

Healthy You

SPRING 2018

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There is No Shame in Addiction



Tracey Cohen, MD is Neighborhood's Medical Director. For over a decade, Dr. Cohen has focused on addiction. Her message is that addiction is a lot

like any other ongoing illness. There are many reasons people become addicted to medicines and alcohol, but it's not because they aren't good people. Addiction is a chronic disease like diabetes. Treatment works. People who get treatment for addiction should be proud for taking hard steps to get well. Getting hooked on drugs or alcohol can happen to anyone.

Getting Help

Neighborhood offers mental health and substance use services. If you think you or a loved one might have a problem with drinking, or taking illegal or prescription drugs, talk to your doctor. You may also call our Behavioral Health Services team yourself, no approval needed. Behavioral Health Services can help you find a therapist, counselor, or doctor's office that is right for you.

“It is important to feel good about yourself,” says Dr. Cohen. “Take pride in your bold step to get better.”

Behavioral Health Services are available 24 hours a day, 7 days a week to help you. For INTEGRITY, the number is 1-855-371-2286 (TDD/TTY 711). For UNITY, the number is 1-800-215-0058 (TDD/TTY 711). You can also find this number on your Neighborhood ID card.

Know Your Meds

It is a good idea to keep track of any medicines you take.

Keep a Diary

Use a notebook, Word document or a notes app on your phone. List things like the drug name and how much you take. Also write down the doctor who gave you the prescription.

Enroll in CurrentCare®

CurrentCare is RI's e-health network. It keeps your health information safe and private. When you need to be treated, the information is there for doctors. Learn more at currentcareri.org or call 1-888-858-4815.



Change Your Channel and Move

Are you spending too much time on the couch? Get up and get moving! Studies show that regular physical activity can lower stress, anxiety, depression and anger.

Too much sitting can raise your risk of heart disease and stroke. One study showed that adults who watch more than four hours of television a day had an 80% higher risk of death from heart disease. Staying active also helps delay or prevent chronic illnesses and diseases that are common with aging. Make moving around part of every day.

Try this: *Walk in place during your favorite TV show.*





Going to the Doctor? Bring a Notebook!

Make the most of your next doctor's appointment with some planning.



- › Bring a notebook and pen, or open a notes app on your smart phone. Think about how you have been feeling. Have there been any changes since your last visit? Do you have any pains or worries? Write them all down.
- › Let your doctor know everything you take, from medicines to vitamins. Don't forget to mention any home remedies. Add this to your list.
- › When your doctor tells you something important, write it down. If you don't understand something, ask for it to be explained.
- › If you are nervous about the visit, ask a family member or close friend to come along.
- › If you need an interpreter, call us 2-3 days ahead and we can help.

If you need a sign language interpreter, call us 2 weeks ahead and we can help.

5 Quick Breakfast Ideas

Maybe you have heard this many times, but it really is important to eat breakfast. Being hungry can put you in a bad mood and make it hard to focus. Eating breakfast can also keep you from over-eating during the day. Packaged and fast-foods like pastries or burritos can be full of fat, sugar and salt. It is better to make meals at home. Chances are that you will save money, too. Here are some ideas that can make it easy:

1. Pack a handful of unsalted nuts such as almonds or walnuts in a small bag
2. Hard-boil eggs
3. Overnight oatmeal (see recipe at sidebar)*
4. Spread low-fat cream cheese on a whole-grain bagel
5. Mix berries into low-fat yogurt

Looking for healthy recipes? Check the cooking section at your local library or go online to www.diabetes.org and www.heart.org



No-Cook Overnight Oatmeal

This simple tasty recipe is perfect for busy mornings and snacks. Make the night before and chill for the next day.

What You Need (4 servings)

- 3 1/2 cups rolled oats (not instant or quick-cooking)
- 2 1/2 cups skim milk
- 1 tablespoon of honey or maple syrup
- 1 teaspoon vanilla extract
- 1/4 cup chopped, unsalted walnuts

What To Do

1. In a large bowl mix milk, honey or syrup, and vanilla
2. Stir-in oatmeal
3. Cover and refrigerate overnight
4. Enjoy cold!

Try This

- Mix in dried fruit before chilling
- Top with fresh fruit just before eating
- Split batch and put it small jars for a meal on the go

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).



Colon Cancer

The colon is an organ that is part of our digestive system. Sometimes a small clump of cells form on the lining of the colon or rectum. Over time, these growths called polyps can turn into cancer. It is important to be aware of colorectal cancer, also known as colon cancer.

Colorectal cancer is one of the most preventable and treatable forms of cancer when found early. Screening is the number one way to prevent colorectal cancer because it finds cancer in the early stages, or, before it even has the chance to grow or change.

Screening is checking for a problem before there are signs. Because colorectal cancer first starts with few, if any, symptoms, it is important not to wait for symptoms before talking to your doctor.

Symptoms

- › A change in bowel habits
- › Rectal bleeding
- › Feeling weak
- › Losing weight for no reason
- › Ongoing stomach pain such as cramps and bloating

These symptoms can also be part of other problems. Early signs of cancer do not always include pain. It is always best to speak to your doctor with any questions you may have.

Early detection can save your life. If you're age 50 or older, get screened!

Know Your Rights:

Balance Billing

Did you know that if you are a dual eligible member in UNITY or INTEGRITY you can't be balance billed by a provider for Medicare cost-sharing? Original Medicare deductibles, coinsurance, or copayments are known as cost-sharing amounts.

When you get a bill for these amounts it is known as balance billing. It is against the law for providers to balance bill dual eligible members for any Medicare covered services. Call Member Services at 1-844-812-6896 if you get a bill that you do not understand.

Patient Share

If you are eligible, and are receiving Long-Term Services & Supports (LTSS), the State would have notified you that you have a contribution. Call the Department of Human Services Long-Term Care to see if you need to pay any cost sharing to a provider based on your income.



Continuity of Care

If Neighborhood INTEGRITY is new for you, you can continue seeing the doctors you go to now for six months after you first enroll or until your care plan is completed, whichever is later. This includes seeing providers out of network.



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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.

Limitations and restrictions may apply. For more information, call Neighborhood INTEGRITY Member Services or read the Member Handbook.

Benefits as well as the List of Covered Drugs and/or pharmacy and provider networks may change throughout the year. We will send you a notice before we make a change that affects you.

For more health tips and resources, visit www.nhpri.org/CurrentMembers/YourHealth.