

Be Well, Stay Well



Medicaid Members: Renewals are back!

Neighborhood wants you to stay covered. If you receive a notice from the State about your Medicaid renewal, it's important that you act right away.

- **LOG IN** to your HealthyRhode account at <https://healthyrhode.ri.gov/> or download the HealthyRhode mobile app on your smartphone to submit your signed Medicaid renewal form and requested documents.
- **MAIL** in your signed renewal form and requested documents to:
**P.O. Box 8709
Cranston, RI 02920-8787**
- **MEET** with a Navigator in your community. Visit www.healthsourceri.com to find a location near you.
- **VISIT** a RI DHS Scan Center at 1 Reservoir Ave. in Providence or 249 Roosevelt Ave. in Pawtucket between 8:30 a.m. and 4 p.m., Monday through Friday (except holidays). Bring your documents with you and their staff can scan them into the system for you.

It's very important that you complete your renewal by the deadline in the letter. If you have questions or need assistance, please contact Neighborhood Member Services at **1-800-459-6019**.

Contact Us

Neighborhood Member Services



ACCESS/RtTe Care,
TRUST/Rhody Health Partners
1-800-459-6019 (TTY 711)
Mon-Fri 8A.M.–6P.M.

Commercial Plans
1-855-321-9244 (TTY 711)
Mon-Fri 8A.M.–6P.M.

INTEGRITY/Medicare-Medicaid Plan
1-844-812-6896 (TTY 711)
Mon-Fri 8A.M.–8P.M.;
Sat 8A.M.–12P.M.

Behavioral Health Services
1-401-443-5997 (TTY 711)



Website: www.nhpri.org



Asthma



Heart Failure



COPD



Coronary Artery Disease



Diabetes

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The Importance of Getting a Flu Shot

Getting your flu shot each year is the best way to protect yourself and others from the flu.

The flu shot lowers your risk of getting very sick. Almost everyone ages six months and older should get a flu shot. A flu shot is very important for people with chronic conditions like asthma, diabetes, and heart conditions. Talk to your provider about getting your flu shot today!

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 suggested for most people six months and older.
- The flu shot is safe and is the best protection 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 your vaccinations.



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 មានសេវាជំនួយដោយឥតគិតថ្លៃសម្រាប់អ្នកនិយាយភាសាខ្មែរ។ សូមទូរស័ព្ទទៅសេវាសមាជិកតាមរយៈលេខ 1-844-812-6896 (TTY 711) ចាប់ពីម៉ោង 8 ព្រឹក រហូតដល់ 8 យប់ ថ្ងៃចន្ទ - សុក្រ ម៉ោង 8 ព្រឹក រហូតដល់ 12 យប់ នៅថ្ងៃសៅរ៍ ។ នៅរៀងរាល់ស្អែក ថ្ងៃសៅរ៍ ថ្ងៃអាទិត្យ និងថ្ងៃឈប់សម្អាត អ្នកអាចទទួលបានសេវាស្តីពីការប្រឹក្សាសមាជិក ការហៅរបស់អ្នកនិយាយភាសាខ្មែរ ឯកសារឯកសារប្រយោជន៍ ឬការប្រឹក្សាផ្សេងៗ តាមរយៈលេខ 1-844-812-6896 ឥតគិតថ្លៃ។



Know the Signs: Depression While Living with a Chronic Condition

A chronic condition is a condition that lasts a long time or forever.

These conditions may be treated with medication or diet and exercise. But, they can still be very hard to live with.

People with chronic conditions are at a higher risk for depression. Know the symptoms of depression for yourself or someone who may be struggling.

Depression can look like:

- Feeling down or sad for days at a time
- Not enjoying things that you used to enjoy
- Feeling very tired
- Feeling down or hopeless
- Change in appetite
- Trouble concentrating
- Trouble sleeping

Everyone feels sad sometimes in life, but depression is different.

To get help, call your provider or call Optum. Optum is Neighborhood's mental health partner. Optum is here to help make sure you get the services you need. You can call Optum at **1-401-443-5997 (TTY 711)**.

If you or someone you care about are having a mental health crisis, please dial **988**. You can call the 988 Suicide and Crisis Hotline 24 hours a day, 7 days a week—even on holidays. Anyone can call 9-8-8 to reach a trained crisis counselor and get help. They can also work with you to make a plan, so you can keep feeling better.



Healthy Recipe: Two-Bean Chili

Try this two-bean chili this fall or winter for a warm healthy meal on a cold day!

Yield:

8, 1 1/2 cup servings

Ingredients:

- 1 pound ground turkey or beef
- 1 onion (diced)
- 2 stalks celery (diced)
- 2 carrots (diced)
- 4 cloves garlic (minced)
- 1 teaspoon cumin, oregano and coriander
- 1 1/2 teaspoons chili powder
- 1 can diced tomatoes
- 2 cans tomato sauce
- 2 cups water
- 1 can black beans (drained)
- 1 can kidney beans
- 1 cup sweet potato (raw, grated)
- 1/2 cup green pepper (chopped)
- 1 small zucchini (or summer squash, chopped)
- Salt and pepper (to taste)

Directions

1. Brown the ground beef, onion, celery, carrots, and garlic in a large saucepan. Drain and rinse to reduce the fat content.
2. Add the rest of the ingredients, except for the salt and pepper. Mix well and add water if the chili is too thick.
3. Cook for about 10 minutes until the vegetables are cooked and the flavor has blended. Season with salt and pepper if needed.





Vaccines for a Healthy Future

Vaccines are just as important for adults as they are for kids. Make sure you get all of your recommended vaccines to stay healthy and stop the spread of illnesses.

Some common vaccines include:

1. **COVID-19 vaccine** – Lowers your risk of getting very sick from COVID-19
2. **Flu vaccine** – Helps prevent people 6 months or older from getting the flu
3. **Hepatitis B vaccine** – Helps prevent Hepatitis B for adults ages 19 to 59, as well as some people over 60
4. **HPV vaccine** – Recommended for teens and young adults to prevent cancer-causing HPV
5. **Pneumococcal vaccine** – Prevents pneumonia, meningitis, and bloodstream infections
6. **Shingles vaccine** – Prevents shingles in healthy adults ages 50 or older
7. **Tdap vaccine** – Protects from tetanus (lockjaw), whooping cough (pertussis) and diphtheria

Talk to your provider about vaccines you may need and which ones are best for you.



Quick Tips for Healthy Habits

Regular activity: Exercise helps your mood, heart health, and overall well-being. Find easy activities that you enjoy to help keep you moving every day.

Drinking water: Water is very important for your body. There are many ways water can improve your health like:

- Help with digestion
- Increase circulation
- Maintain a healthy temperature
- Good for brain health

Drinking water keeps you hydrated. Staying hydrated means staying healthy!

Mental health care: Take time to take care of yourself. You can look after your mental health by practicing relaxation.

Some ways to relax are:

- Stretching
- Deep breathing
- Meditation
- Yoga

Mental health is just as important as physical health. Talking to someone you trust is helpful when you have a problem. Find a person you trust or a mental health professional for support. Finding help when you need it is a sign of strength.



Be Well, Stay Well

About this Newsletter

You are receiving this mailing because you or your child appear to be under treatment for one of the following:

- Asthma
- Diabetes
- COPD
- Heart failure
- Coronary Artery Disease (CAD)

Neighborhood Health Plan of Rhode Island (Neighborhood) has disease management programs for our members who have these diagnoses. Our goal is to help you better control your health.

As part of these programs, you will receive this newsletter with information to help you stay well. You also have access to health coaches who are nurses. They can work with you over the phone to teach you ways to help manage your health. These programs are voluntary.

Please call Neighborhood Member Services if you:

- Want to work with a health coach
- Have questions about the disease management programs
- Have questions about the information in this newsletter
- Do not have any of these conditions
- Do not want to be in a disease management program

Neighborhood Health Plan of Rhode Island sends information to help our members learn about their health care. Please work with your providers to decide the treatment that is right for you and your family.

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