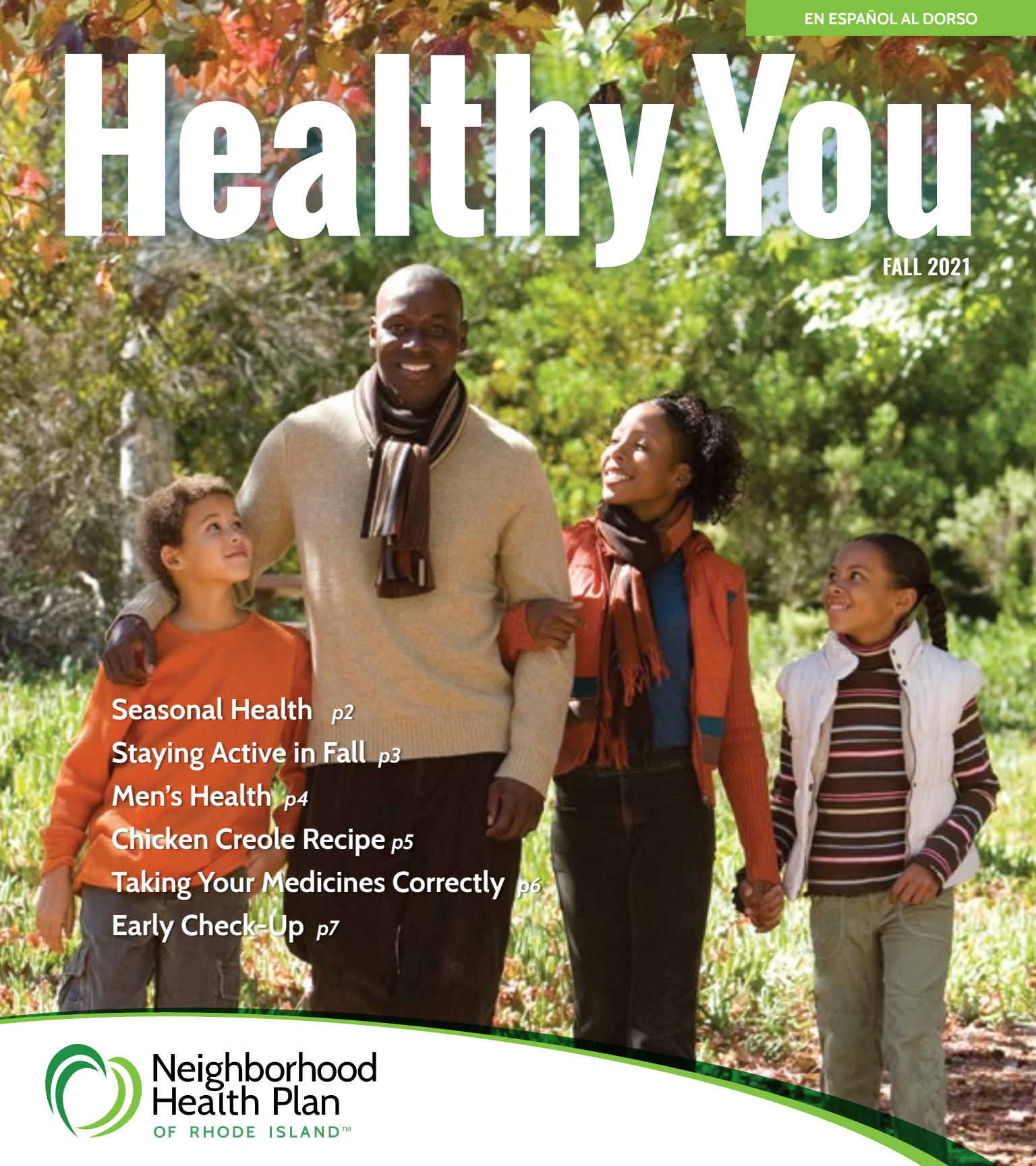


Healthy You

FALL 2021

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- Seasonal Health *p2*
 - Staying Active in Fall *p3*
 - Men's Health *p4*
 - Chicken Creole Recipe *p5*
 - Taking Your Medicines Correctly *p6*
 - Early Check-Up *p7*



Neighborhood
Health Plan
OF RHODE ISLAND™



Stay Healthy as the Seasons Change

By Dr. Christopher Ottiano MD, Medical Director



The changing seasons mean kids are back to school, the weather is getting colder and cold and flu season is right around the corner. With COVID-19 still in our community, it is important to do everything you can to stay healthy.

Follow these 5 tips:

1. Wash your hands often to stop the spread of germs.
2. Get a flu shot for you and your family.
3. Watch for symptoms. If you have a cough, fever, body aches or a new loss of taste or smell, contact your provider. Symptoms of flu and COVID-19 can be similar so you may need to get tested for both.
4. Get rest. If you are feeling sick, taking time to rest will help you get better and back to doing the things you love.
5. Get the COVID-19 vaccine if you have not already. The COVID-19 vaccine is safe and will help protect you from getting COVID-19. Plus, it will not cost you anything to get it.

If you have questions about getting vaccinated or your health, contact your primary care provider. Be well and stay healthy!



Stay Active as the Temperatures Drop

When the seasons change and it becomes too cold to spend time outdoors for more than a few minutes, many people are less active. Yes, it can be hard to get motivated when it gets cold, but don't give up—a little planning will help you get through the colder months ahead.

Here are some ideas:

- **Find a seasonal activity.** As the seasons change, explore new activities like indoor workout classes.
- **Layers, layers, layers!** The best way to dress for outdoor activity is to wear layers.
- **Drink up.** It's just as important to stay hydrated in cooler weather.
- **Use daylight hours.** If possible, it's best to be active outdoors while it is still light out.
- **Friends warm the heart.** For extra motivation, get a friend to join you, or join a walking group.
- **Sign up at your local community center.** Choose from a wide variety of classes—from aerobics to yoga.
- **Climb stairs.** Either at home or at work, five minutes at a time throughout your day really adds up!

Before starting any activity program, be sure to talk to your provider.

Men's Health

Many men experience health issues that go unnoticed or are ignored.

To help you stay healthy, schedule yearly check-ups with your primary care provider and be sure to go each year. Your provider can help monitor your weight, blood pressure, and the level of cholesterol in your blood.

Each of these things can be managed, but if left unchecked they can be dangerous risk factors for heart disease. Your provider can recommend any necessary lifestyle changes, medications, or treatments to best manage your weight, blood pressure, and cholesterol.

Mental well-being should also not be overlooked or ignored. Stress and anxiety can take a toll both mentally and physically. Remember, it's okay to not be okay and it's important to know when you could use some support and help.

Take charge of your health at any age—it's never too late! Your health care provider can help you develop an action plan, and you can take steps toward living your best life.





20-minute Chicken Creole

In a rush to get dinner on the table? Try this flavorful main dish that can be cooked on a stove top or in an electric skillet.

Ingredients:

- 1 tablespoon vegetable oil
- 2 chicken breasts (whole, skinless, boneless)
- 1 can diced tomatoes (14 1/2 oz., with juice)
- 1 cup chili sauce
- 1 green pepper (chopped, large)
- 2 celery stalks (chopped)
- 1 onion (chopped)
- 2 garlic cloves (minced)
- 1 teaspoon dried basil
- 1 teaspoon parsley (dried)
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt

Directions:

1. Heat pan over medium-high heat (350 degrees in an electric skillet). Add vegetable oil and chicken and cook until the chicken reaches an internal temperature of 165°F (3-5 minutes).
2. Reduce heat to medium (300 degrees in electric skillet).
3. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper, and salt.
4. Bring to a boil; reduce heat to low and simmer, covered for 10-15 minutes.
5. Serve over hot, cooked rice or whole wheat pasta.
6. Refrigerate leftovers within 2 hours.

Recipe source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/20-minute-chicken-creole>

Why It's Important to Take Your Medicines Correctly

Taking medicine on time and as prescribed by your provider is important to your health and wellness. If you take your medicine at different times of the day or skip some days, it may not work the way it should.

Here are 5 tips to follow:

- Take the prescribed dose at the same time each day (use a memory aid such as meals, bedtime, charts, or pill boxes).
- Don't skip doses or take half doses unless your provider tells you to.
- Take medicine until it's finished or until your provider says it's okay to stop.
- Don't take medicine that is not yours.
- Have questions on your prescription? Talk to your pharmacist or health care provider.

Follow these simple rules and you'll be feeling better in no time!



Top 5 Perks of Being a Neighborhood Member

Neighborhood Is the Best Choice —We Make Health Care Easy!

1.

A Member Rewards program that encourages healthy behaviors. Get gift cards and more, if you are eligible.*

2.

Local, friendly and helpful customer service in your language.

3.

Care coordination services for individuals with complex health care needs.

4.

Non-emergency transportation services for rides to medical, dental, or other health-related appointments.

5.

Access to a large network of providers, specialists, and pharmacies.

*Restrictions Apply. To find out if you are eligible visit www.nhpri.org/rewards.

Don't Forget Your Yearly Check-Up

A yearly physical exam lets you and your provider talk about how you are feeling, physically and mentally. It can also help you look at areas of your health that may need attention—so they don't cause bigger issues in the future. Going to your yearly check-up is one of the best ways to stay on top of your health. For all Neighborhood members, yearly check-ups are covered at no cost to the member. Schedule yours today!





Gift Card Raffle

Thank you for being a valued Neighborhood member! Enter for a chance to win a \$25 gift card by **November 26**. Visit www.nhpri.org/newsletter-raffle and fill out the form to enter. One winner will be randomly selected from all entries.

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.

សូមយកចិត្តទុកដាក់៖ ប្រសិនបើអ្នកនិយាយភាសាខ្មែរ មានសេវាកម្មជំនួយផ្នែកភាសា ដោយមិនគិតថ្លៃសម្រាប់អ្នក។ សូមទូរស័ព្ទទៅសេវាសមាជិកតាមរយៈលេខ 1-844-812-6896 (TTY 711) ចាប់ពីម៉ោង 8 ព្រឹកដល់ 8 យប់ថ្ងៃច័ន្ទ – សុក្រ ម៉ោង 8 ព្រឹកដល់ 12 យប់នៅថ្ងៃសៅរ៍។ នៅរៀងរាល់រសៀលថ្ងៃសៅរ៍ ថ្ងៃអាទិត្យ និងថ្ងៃឈប់សម្រាក អ្នកអាចត្រូវបានស្នើសុំឱ្យទុកសារ។ ការហៅរបស់អ្នកនឹងត្រូវបានគេហៅត្រឡប់មកវិញក្នុងថ្ងៃធ្វើការបន្ទាប់។ ការទូរស័ព្ទគិតតម្លៃ។



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 or call Neighborhood Member Services at: Medicaid Plans: 1-800-459-6019 (TTY 711) Neighborhood INTEGRITY (Medicare-Medicaid Plan): 1-844-812-6896 (TTY 711) Commercial Plans: 1-855-321-9244 (TTY 711)