

# Healthy You

SPRING 2023

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## It's a Good Time to Get Outside!

Getting regular physical activity is one of the best ways you can improve your health. With the weather warming up, it's the perfect time to get outside. Spending time outdoors is not only great for your physical health, but for your mental health, too! Studies have shown that being outside can brighten your mood and lower levels of stress.

**Here are a few fun ways you can exercise outside this spring:**

- Go for a jog in the park
- Take a walk on the beach
- Ride a bike (be sure to wear a helmet!)
- Play basketball with a friend

**Always remember to drink water and wear sunscreen while exercising outside. Check with your provider before you start any new exercise program.**

## It's Never Too Late to Get in Shape

**If you're having trouble sticking with an exercise plan, set a fitness goal! Setting a goal – no matter how big or small – is a great way to stay motivated and keep your plans on track.**

**Try setting an easy goal like:**

- Trying a new exercise
- Taking the stairs more often
- Eating a healthy breakfast
- Drinking more water

**Even if you are just getting started, there is a fitness goal for you!**





# Spring Recipe: Pasta Primavera

A flavorful spring recipe that you and your family will love! Enjoy this simple and delicious meal with your favorite vegetables.

## Ingredients:

- 1 cup noodles, uncooked
- 1 tablespoon vegetable oil
- 2 cups mixed vegetables (chopped)
- 1 cup tomatoes (chopped)
- 1 tablespoon margarine
- 1/4 tablespoon garlic powder
- 1/8 tablespoon black pepper
- 3 tablespoons Parmesan cheese

## Directions:

1. Cook noodles according to package directions.
2. While noodles are cooking, heat oil in a skillet.
3. Add vegetables and sauté until tender; stir constantly.
4. Add tomato and sauté 2 more minutes.
5. Toss vegetables with noodles and margarine.
6. Add seasonings, sprinkle with Parmesan cheese.

## Recipe source:

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pasta-primavera>

# Take Control of Your Asthma

By Dr. Christopher Ottiano MD, Medical Director

Asthma is a disease that affects your lungs. Asthma is very common in children, but adults can have it, too. Asthma can cause shortness of breath, coughing and wheezing.

Asthma attacks can happen when you are exposed to triggers, which are things that can make your asthma worse, like dust, mold and pets. It is important to know what your triggers are and how to avoid them.

You can control your asthma and avoid an attack by taking your medicine exactly as your provider tells you to and by avoiding things that can cause an attack. The important thing to remember is that you can control your asthma.

There is no cure for asthma but there are ways that you can manage your symptoms.

**Talk to your provider today about making an asthma action plan and taking steps to keep your asthma under control.**



## Managing Spring Allergies

Springtime is finally here – that means the weather is warmer, the days are longer and flowers are blooming! But spring is also time for seasonal allergies. Allergies can cause sneezing, congestion, coughing and itchy eyes.

**You can keep allergies under control by:**

- Keeping the windows closed
- Staying inside when the pollen count is high (in the morning)
- Changing your clothes after being outside
- Taking over-the-counter allergy medicines

# Get the Most Out of Your Provider Visit!

It's important to get the most out of visits with your primary care provider (PCP). If you have an upcoming appointment with your PCP, here are some tips to help you prepare:

1. **Make a list.** Before your visit, think about what you would like to talk about with your provider. Write down all of your questions and concerns and bring it with you to your visit.
2. **Ask questions.** Do you have any questions about your medications? Are you looking for tips on losing weight? Be sure to get the answers you need from your PCP before you leave their office. It's okay if you need them to repeat or explain what they told you.
3. **Take notes.** Make sure to write down any information that is important to your health, like changes to your medications and the date of your next appointment.
4. **Bring a family member or friend.** Bring a family member or trusted friend with you to your appointment if your provider allows it. They can help you keep track of important information from your PCP and can give you support if you are feeling anxious or confused. Be sure to call ahead and check with your provider's office to be sure someone can come with you.

## Care Management Team and You

Neighborhood has a Care Management team to help members with their individual health care needs. When you are a part of Neighborhood's Care Management program, you work with your own Care Manager to help you plan and manage your health care needs.

### Care managers can help you:

- Manage your chronic conditions
- Learn about things you can do every day to help keep you healthy
- Understand the benefits and services available to you
- Manage your health by talking to your providers about your care
- Get connected with community resources you may need

**Call Neighborhood Member Services at the number on the back of your ID card to find out more information about our Care Management program.**



# Gift Card Raffle

Thank you for being a valued Neighborhood member! Enter for a chance to win a \$25 gift card by Friday, May 26 .

Visit [www.nhpri.org/newsletter-raffle](http://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](http://www.nhpri.org/your-health) or call Neighborhood Member Services:  
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)