



CHOICE
Health Plans

Member News

VNSNY CHOICE MLTC Member Newsletter

Winter 2021



IN THIS ISSUE

2

**Staying Connected
and Positive are Keys to
Being Happy**

**Planning for Your Next
In-Person Doctor's Visit**

3

Living Well with Diabetes

**Good News – Track
and Manage Your Health
Data Online**

Lower Your Risk of Serious Injury from a Fall

Being prepared can save you a trip to the ER or even save your life. Consider the following:

- Carry a cell phone or personal emergency response system (PERS).
- Use a cane or walker if needed.
- Move your body as much as possible to stay strong, and get enough sleep.
- Get your sight and hearing checked regularly.
- Talk to your providers about your medications and if they can make you dizzy, sleepy or confused.
- Wear non-skid, rubber-soled, low-heeled shoes.
- Remove tripping hazards and increase lighting in your home.
- Install handrails along stairs and safety grab bars in the bathroom.

It can be scary to fall. Come up with a plan so that you'll feel more in control and share it with your family and neighbors. Give a set of keys to someone you trust who could use them in an emergency.

Reference: nia.nih.gov/health/prevent-falls-and-fractures

Every 11 seconds, an older adult is treated in an emergency room for an injury related to a fall, according to the National Council on Aging.

Staying Connected and Positive are Keys to Being Happy

Reaching out to friends and family and taking part in cheerful activities can help you face winter and holiday blues. For some, COVID-19 made people feel more vulnerable and alone.

Here are some ways to stay positive:

Focus on your health – Schedule your annual check-up, either in person or by telehealth. Your mental health is important too. Sometimes reaching out to a friend can help. But if feelings of sadness or depression persist, consider seeing a behavioral health professional. Exercise, if you can, every day or several times a week. Bundle up and go outside for a bit of fresh air (be careful if it's icy).

Stay connected – Join a club or group that interests you – in person or on Zoom. If you're able, take a walk, get some sun and meet up with other people. Being with people helps fight loneliness. Local senior centers or places of faith like churches, temples and mosques are also great spots to meet like-minded people.



Get Support

- Mental Health America has a support community called Inspire that provides support to anyone in need. Go to [inspire.com/groups/](https://www.inspire.com/groups/) if interested.
- If you prefer talking on the phone, call The Friendship Line at 1-800-971-0016 for a caring ear, friendly conversation and outreach services.

Even though it can happen at any time, some know they get the blues during the colder months. Taking steps to ease those feelings can go a long way toward keeping your outlook positive.

Reference: [ncoa.org/article/four-steps-to-combat-loneliness-in-seniors-during-the-holiday-and-beyond](https://www.ncoa.org/article/four-steps-to-combat-loneliness-in-seniors-during-the-holiday-and-beyond)

Planning for Your Next In-Person Doctor's Visit

Going to the doctor is an important part of staying on top of your health. Being in the office where your doctor does a physical exam, listens to your heart and lungs, takes your blood pressure, and does blood work is still the best way to get care.

Here are some tips that can help make your next in-person visit easier:

- Schedule appointments ahead of time. Because many people are trying to get appointments, you may have to wait longer for one that works with your schedule.
- Ask about office guidelines for wait times, limits on the number of people in the waiting area and COVID-19 safety rules.
- Write down your health questions and concerns ahead of time.
- Wash your hands before and after your appointment.

Living Well with Diabetes

Having diabetes doesn't have to stop you from living a healthy life. Simple lifestyle habits can lower your risk of complications to your heart, blood vessels, eyes, kidneys and nerves.

Everyday Guidelines

- Follow a diet with mostly:
 - o Lean protein and non-starchy vegetables
 - o High fiber carbs like beans and oatmeal
 - o Lower-sugar fruits like grapefruit and blueberries
 - o Limited salt, fried and sugary foods

Exercise

Aim to exercise about 30 minutes, 5 days week, but do what you can most days. Consider walking, chair yoga and water aerobics.

Watch Your Levels

Take an active role in your diabetes care by testing your blood sugar, taking your oral medication and/or injecting insulin (based on doctor's orders).

Every year (more frequently, if recommended by your doctor) people with diabetes should keep their condition under control by scheduling visits with their providers.

See your Primary Care Provider to Discuss:

- Your weight
- Questions about medication, exercise, diet and self-care
- The results of blood work

Take Care of Your Eyes and Feet

Every year, see an ophthalmologist for a diabetic eye exam and a podiatrist for a foot exam.

It's Flu season – Are you protected?

Getting your flu shot is the best way to help you and your family from getting sick this flu season. We recommend that you get a flu shot and the COVID-19 and booster vaccines for maximum protection. Call your Care Team today for help finding a location near you.



Good News – Track and Manage Your Health Data Online

If you use a health app on your phone or other device to manage your medications or track results of health screenings, we have good news. It is possible to keep your health app up to date without having to add the data yourself.

CHOICE has teamed up with partner, **1upHealth** to make it as safe and easy as possible to access your CHOICE health data with an app. We created

a page to help you understand how to share your CHOICE data with an app, which apps are available to access your data, and what privacy issues you should consider when giving health apps access to your health data.

Go to vnsnychoice.org/healthdata to learn more about accessing your CHOICE health data with health apps.





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VNSNY CHOICE

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vnsnychoice.org

CHOICE MLTC Care Team:

1-888-867-6555 (TTY: 711)
9 am – 5 pm, Monday – Friday

TRANSPORTATION REMINDER

To schedule your transportation, please call 1-877-718-4220 (TTY: 711) at least 48 hours in advance, 8 am – 8 pm, Monday – Friday.

If Something Seems Wrong, Tell Us.

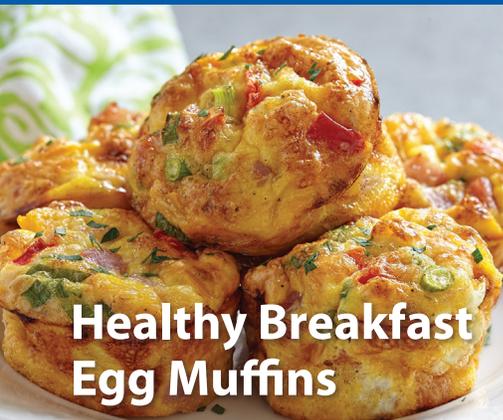
VNSNY CHOICE is committed to finding and stopping fraud, waste, or abuse in our health care plans.

Anonymous Reporting

VNSNY CHOICE Compliance Hotline: **1-888-634-1558**.
File an online report at: vnsny.ethicspoint.com.
Learn more at: vnsnychoice.org/compliance-program.



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Healthy Breakfast Egg Muffins

This meal-in-a-cup is heart and diabetes-friendly! Feel free to add chunks of turkey or ham to ramp up the protein or other favorite veggies. Makes 12 servings.

Ingredients

- 12 large eggs
- ¼ cup nonfat milk
- 1 cup chopped fresh spinach (thawed 10 ounce frozen works if you don't have fresh)
- ¾ cup chopped tomatoes
- ½ cup diced onions
- Sliced avocado, salsa, or cheese for serving

Instructions

- Preheat the oven to 350°F. Grease a muffin pan with cooking spray.
- Whisk together the eggs, nonfat milk and ½ teaspoon pepper. Stir in the spinach, tomatoes and onions.
- Fill 12 muffin pan cups and bake for 20 to 25 minutes, or until the egg is fully cooked.
- Remove the muffins from the oven and let them cool for 5 minutes. Use a knife to loosen the muffins.
- Top each muffin with sliced avocado, a dollop of salsa or a sprinkling of cheese.

Inside... *Staying Connected and Positive are Keys to Being Happy*