



**NEW 2022 Benefits at No Extra Cost to You!**



**Neighborhood INTEGRITY**  
(Medicare-Medicaid Plan)



# Dear Valued Member,

As a Neighborhood INTEGRITY (Medicare–Medicaid Plan) member, you have access to extra benefits and services in addition to all of your current covered benefits. We care about your health and well-being and we are excited to offer these new benefits and services to you. We hope that these extra benefits and services help you stay active and healthy.

We want you to be well! Call us today at **1-844-812-6896 (TTY 711)** to learn about these extra benefits and services.

Sincerely,

**Christopher Ottiano, MD**

Medical Director

**Take advantage of these new benefits and get the most from your health plan!**

## These new benefits include:

- » Healthy food savings card
- » Gym membership and activity tracker
- » Companion services at your home
- » Home-delivered meals after a hospital stay or surgery



# Papa Pals

A friendly Pal to help you at home.

Neighborhood has partnered with Papa Pals to help our INTEGRITY members stay independent while living safely and happily at home.

With Papa Pals, a trained companion will help you based on your needs.

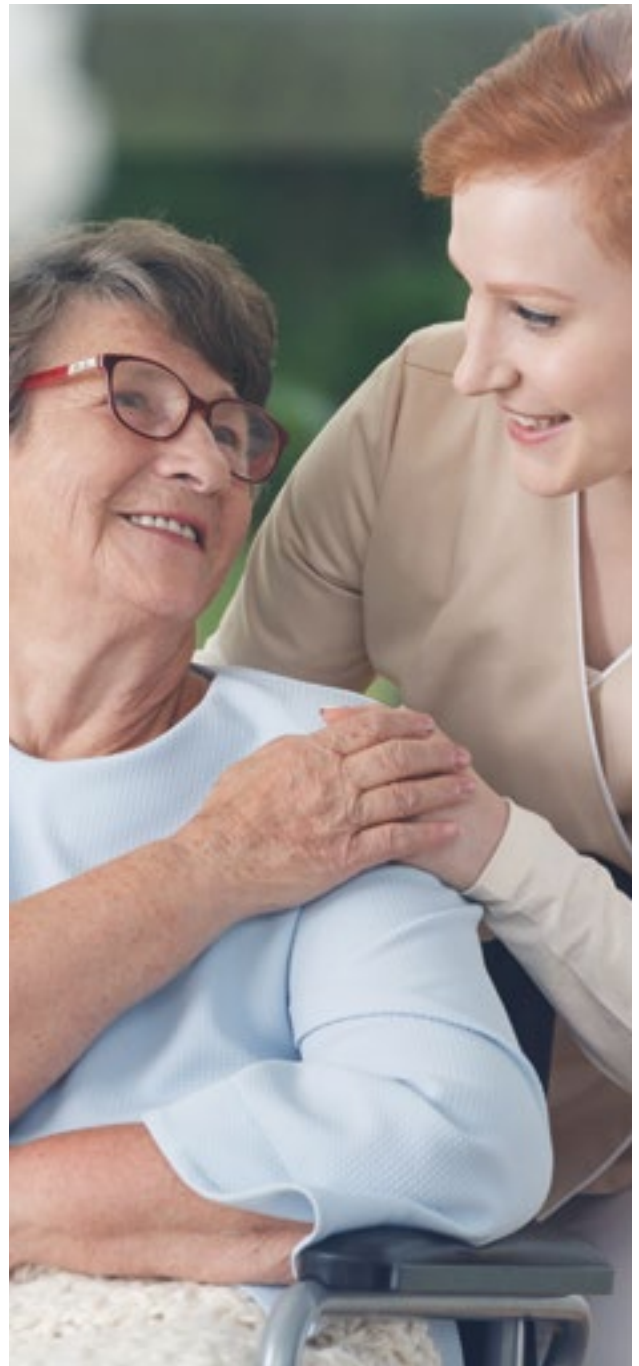
## Here are some things your Pal can do for you:\*

**Companionship:** Your Pal will be there for you when you need them. You and your Pal can chat, play board games, watch a movie, take a walk – whatever you'd like.

**House Needs:** Your Pal can help with your house needs including light cleaning, prepping your meals, taking your pet for a walk and more.

**Run Errands:** Your Pal can take you to your doctors' appointments, errands, grocery shopping and more.

**Computer Help:** Your Pal can teach you how to use computers, smart phones and tablets so you can virtually stay in touch with family and friends.



*\*Restrictions may apply*



# Healthy Benefits

As a Neighborhood INTEGRITY member, healthy eating just got easier with access to a healthy benefits savings card. With this card, you get \$25 every month, plus weekly coupons for additional savings!\*



You can shop at stores like Walmart, Stop and Shop, CVS, and other stores for a variety of healthy foods from the brand names that you know and love. For a full list of stores, visit [healthybenefitsplus.com/HWPCard/Stores/StoreFinder](https://healthybenefitsplus.com/HWPCard/Stores/StoreFinder).

**Using your healthy food savings card is easy! Your savings card can be used to buy thousands of foods, including:**

1. Fresh fruits and vegetables
2. Fresh salad kits
3. Dairy products
4. Meat and seafood
5. Canned fruits and vegetables
6. Healthy grains – bread, cereals, pastas, etc.
7. And much more

*\*Items that are usually at a discount include fruits and vegetables, beans, yogurt, eggs, bread, meat and seafood, cereal, beverages and many more.*



# YMCA

Physical activity is good for people of all ages. Get active with Neighborhood and the YMCA of Greater Providence!

With Neighborhood INTEGRITY, you get access to a gym membership at any of the YMCA of Greater Providence branches at no cost to you. Staying active can help lower your risk of heart disease, stroke, type 2 diabetes, and some types of cancer.

## 6 Great reasons to join the YMCA of Greater Providence:

1. No gym membership fees
2. Bilingual YMCA staff member to assist you with your membership
3. Transportation to and from the YMCA locations
4. Improve your physical and mental health
5. Hundreds of group exercise classes
6. Virtual classes you can do at home





# Mom's Meals

Healthy meal delivery when you need it most.

At Neighborhood, we know it's hard to come home from the hospital with no food in the refrigerator. We also know how important it is to have healthy meals. That's why we have partnered with Mom's Meals.

When you are recovering from a stay in the hospital or surgery, we will make sure you get the nutrition you need for better health.

**With Mom's Meals, you can get meals delivered to your home based on your needs.\***

**Health-Specific Menus:** You will get meals that will help you manage your chronic conditions, like heart disease, kidney disease, diabetes and more.

**Reliable:** High-quality meals will arrive at your home when you leave the hospital.

**Simple:** Meals are ready to heat and eat within 2 minutes!

*\*Restrictions may apply*



# We're Always Here to Help.

Contact Neighborhood Member Services or your Care Manager today to learn more.

## Neighborhood Member Services

Monday—Friday, 8am–8pm;

8am–12pm on Saturday

1-844-812-6896 (TTY 711)

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 fala português, estão disponíveis serviços de assistência linguística gratuitamente. Ligue para os Serviços dos Membros através do número 1-844-812-6896 (TTY 711), das 8h às 20h, de segunda a sexta-feira; e das 8h às 12h, ao sábado, domingos e feriados. Nas tardes de sábado, domingos e feriados, pode ser convidado a deixar uma mensagem. A sua chamada será devolvida no dia útil seguinte. A chamada é gratuita.

សូមយកចិត្តទុកដាក់៖ ប្រសិនបើអ្នកនិយាយភាសាខ្មែរ មានសេវាកម្មជំនួយផ្នែកភាសាដោយមិនគិតថ្លៃសម្រាប់អ្នក។ សូមទូរស័ព្ទទៅសេវាសមាជិកតាមរយៈលេខ 1-844-812-6896 (TTY 711) ចាប់ពីម៉ោង 8 ព្រឹកដល់ 8 យប់ ថ្ងៃចន្ទ - សុក្រ ម៉ោង 8 ព្រឹកដល់ 12 យប់នៅថ្ងៃសៅរ៍។ នៅរៀងរាល់សៀលថ្ងៃសៅរ៍ ថ្ងៃអាទិត្យ និងថ្ងៃឈប់សម្រាក អ្នកអាចត្រូវបានស្នើសុំឱ្យទុកសារ។ ការហៅរបស់អ្នកនឹងត្រូវបានគេហៅត្រឡប់មកវិញក្នុងថ្ងៃធ្វើការបន្ទាប់។ ការទូរស័ព្ទគឺឥតគិតថ្លៃ។



Neighborhood  
Health Plan  
OF RHODE ISLAND™

910 Douglas Pike, Smithfield, RI 02917

Nonprofit Org.  
U.S. Postage  
**PAID**  
Providence, RI  
Permit No. 1174

