

Healthy You

FALL 2023

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Neighborhood
Health Plan
OF RHODE ISLAND™



Getting Your Flu Shot this Season Is More Important Than Ever

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An annual seasonal flu shot is the best way to help protect against flu and lowers your risk of getting very sick. Almost 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 ages 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.

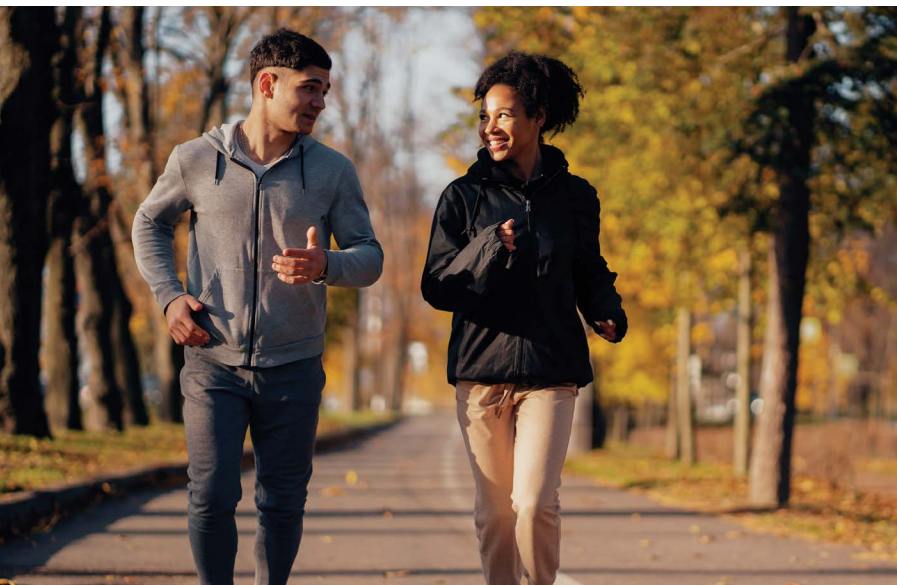
Get Outside and Stay Fit this Fall

Get active outside this fall to improve your health and to enjoy the beauty of the season.

There is no better time to put on your sneakers and go outside than when the weather gets cooler and the leaves start to change color. Exercising outside can be good for your body and your mind. Go for a walk, a bike ride, or try some outdoor yoga!

Tips for exercising outdoors this fall:

- Dress in layers for cool weather.
- Stay hydrated before, during, and after your workout.
- Wear reflective gear so you can be seen when it gets dark.
- Listen to your body and slow down when you need to.



Focus on Your Mental Health

As the seasons change, many of us can feel a change in our mood and overall mental health. Check out these tips on how to beat the blues:

- **Sleep well:** Create a relaxing bedtime routine and sleep space.
- **Stay active:** Do things like walking, yard work, or take a local exercise class.
- **Eat healthy:** Eat foods that are good for your body and mind like fresh fruits and veggies.
- **Socialize:** Find fun things to do with your family or call a friend to talk.
- **Find help:** If you need help, reach out to your primary care provider or a mental health provider.

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 take charge of your health:



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.
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. **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 www.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.

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



Cranberry Pumpkin Muffins

Enjoy these seasonal muffins any time of day – great for breakfast, a snack, or dessert!

Ingredients

- 2 cups flour
- 3/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 teaspoon allspice
- 1/3 cup vegetable oil
- 2 eggs (large)
- 3/4 cup pumpkin (canned)
- 2 cups cranberries
(fresh or frozen chopped)

Directions

1. Wash hands with soap and water.
2. Preheat oven to 400 °F.
3. Sift together dry ingredients (flour through allspice) and set aside.
4. Beat oil, eggs, and pumpkin together until well blended.
5. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
6. Fold in chopped cranberries.
7. Spoon into paper lined muffin cups.
8. Bake at 400 °F for 15 to 30 minutes.

Source: www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cranberry-pumpkin-muffins



Gift Card Raffle

Thank you for being a valued Neighborhood member! Enter for a chance to win a \$25 Stop & Shop gift card by December 1, 2023. Visit 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*

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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 a.m. a 8 p.m., de segunda a sexta-feira; 8 a.m. a 12 p.m. 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 មានសេវាកម្មជំនួយធុនកែភាសាជាមិនគិតថ្លៃសម្រាប់អ្នក។ សូមទូរស័ព្ទទៅសេវាសមាជិកតាមរយៈលេខ 1-844-812-6896 (TTY 711) ចាប់ពីម៉ោង 8 ព្រឹកដល់ 8 យប់ថ្ងៃច័ន្ទ - សុក្រ ម៉ោង 8 ព្រឹកដល់ 12 យប់នៅថ្ងៃសៅរ៍។ នៅរៀងរាល់សៀលថ្ងៃសៅរ៍ ថ្ងៃអាទិត្យ និងថ្ងៃឈប់សម្រាក អ្នកអាចត្រូវបានស្នើសុំឱ្យទុកសារ។ ការហៅរបស់អ្នកនឹងត្រូវបានគេហៅត្រឡប់មកវិញក្នុងថ្ងៃការបន្តទាប់។ ការទូរស័ព្ទគឺឥតគិតថ្លៃ។



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For more health tips and resources, visit 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)