

Be Well, Stay Well



Healthy Behaviors May Help Chronic Conditions

When you have a chronic condition there may be things you can do to be healthier. Healthy behaviors may help your chronic condition.

These behaviors may help:


- Stop using tobacco
- Stop using alcohol
- Eat healthy foods
- Be as active as you can
- Achieve and keep a healthy weight (ask your provider about a healthy weight for you)
- Reduce your stress
- Complete all the tests your provider orders
- Take your medication exactly as your provider tells you



Talk with your provider about healthy behaviors. Ask about things you can do to help your chronic condition.

Contact Us

Neighborhood Member Services


 **ACCESS/Rhte Care,**
TRUST/Rhody Health Partners
1-800-459-6019 (TDD/TTY 711)
Mon-Fri 8:30AM-6PM






Marketplace Plans
1-855-321-9244 (TDD/TTY 711)
Mon-Fri 8:30AM-6PM

UNITY/Rhody Health Options
1-855-996-4774 (TDD/TTY 711)
Mon-Fri 8AM-6PM

INTEGRITY/Medicare-Medicaid Plan
1-844-812-6896
Mon-Fri 8AM-8PM; 8AM-12PM on Sat

Beacon Health Strategies
(Behavioral health services)
1-800-215-0058
(TDD/TTY 1-781-994-7660)

 Website: www.nhpri.org

- | | |
|--|---|
|  Asthma |  Heart Failure |
|  COPD |  Coronary Artery Disease |
|  Diabetes | |

INSIDE THIS ISSUE

- Quit Tobacco Use for Good p2
- Controlling Your Diabetes p3
- My Neighborhood Health Guide p4
- Rest and Save Your Energy p5
- Managing Coronary Artery Disease p6



Get Healthy Fresh Food at Your Local Farmers Market

Farmer's markets are an easy way to get fresh fruits and vegetables.

Did you know:

- There are 55 farmers markets in Rhode Island.
- Some offer lessons on how to shop for and cook affordable fresh foods.
- Farmers markets accept Supplemental Nutrition Assistance Program (SNAP) and WIC.
- Some farmers markets give bonus bucks when you use your SNAP card. Bonus bucks are market tokens. You get \$2 for every \$5 you spend.

For more information, visit www.farmfresh.org/markets.



Call to Get Medical Advice From a Nurse

The Nurse Advice Line is available to all Neighborhood 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 you:

- Decide where to go for care; like your doctor, urgent care or emergency room.
- Answer questions about your health concerns or medications.
- Take 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.



Quit Tobacco Use For Good

Quitting smoking or other tobacco use is very hard but it can be done. Most people know that using tobacco is bad for your health. You may not know that it is even more dangerous when you have a chronic condition.



If you use tobacco and have a chronic condition you are at risk for:

- More complications of your chronic conditions.
- More hospital stays.
- Higher risk of death.

Neighborhood has a tobacco cessation program called Quit for Life. This program is for all members.

The Quit for Life program provides:

- Counseling and support over the phone.
- Education by mail.
- Tips on staying smoke free.

Neighborhood also pays for some quit smoking aids such as the nicotine patch, when you get a prescription from your provider.

Call Neighborhood's **Quit for Life** program at 1-401-459-6637 (TTY 711) if you are interested in getting help to quit tobacco.



Check Your Blood Sugar When You Have Diabetes

When you have diabetes, self-testing your blood sugar (blood glucose) is important. Knowing your blood sugar levels helps you know whether or not your diabetes is in good control.

This is an important tool in managing your treatment plan. It helps your doctor better manage your condition and this helps prevent complications of diabetes.

You should:

- Ask your provider if you should be testing your blood sugar.
- Write down the date and time you tested and your results.
- Bring a record of your results to every provider appointment.

Ask your provider if you should be testing your blood sugar and how often.



When Diabetes is Not Well Controlled It Can Cause Problems

If your diabetes is not well controlled this can cause many problems. These are called diabetes complications.



If you have high blood sugar over time this can cause:

- High blood pressure
- Kidney disease or kidney damage
- Heart attacks or strokes
- Nerve problems (Neuropathy)
- Eye problems
- Skin problems
- Feet problems

It is important to:

- Keep your blood sugar in good control.
- See your provider at least every 6 months.
- Tell your provider if you are having any problems.

Your provider will check you:

- Weight
- Blood pressure
- Feet for circulation, nerve damage and skin problems
- A1c blood test (this measures your blood sugar average for the last 3 to 4 months)
- Cholesterol level
- Urine to see how your kidneys are working
- Eyes
- Teeth and gums

Your provider may also send you to a specialist for your eyes, feet and teeth.

Ask your provider about the best way to manage your diabetes.



You Can Help Control Your Asthma



Asthma cannot be cured. This means it will not go away, even when you feel good. Asthma can be treated. When you and your provider work together this helps keep your asthma under control.

Make sure you complete an asthma action plan with your provider. This is a written plan that you develop with your provider. This plan helps to reduce or prevent flare-ups or asthma attacks. It also helps you to know what to do if this happens.

The best ways to keep your asthma under control:

- Complete an asthma action plan with your provider.
- Take your medicine exactly as your provider tells you.
- Stay away from triggers which are things that can make your asthma worse.
- Pay attention to signs that your asthma is getting worse and act quickly to prevent an attack.
- See your provider as often as they recommend.

You are a big part of taking care of your asthma. Your job is to take care of yourself the way your provider tells you to. When you do this it will help you keep your asthma under control. Talk to your provider often about how to best manage your asthma.

To learn more you can also go to www.cdc.gov/asthma/faqs.htm



Manage Your Health with "My Neighborhood Health Guide"



Neighborhood has an online tool to help you manage your health called My Neighborhood Health Guide.

This tool is for all Neighborhood members 18 years old and older. It is available in English and Spanish.

With this tool you can:

- Get answers to questions about your health.
- Get a summary of your health risks.
- Use resources, education and self-management tools.
- Lower your health risks.

You will need your Neighborhood ID number to sign up. Your Neighborhood ID number can be found on your ID card.

A Neighborhood Care Manager may call and offer to help you manage your health.

Go to www.nhpri.org/Current-Members/YourHealth and click on My Neighborhood Health Guide.



Questions to Ask Your Provider When You Have Asthma

Talk to your provider about the best way to manage your asthma. If your asthma is not well controlled it can cause asthma complications which can be very dangerous.

There are questions you can ask your provider to help you take care of your asthma.

Questions to ask:

- What medications should I be taking every day for my asthma?
- What medications should I take if my asthma gets worse?
- Am I taking my asthma medications the right way?
- How will I know if my asthma is getting worse?
- What should I do when I feel short of breath?
- How do I know when to call my provider?
- How do I know when to go to the emergency room?

Talking with your provider will give you the answer to these questions. Knowing the answers to these questions will help you feel better about taking care of your asthma.



Rest and Save Your Energy

When you have a chronic condition like heart failure or chronic obstructive pulmonary disease (COPD) it can make you feel very tired. It helps if you save your energy.

To help save your energy and feel better:

- Plan rest periods during the day. Do not wait until you are exhausted
- Alternate rest periods with periods of being active
- Decide which activities are important. Plan these activities for a time of day you feel best
- Skip activities that are not important
- Do not rush
- Avoid activities when it is too warm or too cold
- Avoid stress and practice relaxation
- Ask for help when you need to
- Learn to control your breathing

Talk with your provider about other ideas to save your energy.

Neighborhood Has a New Healthy Rewards Program

As a Neighborhood member you may be eligible for special rewards for healthy living*.

Rewards include:

- Gift cards to stores like Walmart, Walgreens, Stop & Shop and iTunes
- Bike helmets
- Up to \$50 in a gift card for a 3-month gym membership
- Up to \$40 in gift cards to Walmart for getting certain visits during pregnancy and after giving birth.

To find out more go to www.nhpri.org/rewards.

* Restrictions Apply. For ACCESS, TRUST and Commercial members only.



Managing Coronary Artery Disease



When you have coronary artery disease (CAD) your heart muscle does not get enough blood. This can lead to serious problems such as a heart attack.

Treatment for CAD focuses on lowering your risk of a heart attack or a stroke. There are some things you can do to slow down the disease and reduce the risk of future problems. Making lifestyle changes, taking medication and following your provider's instructions is very important.

These are some lifestyle changes you can make:

- Quit smoking if you smoke.
- Eat heart healthy foods.
- Be active and get regular exercise.
- Lower your stress level.
- Limit how much alcohol you drink.

Talk to your provider about things you can do to manage your condition.



Be Well, Stay Well

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.

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 1-844-812-6896 (TTY: 711).

Portuguese: ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-844-812-6896 (TTY: 711).