

# Healthy You

SUMMER 2023

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**Neighborhood  
Health Plan**  
OF RHODE ISLAND™



# Stay Heart Healthy this Summer

By Dr. Christopher Ottiano MD, Medical Director

Most people enjoy the warm summer weather. But, if you have heart disease or other heart conditions, hot temperatures can put your health at risk.

In hot weather, your body has to work harder to stay cool. This puts extra strain on your heart, lungs and kidneys.

## There are a number of easy ways to stay healthy and not get overheated this summer:

- Avoid being in the sun during the hottest time of day (10 a.m. – 2 p.m.).
- Drink plenty of water. Don't wait until you're thirsty!
- Stay inside in air conditioning when it's very hot outside.
- Wear light, loose-fitting clothing to help keep you cool.

Everyone should take steps to prevent heat-related illnesses during hot weather, but it is especially important if you have a heart condition.

If you think you are having heat-related problems, get to an air-conditioned space and drink some cool water right away. Call your provider or go to the hospital if your symptoms get worse.





# Use your SNAP Benefits at Local Farmers Markets this Summer

Shopping at a farmers market is a great way to get fresh and affordable fruits and vegetables. Farm Fresh RI has a number of outdoor farmers markets in neighborhoods across Rhode Island all summer long.

Farmers markets also accept Supplemental Nutrition Assistance Program (SNAP) and WIC. Farm Fresh RI offers even more benefits through their Bonus Bucks program.

SNAP shoppers get a 100% matching bonus at all Farm Fresh RI farmers markets! To see a full list of locations and to learn about the Bonus Bucks program, visit Farm Fresh RI online at [www.farmfreshri.org](http://www.farmfreshri.org).

**Enroll in CurrentCare® Today!**  
**CurrentCare® is a secure online tool that your providers use to store all of your health information in one place.**

CurrentCare gives you and your providers access to your health information like:

- Medications
- Lab tests
- Hospital visits

With CurrentCare, you can access your medical information online, 24/7 – from anywhere, and at no cost to you. Using CurrentCare can help you and your providers better manage your health.

You can also easily share your medical information with a family member or caregiver by giving them access to your CurrentCare for Me® personal health record. This can be helpful when you need support managing a new health condition, treatment or your medications.

Ask your provider about enrolling in CurrentCare at your next visit, or go to [enroll.currentcareri.org](http://enroll.currentcareri.org) to sign up today!

# Community Health Centers – Health Care Services for all of Rhode Island

Did you know that Neighborhood was founded almost 30 years ago with the help of Rhode Island's Community Health Centers (CHCs)?

CHCs provide high-quality medical, dental and behavioral health care plus social services, medicines and much more.

If you need medical care, there are many CHCs located throughout Rhode Island where you can go for care. To find a CHC near you, visit our website at [nhpri.org/rhode-island-community-health-centers](http://nhpri.org/rhode-island-community-health-centers) or call our Member Services team at the number on your ID card.

## Medical Review

**Neighborhood has a special team of nurses and clinical staff that reviews your requests for hospital admission and other treatments.** This process is called Utilization Management (UM). You can find more information about this review process in your member handbook on our website at [www.nhpri.org](http://www.nhpri.org).

Neighborhood wants to make sure you get the help and information you need. If you have questions about our UM process or a care

decision that Neighborhood has made, please call Member Services at:

- Medicaid Plans: 1-800-459-6019 (TTY 711)  
Commercial Plans: 1-855-321-9244 (TTY 711)  
Monday through Friday, 8 a.m. to 6 p.m.
- Neighborhood INTEGRITY (Medicare-Medicaid Plan): 1-844-812-6896 (TTY 711)  
Monday through Friday, 8 a.m. to 8 p.m., and  
Saturday, 8 a.m. to 12 p.m.

If you call after hours or on a holiday, please leave a message and we will return your call the next business day. If you speak a language other than English, Neighborhood offers language assistance to members to discuss UM questions.



# Water Safety for Parents and Kids

Pools, beaches and lakes are a fun way to stay cool and enjoy time outdoors. Before heading to the water, it's important to teach children basic water safety:

1. **Ask permission to go in the water.** Children should always ask if it's OK to go in or play with water. Let them know they should not go near any water without an adult's permission.
2. **Never swim alone.** Even if a lifeguard is nearby, parents and caregivers should watch children at all times around water. Have a phone close by in case you need to call for help.
3. **Do not dive in shallow water.** Diving in headfirst can cause serious head injuries. It's better to always jump in feet first and never dive into the shallow end of a pool or other body of water.
4. **Always wear a life vest.** Inflatable toys, floaties and water wings are not safety devices and don't protect someone from drowning. Young children should wear a life jacket that is approved for water safety.
5. **Stay in designated swim areas.** Take children to beaches, ponds and lakes that have lifeguards on duty. Always stay in the areas that have been marked for swimming.

Swimming is great exercise and a fun way to spend time together as a family. If you have questions or concerns about water safety, talk to your child's primary care provider.



# Gift Card Raffle

Thank you for being a valued Neighborhood member! Enter for a chance to win a \$25 Stop & Shop gift card by Tuesday, August 4. 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.\*

*\*For Medicaid and Commercial plan members only*

Neighborhood Health Plan of Rhode Island is a health plan that contracts with both Medicare and Rhode Island Medicaid to provide benefits of both programs to enrollees.

Neighborhood Health Plan of Rhode Island complies with applicable civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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 មានសេវាកម្មជំនួយផ្អែកភាសាដោយមិនគិតថ្លៃ សម្រាប់អ្នក។ សូមទូរស័ព្ទទៅសេវាសមាជិកតាមរយៈលេខ 1-844-812-6896 (TTY 711) ចាប់ពីម៉ោង 8 ព្រឹកដល់ 8 យប់ថ្ងៃច័ន្ទ - សុក្រ ម៉ោង 8 ព្រឹកដល់ 12 យប់នៅថ្ងៃសៅរ៍។ នៅរៀងរាល់សប្តាហ៍ថ្ងៃច័ន្ទ ថ្ងៃអង្គារ និងថ្ងៃពុធ សម្រាប់ អ្នកអាចត្រូវបានស្នើសុំឱ្យទុកសារ។ ការហៅរបស់អ្នកនឹងត្រូវបានគេហៅត្រឡប់មកវិញក្នុងថ្ងៃការបន្តទាប់។ 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. ©2023 Printed in U.S.A.

For more health tips and resources, visit [www.nhpri.org/your-health](http://www.nhpri.org/your-health) or call  
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