

Healthy You

FALL 2022

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Getting Your Flu Shot This Season is More Important Than Ever



An annual flu shot is the best way to help protect against flu and lowers your risk of getting very sick. Everyone ages six months and older should get a flu shot. It is very important that people who are older, children, pregnant women, and people with chronic conditions such as asthma, diabetes and heart disease get their flu shot.

Neighborhood members can get a no-cost flu shot at:

- Your provider's office
- A pharmacy such as Walgreens or CVS
- Local flu shot clinics

Flu Shot Facts

- Flu shots are recommended for most people six months and older.
- The flu shot is safe and is the best defense against the flu.
- You cannot get the flu from the flu shot.
- You can get a flu shot and a COVID-19 vaccine at the same time.

Talk to your provider today and make sure you are up to date on all of your recommended vaccinations.

Top 5 Benefits of Being a Neighborhood Member

Neighborhood Health Plan of Rhode Island wants our members to be well! As a Neighborhood member, you have access to so many helpful tools and programs that can help you live a healthy life. Here are just a few of the perks of being a Neighborhood member:

1. **Neighborhood members have access to a large network of providers, specialists, pharmacies, and hospitals** across the state – some are even available 24 hours a day/7 days a week.
2. **Neighborhood has a member REWARDS program that helps you manage your health.** This includes gym membership rewards, gift cards to Walmart for getting certain health screenings, tickets to Providence Children's Museum and more!* Learn more at www.nhpri.org/rewards.
3. **Neighborhood is happy and proud to serve Rhode Island's diverse community.** We have a friendly and helpful Member Services team to answer your questions in your language!

4. **We offer care coordination services for people with complex health issues.** Neighborhood will work with you to manage your chronic conditions and health concerns.

5. **Our Nurse Advice Line is available to all members – 24 hours a day, 7 days a week.** To speak to a nurse, call the Neighborhood Nurse Advice Line at 1-844-617-0563 (TTY 711).



*Restrictions apply.



What You Need to Know About Health Screenings

Take charge of your health by seeing your Primary Care Provider (PCP) at least once a year. At your yearly check-up your PCP may talk to you about important health screenings.

Health screenings can help look for signs of:

- Cancer
- Diabetes
- High Cholesterol
- High Blood Pressure
- Osteoporosis
- and more

Your PCP can tell you what health screenings you need. If you haven't had a check-up recently, make an appointment with your provider today.

Thundermist Convenient Care

Not feeling well?
Visit Convenient Care at Thundermist Health Center and start feeling better.

- Now in 3 locations: Warwick, Woonsocket and Wakefield
- Open 365 days per year – no appointment needed
- You don't need to be a Thundermist patient

Thundermist wants to take care of you! Call (401) 767-4100 or scan the QR code to learn more.



Fall Recipe: Skillet Pasta Dinner

A quick and delicious one-pot meal
that the whole family will love!

Ingredients:

- 1/2-pound ground turkey, 85% lean (or ground sausage or beef)
- 1 medium onion, chopped
- 2 garlic cloves, minced (about 1 teaspoon)
- 1 can tomato sauce (8 ounce)
- 1 cup water
- 8 ounces uncooked tube pasta (ziti, penne, or macaroni)
- 2 cups fresh or frozen vegetables (try zucchini and carrots)

Directions:

1. Brown the ground meat, onion, and garlic in a skillet or heavy saucepan. Drain off any grease.
2. Add the tomatoes, tomato sauce, water, and uncooked pasta.
3. Cover and simmer for 10 minutes.
4. Add the fresh or frozen vegetables, stir, and continue cooking until the pasta and vegetables are tender (about 10 more minutes).

Recipe source:

<https://www.myplate.gov/myplate-kitchen/recipes>





Gift Card Raffle

Thank you for being a valued Neighborhood member! Enter for a chance to win a \$25 gift card by November 11. 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។ ការទូរស័ព្ទគឺឥតគិតថ្លៃ។



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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)