



CHOICE
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VNSNY CHOICE MLTC Member Newsletter

Spring 2022



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At-Home COVID-19 Tests

The best way to protect others is to take a rapid test at-home.

Here is how to get your at-home COVID-19 tests.

1. You can now order **2 sets of 4 free at-home COVID-19 tests**, delivered to your home and limited to 2 orders per household. Visit special.usps.com/testkits to order your kit. If an order was already placed for your address, you can place a second order now.
2. At-Home COVID-19 over-the-counter (OTC) tests are 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.

Note: At-home COVID-19 OTC tests must be FDA authorized.

Visit vnsnychoice.org/covid19 to see which tests are FDA authorized. The list may change as new tests are approved.

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. Please schedule an office visit before making your DME or Supply request.

Helping You Be Prepared for the Unexpected

COVID-19 taught us how important it is to be prepared for the unexpected. You can't control events like a pandemic, power-outage or if your Home Health Aide isn't able to come. To help you be prepared for an emergency, we create a **Back-up Care Plan**.

The **Back-Up-Care Plan** is a report completed by the assessment nurse, which is stored electronically. The plan uses this report to document your medical and personal information. It includes what you want the plan to do on your behalf in an emergency, your emergency contacts, your providers and many other details.

Keeping your Back-Up Care Plan current is important so we can help provide support when you need it. Your assessment nurse will review it with you 1 to 2 times a year or as medically necessary. If there is a change to

the information before your next assessment, please call your Care Team and let us know so that we can update your Back-Up Care plan.

Step by Step – Emergency Preparedness

We also want to remind you about a helpful flyer we included in your Welcome Kit called **Be Prepared For An Emergency**. It gives you space to write down important numbers and outlines what you should do in an emergency and how to put together an *Emergency Go-Bag*. A Go-Bag contains personal items and medical supplies you might need if you were confined to your home (like some were with COVID-19) or had to leave your home for a shelter.

Review the **Be Prepared For An Emergency** flyer with a loved one, your aide and Care Manager. It can help you be ready if the unexpected happens.

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. Take a positive step toward staying healthy by talking to your doctor about which colorectal screenings are right for you.



CHOICE MLTC – At Your Side, on Your Side

Your CHOICE Care Team works with you and your providers on a personalized plan of care to meet your special health needs.

We treat you as a whole person, to ensure that you have what you need to live safely and independently at home.

Helping You Where it Counts

Here are some of the ways we can help:

- Housekeeping and chores.
- Home delivered meals and nutritional counseling.
- Personal Emergency Response System.
- Connect you with Social and Adult day care programs in your community.

Discuss these options with your Care Manager on your next call.



Heart Healthy Habits

Heart disease is the leading cause of death in the United States. Anyone can get heart disease, but if you are a smoker, are overweight, have high blood pressure and/or cholesterol and a family history of heart disease, you're at higher risk. A healthy lifestyle can help lower the risk factors for heart disease.

To help prevent heart disease:

1. Eat a diet rich in lean protein, vegetables and whole grains to stay at a healthy weight.
2. Be as active as you can, aiming for 30 minutes on most days.
3. If you smoke, quit and stay away from secondhand smoke.
4. Manage high cholesterol and blood pressure by seeing your doctor regularly.
5. Manage stress by incorporating meditation, deep breathing and staying connected to others.

You may be able to avoid heart disease and improve your quality of life by making the steps above part of a heart-healthy lifestyle.





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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.

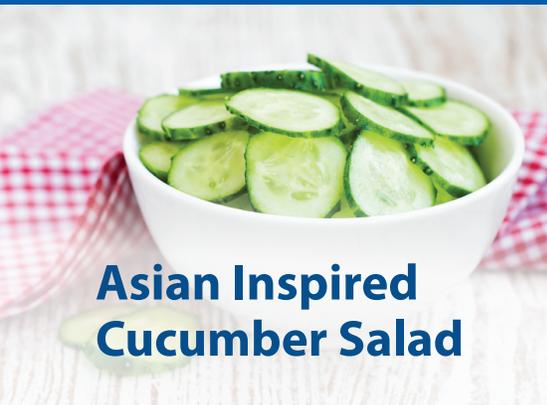
VNSNY CHOICE is committed to finding and stopping fraud, waste, or abuse in our health care plans.

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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**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... Heart Healthy Habits