

Healthy You

SPRING 2022



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Neighborhood
Health Plan
OF RHODE ISLAND™



Keeping Children Safe During the COVID-19 Pandemic

By Dr. Christopher Ottiano MD, Medical Director

We all know that stopping COVID-19 is important. When children get COVID-19, they might get very sick and may need to go to the hospital. They can also spread the disease to other people in their household and at school. To stay healthy and help stop the spread of COVID-19, it's important for everyone ages 5 years and older to get the vaccine.

Just like adults, some children may have mild side effects after they get the shot such as headache, body aches or a low fever. These side effects will go away after a day or two.

There is no cost to you for the COVID-19 vaccine and the vaccine is safe and effective.

There are a few ways to get your child vaccinated:

- Check with your child's primary care provider to see if they are providing the vaccine.
- Make an appointment at a state-run site.
- Visit a local pharmacy. Not all pharmacies are providing vaccines for children so it is best to call and check.

For more information or to schedule a vaccine appointment, visit: <https://covid.ri.gov/vaccination>. If you have questions about the COVID-19 vaccine for your child, contact their primary care provider.





Going Outside is Good for Your Mental Health!

Winter weather keeps most people indoors. Now that warmer weather is on the way, we can all look forward to having fun outside.

Spending time outdoors is not only good for your physical health, but for your mental health too. Studies have shown that being outside helps to lower stress and lift your mood.

Here are just a few fun and healthy things to do outside this spring:

- Take a hike in the woods or at a local park
- Go to the zoo, a carnival or a fair and get your steps in
- Ride a bike (be sure to wear your helmet!)
- Plant a garden or some flowers
- Go to the beach and fly a kite

Whatever outdoor activity you choose to do, getting outside means moving, and moving means getting healthy!



Overnight No-Cook Banana Oatmeal

On a busy day, it can be hard to make time for a healthy breakfast. Get yourself and your family out the door quickly by preparing this simple and delicious breakfast the night before.

Ingredients:

- 2 1/2 cups skim milk
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 3 1/2 cups rolled oats (not instant or quick cooking)
- 2 bananas
- 1/4 cup chopped unsalted pecans or walnuts

Directions:

1. In a large, re-sealable container or bowl, add milk, honey and extract.
2. Stir to combine, add oats and then stir again.
3. Seal or cover; place in the refrigerator and let it sit overnight.
4. The next day, peel each banana. Halve each one lengthwise and slice. Divide sliced bananas and nuts over each oatmeal portion. Serve.

Recipe source:

<https://recipes.heart.org/en/recipes/overnight-no-cook-banana-oatmeal>

Member REWARDS for Healthy Living

Neighborhood cares about the health and well-being of our members, which is why we offer Neighborhood REWARDS.*

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

You can get rewards for:

- Getting your yearly check-up (adults)
- Bringing your child or teen to their yearly check-up
- Joining a gym
- Completing certain health screenings, vaccines and tests 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.

**Restrictions Apply. Neighborhood REWARDS are available to Medicaid and Commercial plan members only.*



New Benefits for Neighborhood INTEGRITY Members

Neighborhood INTEGRITY (Medicare-Medicaid Plan) members now have access to extra benefits and services.

- **Healthy Food and Nutrition Savings Card**
A \$25 food savings card and coupons to purchase nutritious groceries.
- **Fitness Benefit**
Access to a YMCA membership, plus a fitness tracker when you join.
- **In-Home Support Services**
Papa Pals companion care to keep you company and assist with everyday tasks.
- **Home Delivered Meals**
Nutritious, delivered meals when returning home from a hospital stay—just when you need them most.

These new benefits come at no additional cost to Neighborhood INTEGRITY members. Restrictions may apply.

Visit www.nhpri.org/INTEGRITY or call 1-844-812-6896 (TTY 711) to learn more.



Understanding Heart Disease

The term *heart disease* refers to several types of heart problems. The most common type of heart disease is coronary artery disease (CAD). CAD causes less blood flow to the heart which can cause a heart attack. Warning signs include chest pain, shortness of breath and fatigue.

Living a healthy lifestyle can help prevent heart disease and heart attack.

Take steps to prevent heart disease like:

- **Choosing healthy foods.** Try to add more fruits and vegetables into your diet.
- **Exercising regularly.** Going for a walk every day is great exercise.
- **Quitting smoking.** Tobacco Free RI has resources and more: www.tobaccofree-ri.org
- **Lowering stress levels.** Find something that helps you relax, like music, yoga or breathing exercises.

Talk to your provider today about how you can prevent heart disease.





Gift Card Raffle

Thank you for being a valued Neighborhood member! Enter for a chance to win a \$25 gift card by **May 15th, 2022**. 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។ ការទូរស័ព្ទគិតគិតថ្លៃ។



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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)