

Healthy You

QUARTERLY NEWSLETTER // SPRING 2017

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Take Your Exercise Outside

Enjoy the warmer weather this spring by taking your workout outside. There are a lot of great ways to exercise outside that are fun and easy to do with little to no equipment. Find a local park, walking path or beach and lace up your sneakers. Give these workouts a try:*

- Walk or jog for 30 minutes
- Use a park bench to do push-ups
- Find some stairs – go up and down a few times

Exercising outside is good for you because you get fresh air and Vitamin D from the sun. Also, being outside in the nice weather might help you work out longer. Always remember to drink water and wear sunscreen while exercising outside.

**Check with your provider before you start any new exercise program.*



Here are some fitness goals to aim for this spring:

- › Walk 8,500 steps per day
- › Exercise 30 minutes per day 5 days per week
- › Do exercises to make your muscles stronger 2 days per week

For tips and exercise plans for adults, children and families, visit www.fitness.gov.

Find a Park Near You

Parks are a great place to get exercise and explore. Rhode Island is filled with parks of all different kinds with beaches, walking trails, open fields and more! There are a lot of things you can do at a park, such as walk, kick around a ball, play catch, ride bikes, have a healthy picnic or just enjoy the fresh air.



Visit one of these parks this spring and explore our great state:

- › **Haines Memorial State Park**
Rte. 103
East Providence, RI
- › **Goddard Memorial State Park**
1095 Ives Road
Warwick, RI
- › **Lincoln Woods State Park**
2 Manchester Print Works Road
Lincoln, RI
- › **Fort Adams State Park**
Harrison Avenue
Newport, RI

For more park locations, visit www.riparks.com.

RAFFLE: Win a Fitbit™ Zip

We want to help you reach your fitness goals. One way to track your fitness is by using a Fitbit™ Zip to count your steps and the calories you burn. Neighborhood members may call 1-401-427-6706 (TTY 711) by May 19 to enter the raffle. Leave your name, address, phone number and Neighborhood member ID number to be entered to win a Fitbit Zip™.



Stressed Out? Exercise Can Help!

Stress can be overwhelming, but exercising for even just 5 minutes can help, according to the Anxiety and Depression Association of America. Walking, jogging and yoga are great ways to reduce stress and get healthy at the same time. Exercise can boost your mood, help you sleep better and lower anxiety.

Take some time out of your day to improve your mental and physical health through exercise.

Visit www.adaa.org and click on “Understand the Facts” for more information.





Pain, Pain Go Away

Keys to coping with chronic pain : Dr. Christopher Ottiano, Associate Medical Director

Chronic pain can be hard to manage sometimes and can get you down. There's no magic medication or treatment to cure it. That's why it's so important to do the things research has proven to help relieve pain.

All of these things help to cope with chronic pain whether or not you are also taking medication to decrease pain.

Whether you're enrolled in Medicaid or a commercial plan, Neighborhood has services to help you manage pain. We also have many pain management specialists in our network. Call us at 1-800-459-6019 (TTY 711) to ask about benefits covered under your plan.

- **Stay active.** Going for walks and other exercise can help lessen your pain. Choose activities you enjoy and that your doctor recommends. Walk with a friend or join a class. Regular stretching also eases sore muscles and joints.
- **Get plenty of sleep.** About 8 hours of sleep each night gives your body a chance to recover and helps to reduce pain.
- **Avoid alcohol and don't smoke.** These make it much harder for your mind and body to cope with pain. In the end smoking and alcohol only make pain worse.
- **Keep track of your pain and daily activity.** To help your provider understand how you've been feeling, keep a daily journal of your activities and how pain affects your ability to do them. Also note what things help or worsen your pain.
- **Ask your provider for help.** Your provider will diagnose your condition and recommend treatment that is right for you. Bring a list of questions you have and your journal.

Commit to Quit

If you or a loved one is trying to quit smoking or using tobacco, committing to quitting is a great first step. Most people try to quit many times before they actually quit for good. Like many other things, it takes practice and support.

If you are thinking about quitting smoking or quitting tobacco, Neighborhood can help you. Neighborhood has a tobacco cessation program for members called Quit for Life that can help you quit smoking.

Quit for Life offers:

- › Telephone counseling and support
- › Education and resources
- › Help to learn the best way for you to quit smoking

For more information about Quit for Life, please call us at 1-401-459-6637 (TTY 711).

Reasons to Quit Smoking Today:

- › Smoking causes cancer, heart disease and lung diseases like COPD.
- › Smoking causes more than 480,000 deaths each year in the United States.
- › Smoking affects the health of your teeth and gums and can cause tooth loss.
- › By quitting, the risk of heart disease, cancer and stroke goes down.

Reference: Centers for Disease Control and Prevention website, www.cdc.gov



Neighborhood Nurse Advice Line

Neighborhood's Nurse Advice Line is available to all members. Nurses are available to talk to you 24 hours each day, 7 days a week. If you would like to talk to a nurse you can call the Neighborhood Nurse Advice Line at 1-844-617-0563 (TTY 711).

The nurses can help with:

- › Deciding where to go for care.
- › Questions about your health concerns or medications.
- › Taking care of your health at home.

The Nurse Advice Line is not an emergency service. Call 911 if you think you are having an emergency.



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).

Heart-Healthy Recipe

Whole Wheat Cranberry Muffins

Believe it or not, eating heart healthy can be equally as delicious as it is good for your body. And if you could save your heart by improving your diet, wouldn't you at least want to give it a try? Test out this heart-healthy recipe for breakfast or a snack.

For more heart-healthy recipes like this one, visit www.heart.org/recipes.

Ingredients (4 Servings)

- ▶ cooking spray (optional)
- ▶ $\frac{3}{4}$ cup uncooked, quick-cooking oatmeal
- ▶ $\frac{1}{2}$ cup whole-wheat flour
- ▶ $\frac{1}{2}$ cup all-purpose flour
- ▶ $\frac{1}{2}$ cup firmly packed light brown sugar
- ▶ $\frac{1}{2}$ cup sweetened, dried cranberries
- ▶ $\frac{1}{4}$ cup toasted wheat germ
- ▶ 2 tsp baking powder
- ▶ $\frac{1}{4}$ tsp baking soda
- ▶ $\frac{3}{4}$ cup pineapple juice
- ▶ Egg substitute equivalent to 1 egg, OR 1 large egg
- ▶ 1 Tbsp canola oil OR 1 Tbsp corn oil
- ▶ 2 Tbsp unsalted sunflower seeds

Directions

1. Preheat the oven to 400°F. Lightly spray a 12-cup muffin pan with cooking spray or put paper muffin cups in the pan.
2. In a medium bowl, stir together the oatmeal, flours, brown sugar, cranberries, wheat germ, baking powder, and baking soda. Make a well in the center. Pour the pineapple juice, egg substitute, and oil into the well, stirring until just moistened. Do not overmix; the batter should be slightly lumpy. Spoon the batter evenly into the muffin cups. Sprinkle with the sunflower seeds.
3. Bake for 11 to 12 minutes, or until a wooden toothpick inserted in the center of a muffin comes out clean. These muffins don't need a cooling time before removing from the pan.



This recipe is brought to you by the American Heart Association's Go Red For Women movement. Neighborhood is a proud sponsor of Go Red For Women.

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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).