

Healthy You

QUARTERLY NEWSLETTER // FALL 2017

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enter to

WIN

a Gift Card!

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Neighborhood
Health Plan
OF RHODE ISLAND™



Ways to Shop Smarter

Grocery shopping can be a challenging task when you are trying to eat healthy and not spend a lot of money. With some planning, it is possible to do both!

A good first step is to think about the week ahead. Choose meals you can make easily for busy days and ones that take time for days-off. Consider cooking extra to have for another meal. Before heading to the store, look at what you already have so that you do not buy what you do not need. Going to the market hungry can lead to buying things like candy so try to eat something before grocery shopping.

Follow these tips when you are at the market:

- ▶ Look for fruits and vegetables that are in-season locally for the best flavor and lower costs.
- ▶ Seek out sales on frozen plain vegetables which can be just as good for you as fresh vegetables.
- ▶ Use sliced fruit to add flavor to filtered tap water instead of buying juice and soda.
- ▶ Skip “instant” oatmeal or rice and buy the regular kind.
- ▶ Most frozen and canned meals and dry mixes are full of sugar and salt. Try plain instead.
- ▶ Whenever possible, it is best to make the meals yourself from fresh ingredients.

Need more help? Find recipes and cooking resources online at <https://whatscooking.fns.usda.gov/>

Working Out: Outside!

Next time you are raking leaves, think of it as getting fit! Raking helps build upper-body strength, as well as strengthen your core – your back and stomach. As with any exercise be safe and smart by sticking to these basic rules:

- Drink water
- Pace yourself
- Take breaks
- Warm-up muscles by stretching before and after
- Wear shoes that are comfortable and have good traction

No lawn? No problem. Help tidy a local park.



Get a Flu Shot

Millions of people get sick from the flu each year. The best way to protect yourself and the people around you is with a flu shot. Everyone 6 months and older should get a flu shot.

Children and adults in Rhode Island can be vaccinated against the flu by their doctors. Adults can also be vaccinated against the flu at pharmacies. Some pharmacies also give shots to children ages 9 years of age and older. Many school and community clinics are open to children and adults.

Ask your doctor about getting a flu shot. If you go to a pharmacy or clinic, be sure to bring your Neighborhood ID card. There is no out-of-pocket charge for a flu vaccination.





Hiking: Fitness in the Fresh Air

Studies show that fresh air and sunshine can help you to sleep better at night and improve your mood. Fall is a great time to begin a walking routine as weather can be mild. Take a walk on a nature trail and it becomes a hike!

Think of a hike as a walk on a trail where you pack and carry water and snacks.

For your first hike choose a safe, well-marked trail that does not have steep climbs. Our state has many hiking trails. A group called RI Families in Nature has done all of the research for you. At www.rifamiliesinnature.com you can find places that you can get to by bus, are stroller- and wheelchair-friendly, and more. This group is open to all ages and abilities; they even plan group hikes.

Getting Ready

- › Wear sneakers or hiking boots that are comfortable. Thick socks are a good idea.
- › Dress in layers so that you are ready for getting hot or chilly.
- › Be sure to bring water to drink and some healthy snacks, like an apple.
- › Try a test-hike in your neighborhood.
- › As with the start of any new exercise routine, be sure to check with your doctor first.

More tips can be found online at CDC.gov search: Hiking Activity Card

Member Services is Ready for Your Call

At Neighborhood, we value our members. We want you to get the most from your coverage. When you have questions, we want to help. That is why we have more than 40 representatives ready at the phones. Each person has been trained to help you find what you need.

You can call us for many reasons:

- Ask questions about your plan
- Learn about your coverage
- Find a provider
- Update your information (telephone, address and email)
- Request materials
- Tell us about your experience with Neighborhood
- And more

Unlike other places, we are local. Member Services is located right in Rhode Island. We have people on the phones who can help in many languages.

For general questions, you may email us. Visit nhpri.org/ContactUs and fill out the form for a reply. Of course, we hope you will call us!



Neighborhood Member Services

New hours! Monday - Friday, 8AM to 6PM

ACCESS/TRUST 1-800-459-6019 (TDD/TTY 711)

Marketplace Plans 1-855-321-9244 (TDD/TTY 711)

UNITY 1-855-996-4774 (TDD/TTY 711)

Raffle Time

WIN A \$25 STOP & SHOP GIFT CARD!

Use this card for purchases at any Stop & Shop location. Neighborhood members may call 1-401-427-6706 (TTY 711) by December 15, 2017 to enter the raffle. Leave your name, address, phone number and Neighborhood member ID number to be entered to win. Three winners will be randomly selected.



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

Spanish: ATENCIÓN: Si habla Español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-401-459-6009 (TTY 711).

Portuguese: ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-401-459-6009 (TTY 711).



Antibiotics Might Not be the Answer

Dr. Christopher Ottiano, Associate Medical Director

For a runny nose, sore throat or cough, the best medicine is usually rest and fluids. These types of illnesses are usually caused by a virus. Antibiotics don't help viruses.

- › **Did you know** that most of the time bronchitis, sinus infections and ear infections are caused by viruses?
- › **Did you know** that strep throat is caused by bacteria and that it's very important to finish the full course of prescribed antibiotics even though you'll feel better sooner?

If you're not sure what's causing your illness, you should see your doctor.

How to Treat a Cold

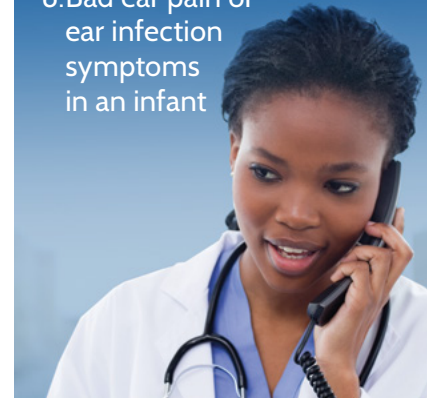
Most of the time the best way to treat a cold is to let it run its course. Be sick, rest, slowly get better. If you take an antibiotic when you do not need one, it can make you sick. It can also make it harder to treat a bacterial infection if you do get one.

If You're Sick, Follow These Tips:

- › Get plenty of rest
- › Drink lots of fluids, especially water
- › Avoid smoky places
- › Breathe in steam from a shower
- › Try some hot soup or tea

6 Reasons to Call your Doctor

1. Trouble breathing or chest pain
2. Cough and cold if you or your child has asthma or other chronic illness
3. Cough or cold that does not get better after about a week
4. Sore throat that makes it hurt to swallow but no cough (this is a sign of strep throat)
5. Sinus congestion that lasts more than 10 days
6. Bad ear pain or ear infection symptoms in an infant



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For more health tips and resources, visit www.nhpri.org/CurrentMembers/YourHealth or call Neighborhood Member Services at 1-800-459-6019 (TDD/TTY 711).

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