



CHOICE
Health Plans

Member News

VNSNY CHOICE Medicare Member Newsletter

Spring 2022



IN THIS ISSUE

2

Colorectal Cancer Screenings You May Need

Support from Hospice & Palliative Care Programs

SilverSneakers® Can Help You Get Fit

3

Screenings Save Lives

At-Home COVID-19 Tests

You can get free at-home test kits in a number of ways:

1. **You can now order 2 sets of 4 free at-home COVID-19 tests**, delivered to your home, limited to 2 orders per household. Go to special.usps.com/testkits to order your kits. If an order was already placed for your address, you can place a second order now.
2. **People who have Medicaid** can receive at-home COVID-19 over-the-counter (OTC) tests covered through your New York State Medicaid Benefit card. Bring the test to the pharmacy counter (not to the front register) and show the pharmacist your Medicaid ID.

3. **You can also buy up to 8 individual tests a month** wherever they are sold. Then submit a receipt to VNSNY CHOICE for reimbursement using the **Request Repayment for at-home COVID-19 OTC Tests** form.

If you need help filling out a reimbursement form, call us at 1-866-783-1444 (TTY: 711).

Note: Tests are counted by individual tests and not by package. For example, if a kit contains 2 tests, it counts as 2 tests.

To receive reimbursement, at-home COVID-19 OTC tests **must be FDA authorized**. Visit vnsnychoice.org/covid19 for the reimbursement form and for the list of FDA authorized tests.

Colorectal Cancer Screenings You May Need



We recognized **National Colorectal Cancer Awareness Month** in March. It was created to encourage adults (age 45–75) to get screened, leading to early detection and improved survival rates. Consider this the start to year-round awareness and action to prevent colorectal cancers. Here are some colorectal screenings that your doctor may prescribe:

- **Tests that screen for blood or abnormal DNA in a stool sample.**
- **Tests that screen for colon cancer in the rectum and/or colon (colonoscopy).**

Note that if you have a family history or have had colorectal cancer, your doctor may advise more frequent screenings. Talk to your doctor about which colorectal screening(s) are right for you.

And, getting a colonoscopy can earn you rewards under the Healthy CHOICE Healthy You program — see enclosed program flyer for details.



Support from Hospice & Palliative Care Programs

Hospice and **Palliative** care programs can support members when they have a serious illness.

Palliative Care is offered with your regular medical care and centers on social and emotional support for you and your family. It can start at any time including when you are first diagnosed with a serious illness. Many people receive Palliative Care for years.

Hospice Care is appropriate when your doctor feels that you have six months or less to live. It focuses on giving physical comfort and emotional support so that life can be lived as fully as possible. Hospice Care also provides support and counseling to your loved ones and allows you to focus on the things that matter most to you.

Call the CHOICE Care Team for more information about Hospice and Palliative care services.

SilverSneakers® Can Help You Get Fit

Moving your body is good for your mental and physical health. That's why we've partnered with SilverSneakers® to help you move and stay well.

Go to [SilverSneakers.com/StartHere](https://www.silversneakers.com/starthere) to get your SilverSneakers® member ID and full access to membership benefits, including:

- SilverSneakers LIVE™ online classes
- SilverSneakers On-Demand™ 24/7 workout videos
- Participating locations in the NY metro area
- Group classes at select locations
- SilverSneakers GO™ mobile app

If you have additional questions, call SilverSneakers® at 1-888-423-4632 (TTY: 711), 8 am – 8 pm, Monday – Friday.

Screenings Save Lives

Your annual check-up is your chance to talk one-on-one with your doctor about routine tests and screenings and what your results tell about the state of your health. It's a good idea to bring a list of your medications and any questions to your appointment. The chart below is a list of important tests and screenings that you may have at your visit or afterwards. You can even bring this list with you as a guide. And, there is no cost for your check-up or screenings.

Screenings	Description/Measurement Method	How Often
Colorectal Health	*Colonoscopy screens for cancers of the colon and rectum.	Every 5 – 10 years , starting at age 50, more often with a family history.
Diabetes	*Hemoglobin (Hb) A1c blood test measures the average 3-month blood sugar reading.	Every 3 months if you have diabetes or as recommended by your doctor.
Eyesight	Screenings for macular degeneration, cataracts, glaucoma and for diabetics, dilated eye exam and *diabetic retinopathy.	Annually , age 61+, earlier if diabetic or pre-diabetic.
Hearing	Tests for hearing loss.	After age 50, every 3 years .
Heart Health	*Blood pressure check for Hypertension (high blood pressure), which puts you at risk for stroke and heart attack. Blood test to measure “good” (HDL) and “bad” (LDL) levels.	Blood pressure and Cholesterol Check at your annual check-up .
Bone Density	Test to see if you're at risk for broken bones.	Baseline at age 65, as recommended by your doctor.
Breast Cancer	Breast exam and *mammogram.	Every 2 years up to age 75, then as recommended by your doctor.
Prostate Cancer	Prostate-Specific Antigen test for signs of prostate cancer.	Varies after age 65, based on individual and family history. Discuss with doctor.

*Qualifies for the Healthy CHOICE Healthy You Rewards Program.

Reference: [healthline.com](https://www.healthline.com)

VNSNY CHOICE Health Plans complies with Federal civil rights laws. VNSNY CHOICE Health Plans does not exclude people or treat them differently because of race, religion, color, national origin, age, disability, sex, sexual orientation, gender identity, or gender expression.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-783-1444 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言 援助服務。請致電 1-866-783-1444 (TTY: 711)。



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VNSNY CHOICE

220 East 42nd Street, 3rd Floor
New York, NY 10017

vnsnychoice.org

CHOICE Care Team

1-866-783-1444 (TTY: 711)

8 am – 8 pm, 7 days a week

Are Your DME and Supply Prescriptions Up-To-Date?

If you need Durable Medical Equipment (DME) or supplies, a prescription is needed to process your request. To obtain a prescription, your doctor may ask to see you to discuss whether your DME needs may have changed since your last appointment.

To ensure your DME needs are met, please schedule a visit with your doctor.

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

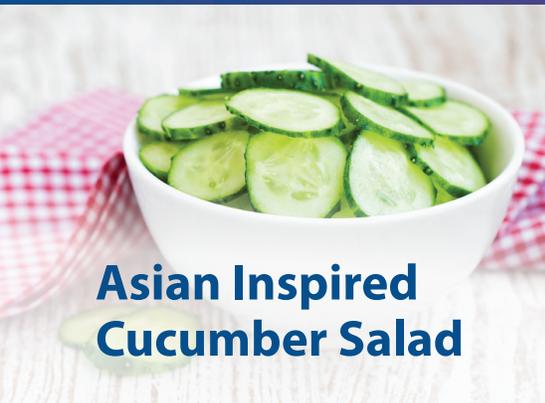
VNSNY CHOICE Compliance Hotline: **1-888-634-1558**.

File an online report at: vnsny.ethicspoint.com.

Learn more at: vnsnychoice.org/compliance-program.



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Asian Inspired Cucumber Salad

This Asian-inspired cucumber salad is simple and refreshing, balanced with the perfect amount of garlic, salt and rice vinegar. Cucumbers are high in vitamins A, C and D.

Ingredients

- 6 cloves garlic
- 3 tablespoons oil
- 2 large or 8-10 small cucumbers. English or Persian cucumbers are seedless, or you can use regular cucumbers and remove the seeds.
- 1 ½ teaspoons salt or salt to taste
- 1 teaspoon sugar
- 1 teaspoon sesame oil
- 1 tablespoon rice vinegar

Instructions

- Finely chop the garlic; set aside 1 tablespoon.
- Mix the oil and the rest of the garlic together, and cook lightly for 2-3 minutes, without browning. Remove from the heat and let cool.
- Chop the cucumbers into ½-inch chunks. Transfer to a bowl. Add the garlic oil, salt, sugar, sesame oil and rice vinegar. Finally, add the rest of the garlic. Stir to coat everything.
- Let it sit for 20 minutes. If you want to serve it cold, refrigerate instead!

Inside... Screenings Save Lives

Earn rewards for taking care of your health.



As a member of a VNSNY CHOICE Medicare plan, you are automatically enrolled in Healthy CHOICE Healthy You, a program where you can earn rewards for completing health activities. See the chart below for a list of qualifying health activities:

	Health Activity	Value	Amount
	Annual Wellness Visit	\$25	Once per year
	Flu Shot	\$25	Once per year
	COVID-19 Vaccine (including booster shots)	\$25	Once per year
	Health Information Exchange Consent Form	\$10	One time only
	Mammogram	\$25	Once per year
	Colon Cancer Screening	\$25	Once per year
	Statin Treatment for Cardiovascular Disease	\$25	Once per year
	Hemoglobin A1c for Diabetes Reward will be based on the final reading of the year.	\$25	Once per year
	Retinal Eye Exam for Diabetes	\$25	Once per year
	Blood Pressure Reading for Hypertension Reward will be based on the final reading of the year.	\$25	Once per year

See more information on the back.

You must be an active member of the plan to receive rewards. To be rewarded, activities must be completed within the calendar year (January 1, 2022 – December 31, 2022). All services must be medically necessary to earn rewards. The gift card cannot be used for gambling, or to purchase alcohol or tobacco or firearms and cannot be converted to cash.

How will I get my rewards?

We'll track your progress using claims your doctor submits to verify that you completed the health activity. The first time you complete an eligible activity, we'll send you a reloadable MasterCard gift card as a reward. Hold onto it! Up to three times a year, we will reload the card with the reward dollar amounts you earn for completing more health activities. Below is a schedule of when rewards will be issued in 2022.

Period of time to complete eligible activities	When eligible rewards will be issued
January 1, 2022 – March 31, 2022	June 2022
April 1, 2022 – June 30, 2022	September 2022
July 1, 2022 – September 30, 2022	December 2022
October 1, 2022 – December 31, 2022	March 2023

What's next?

Going to the doctor and taking your medications can help you stay healthy. Here are some tips to help you make the most of your visit:

- Schedule your Annual Wellness Visit.
- Write your questions down at home, before your appointment.
- Make a list of medications and check to see if you need any refills.
- Ask your doctor what screenings you are eligible for, so you can start earning rewards!
- Before you leave your doctor's office, make sure you schedule your next visit.

CHOICE Care Team

Call 1-866-783-1444 (TTY: 711)

8 am – 8 pm, 7 days a week

