childrensmentalhealth/index.html](https://www.cdc.gov/childrensmentalhealth/index.html)

Here are some tips for good mental health for your children:

1. **Rest.** Making sure they are getting plenty of sleep.
2. **Eat well.** Eating healthier foods such as fruits and veggies can help keep their body and mind feeling good.
3. **Get plenty of sunlight.** Sunlight is proven to improve moods. Bring your children outside to play and get some of that Vitamin D.
4. **Activity and exercise.** Activity and exercise can not only improve your children's mood, but can also keep your children healthy.
5. **Do something your children enjoy.** Sometimes the small things matter. Read a book together, play checkers, bingo or do a puzzle with your kids to keep them engaged.



# Who To Call When You Need Help

Our Neighborhood Member Services team is always here to help answer any of your health insurance questions and needs.

## ACCESS/Rite Care, TRUST/Rhody Health Partners

Monday—Friday 8 a.m.–6 p.m. • 1-800-459-6019 (TTY 711)

## Commercial Plans

Monday—Friday 8 a.m.–6 p.m. • 1-855-321-9244 (TTY 711)

## Behavioral Health Services

1-401-443-5997 (TTY 711)

## Neighborhood 24/7 Nurse Advice Line

Our Nurse Advice Line is available to all members. Nurses are available to talk to you 24 hours a day, 7 days a week. If you would like to talk to a nurse, you can call the Neighborhood Nurse Advice Line at **1-844-617-0563 (TTY 711)**. The Nurse Advice Line is not an emergency service. Call 911 if you think you are having an emergency.

## Survey & Raffle

# We'd like your feedback!

Please tell us what you think and enter a raffle for a chance to win a **COVID-19 safety kit**. It's easy! Just scan this code to take a quick 4-question survey or visit [www.nhpri.org/survey](http://www.nhpri.org/survey).



*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. ©2021 Printed in U.S.A.*

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

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