

Healthy You

SUMMER 2022

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Neighborhood
Health Plan
OF RHODE ISLAND™



Summer is a Great Time to Catch Up with Your PCP

By Dr. Christopher Ottiano MD, Medical Director

Now more than ever it's important to stay healthy. The summer is good time for you and your family to catch up with any missed check-ups or vaccines.

Take this time to schedule an appointment with your primary care provider (PCP). Even if you're feeling well, you should still see your PCP at least once a year. During these visits you can talk about your health, review medications you are taking, and go over any issues you may be having.

Before your appointment think about how you are feeling. If you have any questions about your health, your medications, or

health screenings that you should have, it's important to speak up and get the answers you need. The more your PCP knows about you and your concerns, the more they can help you.

Before leaving your appointment, ask your PCP to print out any special instructions they have for you or write things down yourself. If they want you to make another appointment, be sure to do so before you go so that you don't forget.

We want you and your family to be well. Call your PCP and schedule a check-up today.

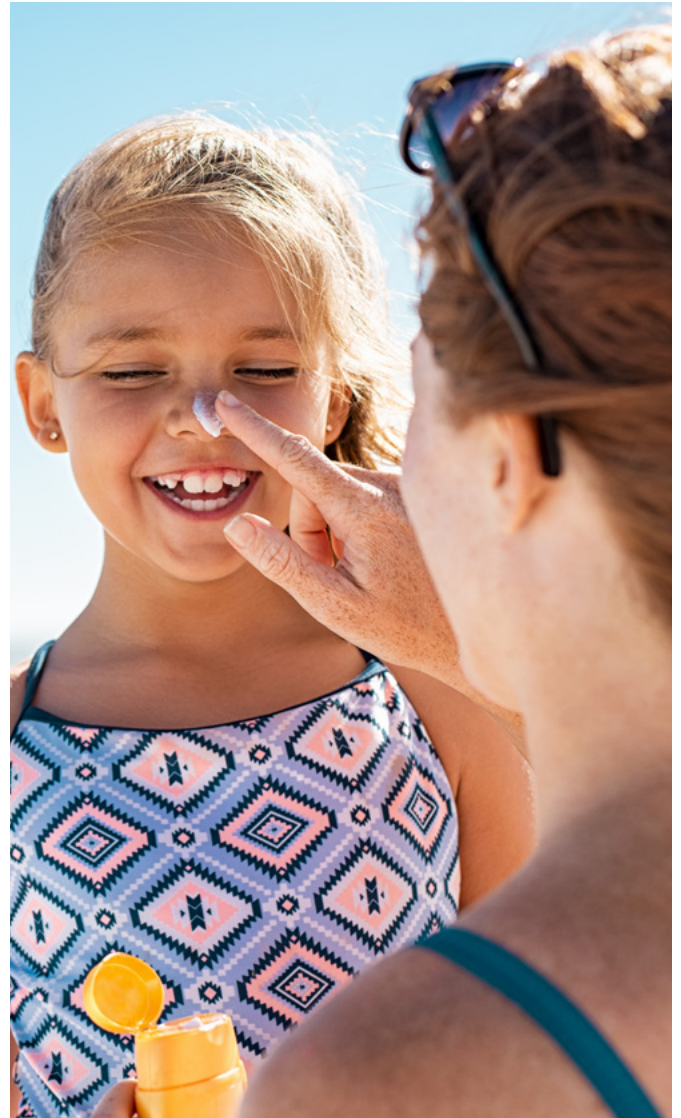


Summer Health Checklist

Neighborhood wants to make sure that you and your family get the most out of summer by staying safe and healthy. Here are some easy tips to keep you well:

- ✔ **Take care of your skin.** Make sure you cover up and use sunscreen with a high number SPF every time you go outside. Skin that is not covered can burn within 15 minutes.
- ✔ **Be careful in the heat.** Avoid physical activities in the hottest part of the day. Heat stroke can happen quickly and to anyone, at any age.
- ✔ **Stay hydrated.** Getting enough water every day is important for your health. Add some lime or lemon to improve the taste and help you drink more.
- ✔ **Balance eating healthy with fun summer treats.** Popsicles and ice cream are fun summer sweets, but make sure to also snack on fresh fruits and vegetables each day as part of a healthy diet.
- ✔ **Beware of insect bites.** Summer is a great time to have fun outside, but outdoor fun comes with bugs and itchy bites. Use an insect repellent to keep the bugs away. Always read labels carefully and check with your provider if you have questions about which repellent is best for you or your child.

Having a good time this summer starts with staying safe!





Make Healthy Eating Easier

Cookouts, picnics and trips to the beach are a great part of summer fun. But between barbecues and family parties, it can be easy to overdo it on unhealthy foods and sugary drinks.

There are lots of ways to balance summer treats with healthy choices such as:

- Bringing a salad full of colorful veggies or cut up fruit for a picnic or barbecue.
- Drinking plenty of water – try flavoring it with fruit like strawberry, lemon or lime.
- When you are eating out, choose veggies as your side.

Visit a farmers market for local fruits and vegetables.

Did you know that Rhode Island Farmers markets are a great place to find fresh fruits and vegetables? Farm Fresh RI farmers markets can be found throughout the summer in a neighborhood near you!

Plus, many farmers markets accept WIC and other nutrition benefit programs. Some even give out bonus bucks when you use your SNAP/EBT card. To see a full list of locations and to learn about the Bonus Bucks program, visit Farm Fresh RI online at Farmfreshri.org

Take Charge of Your Sexual Health

A Message from the Rhode Island Department of Health

If you are sexually active, getting tested for Sexually Transmitted Infections (or STIs) is one of the most important things you can do to protect your health. Having any type of sex can put you and your partner at risk. Here are four ways to protect yourself from STIs:

1. Get informed – It's important to know the risks. Download The RightTime app to find information, contact local experts, and locate counseling and treatment. [Righttimeapp.com](https://www.righttimeapp.com)

2. Protect yourself – Using a condom correctly can help you avoid STIs. Get condoms at no cost here: health.ri.gov/findcondoms

3. Talk to your partner – If you test positive for an STI, be sure to tell your partner and ask them to be tested, too.

4. Get Tested – If you are sexually active, it's important to get tested regularly. You can schedule a confidential STI test with the Testing 1-2-3 program at Testing123ri.com

To sign up:

- Complete Online Form
- Go to your preferred laboratory
- Results will be sent to you via e-mail

You can also request an at-home HIV test kit at: Aidsprojectri.org/get-tested/at-home





Complex Case Management for Members

This program coordinates services and treatment for members who have had a critical event or diagnosis. Neighborhood helps these members access resources and coordinate their health care needs.

Who Might Benefit from Complex Care Management Services?

- High Risk Newborns discharged to home from a Level II nursery.
- Members with an inpatient stay greater than 21 days.
- Members discharged from an acute rehabilitation or skilled nursing facility.
- Members who have been discharged to home after having a transplant.
- Members taking multiple medications with complicated treatment plans.
- Pregnant women with past/present substance use history with a recent inpatient stay.

What can the Neighborhood Complex Care Managers do for members?

- Support members in their efforts to follow treatment plans recommended by their providers.
- Advocate for members to get the most appropriate health care services available.
- Act as a liaison between all providers to improve communication.
- Educate members, families and providers about benefits, availability of services, community resources and health care alternatives.
- Reduce barriers to help members get the care they need.

For more information or to make a referral to Neighborhood's Care Management program, please contact Neighborhood Member Services.

Neighborhood in the Community!



Many of Rhode Island's favorite summertime events and outdoor activities are making a comeback this summer. Neighborhood team members are excited to be back out in the community.

Our representatives are ready to answer questions and connect with members throughout the state. If you're heading out to a local festival or community celebration, keep a look out for the Neighborhood team – they will be easy to spot in our exciting new van!

Everyone Can Use A Little Extra Support



That's why Neighborhood is offering the Pyx Health app to our Commercial and Medicaid members at no cost. The app includes 24/7 access to support your mental health and wellbeing.

Scan the QR code or search for 'Pyx Health' in the Apple or Google Play stores. You can also use your smartphone browser and visit www.HiPyx.com to download the app today.





Gift Card Raffle

Enter for a chance to win a \$25 gift card to Walmart by September 10. 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 មានសេវាកម្មជំនួយផ្អែកភាសា ដោយមិនគិតថ្លៃ សម្រាប់អ្នក។ សូមទូរស័ព្ទទៅសេវាសមាជិកតាមរយៈលេខ 1-844-812-6896 (TTY 711) ចាប់ពីម៉ោង 8 ព្រឹកដល់ 8 យប់ថ្ងៃច័ន្ទ - សុក្រ ម៉ោង 8 ព្រឹកដល់ 12 យប់នៅថ្ងៃសៅរ៍។ នៅរៀងរាល់សប្តាហ៍ថ្ងៃសៅរ៍ ថ្ងៃអាទិត្យ និងថ្ងៃឈប់សម្រាក អ្នកអាចត្រូវបានស្នើសុំឱ្យទុកសារ។ ការហៅរបស់អ្នកនឹងត្រូវបានគេហៅត្រឡប់មកវិញក្នុងថ្ងៃការបន្តទៀត។ ការទូរស័ព្ទគឺឥតគិតថ្លៃ។



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. ©2022 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)