

# Healthy You

SUMMER 2018

**Protect your Skin P2**

**Be a Summer Reader P3**

**Ways to Keep Cool P4**

**Heat Stroke P5**

**Snack Smarter P6**



**Neighborhood  
Health Plan**  
OF RHODE ISLAND™



# Protect Your Skin from Sun Damage

*It is important to protect your skin from the sun at all times.* A sunburn can happen anytime you are outside: at the playground, the basketball court, even taking a walk. That doesn't mean you need to stay inside, you just need to prepare to be in the sun. It only takes a few serious sunburns to risk getting skin cancer.

Skin cancer is an odd growth of skin cells. It most often develops on areas of the skin exposed to the sun. Skin cancer affects people of all colors.

Skin that is not covered can burn in 15 minutes. If skin starts to look pink, move into the shade. It is the rays of the sun that cause the damage, not the temperature. This means that you can still get a burn on a cloudy and cool day.

“Using sunscreen is very important,” says Dr. Grace Medeiros, Neighborhood’s Associate Medical Director. “To ensure maximum sun protection, apply sunscreen 30 minutes before going outside. Use a sunscreen with a high number SPF, the higher the number, the better the protection. Be sure to reapply every 2 hours, and after being in water or sweating.”

So what if you still get a sunburn? Be gentle with your skin. Drink plenty of water. Consider keeping aloe lotion in the refrigerator and applying it on the sunburn. For really bad burns with symptoms like fainting, call 911.

**DID YOU KNOW:**  
*SPF means Sunburn Protection Factor*

## Be a Summer Reader

One of the joys of summer is sitting outside with a good book. The Office of Library and Information Services has things planned from June through August that will keep you visiting the library all season long.

Libraries Rock! is the name of this year's summer reading program. There is one for children, one for teenagers, and one just for adults. Reading lists can lead you to try new types of books. By signing up, readers may earn coupons for passes to local places.

With a valid Ocean State Libraries (OSL) card, you can borrow books, DVDs, e-books, and more. Our state has many nice libraries to visit. Plan a trip and enjoy new places. What you borrow can be returned at your local OSL branch. For locations visit [www.oslri.org/libraries](http://www.oslri.org/libraries). If you do not have a library card, make getting one a summer goal!

### Talking Books Library

Reading materials and tools are provided to Rhode Island residents who are visually impaired, blind, or physically handicapped and unable to read print materials.

**For more information call 401-574-9310.  
Visit your local library to get started today!**





## Ways to Keep Cool

*People look forward to summer weather all year but there are times when it gets too hot.*

For older adults, high heat can lead to getting sick. Prescription drugs and any chronic conditions can make it hard for the body to adjust to the weather. The best thing to do is to take steps to keep cool. Remember to drink more fluids but avoid alcohol and high sugar drinks.

### When going out

- › Never stay in a parked car, even if the windows are cracked open.
- › Wear loose, lightweight, light-colored clothing.
- › Schedule outdoor activities for morning or evening hours.
- › Seek medical care right away if you have symptoms of heat-related illness.
- › If possible, visit a cooling center: places like libraries, the mall or a store.

### When staying in

- › Stay cool by taking a cool shower or bath.
- › Close blinds and curtains to keep rooms from getting too hot from the sun.
- › Try putting a bowl of ice at an angle in front of a fan to act as an air conditioner.
- › Spray skin with water and cool off with a fan.
- › Freeze water in plastic bottles and bring to bed wrapped in a towel.

*A list of cooling centers in Rhode Island can be found at [www.ri.gov](http://www.ri.gov) by typing “Cooling Centers” in the search box.*

## Heat Stroke is Serious

A normal body temperature for most people is 98.6°F. Spending time in the heat can raise that number to 103°F or higher. If your body reaches that temperature, it is a medical emergency. Call 911 and report heat stroke.

When someone is having heat stroke, sometimes called sun stroke, their skin can be hot and red, or maybe damp. The person might feel dizzy and confused. There can be nausea and a headache.

The first thing to do is to call 911. Move the person to a cooler place. Help lower the person's temperature with cool cloths or a cool bath. Do not give the person anything to drink.



## Take a Close Look at Your Skin

Years of sun tanning may lead to **wrinkles, dryness, age spots, and even cancer.** Anyone, of any skin color, can get skin cancer. Skin cancer may be cured if it is found before it spreads to other parts of the body. **Check your skin often. If you find any changes, see your doctor.**

*It is never too late to start taking care of your skin.*

- Limit your time in the sun.
- Always use sunscreen.
- Wear clothing that covers your skin, and avoid tanning.

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).



# Snack Smarter

*You may have heard that eating between meals is not good for you.* That is not always true. Snacks are fine as long as they are healthy. You want to stay away from foods and drinks like soda and cookies. These items have a lot of calories but they do not do much to help keep you healthy.

## Instead of:

- › Cookies
- › Soda
- › Chips
- › Candy Bar

## Try this:

- › Washed grapes or berries
- › Water with sliced lemon
- › A handful of nuts and raisins
- › Granola bar

## More tips to try:

- › Do not eat from the bag. Put one serving in a bowl and then put the bag away.
- › Try fruits and vegetables that are new to you!
- › A hard-boiled egg makes a satisfying snack.
- › Mix nuts or raisins with low-fat yogurt.



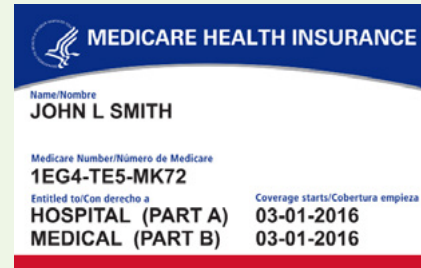
## Shop Fresh for Health and Value

Ever eat a watermelon in January? Chances are it was costly and not so tasty. This is because it was likely shipped from far away. In Rhode Island, watermelons are picked during the summer. That is when they are fresh. It is also when there are a lot available and they cost less.

To find out what produce is in-season visit [FarmFreshRI.org](http://FarmFreshRI.org). Click “Local Food Guide” at the top-right of the screen.



## Important: New Medicare Card



You will get a **new Medicare card** from the Centers for Medicare and Medicaid Services (CMS) after June 2018. The new card will no longer have your Social Security number on it.

These new cards will use a number called a Medicare Beneficiary Identifier (MBI). The MBI will replace the Social Security Number that is now used on your Medicare card.

This new number is unique to you and will not change the Medicare benefits you get.

**If you have questions call  
Neighborhood Member Services.**



---

*Healthy You is published by Neighborhood Health Plan of Rhode Island for its members. The information is intended to educate its members about subjects pertinent to their health and is not a substitute for consultation with their provider. ©2018 Printed in U.S.A.*

*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](http://www.nhpri.org/CurrentMembers/YourHealth).*