

# Member News

VNS Health MLTC



## Colon Cancer Screenings Can Save Lives

The earlier colon cancer is found, the easier it is to treat. That's why it is important to get your Colon Cancer Screening when your doctor recommends it.

### Who should be screened?

- People who are in good health should start regular screenings at age **45** and continue to age **75**.
- People at risk of colorectal cancer should talk to their doctor about how often to get screened and understand which test is right for them.

- People ages **76 through 85**, the decision to be screened should be based on a person's overall health, prior screening history and a doctor's recommendation.

Screenings are done either with a test that looks for signs of cancer in a person's stool (**a stool-based test**), or with an exam that looks at the colon and rectum (**a visual exam**). Talk with your doctor about which screening is right for you.

Sources: [cancer.org](https://www.cancer.org), [Healthline.com](https://www.healthline.com), [cdc.gov/cancer/colorectal/basic\\_info/screening/tests.htm](https://www.cdc.gov/cancer/colorectal/basic_info/screening/tests.htm)



## Don't Miss Out on Important Plan Information

To give you the best service possible, we need to have your most current contact information. This includes your mailing and email address and a phone number where we can call you. If your contact information has changed, please call us at 1-888-867-6555 (TTY: 711).

[vnshealthplans.org](https://vnshealthplans.org)

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## Regular Checkups Are Important for Good Dental Health

Getting a checkup and cleaning every 6 months from your dentist is important to keep your gums and teeth healthy. If you are due for a checkup or cleaning, call now since it can take a while to get an appointment.

Seeing a dentist who knows you and your history is the best way to track changes in your oral health over time.

Make sure you practice good dental hygiene at home by:

- Brushing twice a day with fluoride toothpaste
- Flossing once a day
- Limiting sugary drinks and snacks

The best place to get routine care is in your dentist's office. If you have a serious dental-injury (related to a fall or accident), you should go to the Emergency Room.



For help finding a dentist, changing your dentist, or dental benefit coverage questions, please call our dental partner, Healthplex, at 1-800-468-9868 (TTY: 711), Monday – Friday from 8 am to 6 pm.

Source: *Healthline.com*

## The Importance of Recertifying Your Medicaid Coverage

Your VNS Health MLTC benefits depend on keeping your Medicaid coverage active.

**Sixty days (60)** before it is time for you to recertify your Medicaid coverage, you will get a letter from the Social Security Administration, the New York State Department of Health or the Human Resources Administration.

When you get the letter, gather the documents you need and complete the paperwork. Once you complete the paperwork, please mail it back to us in the business reply envelope by the deadline listed on the Medicaid Renewal form.



**If you need help recertifying, call your Care Team at 1-888-867-6555.**

If you do not recertify your Medicaid coverage within 90 days of getting the letter, you will lose your Medicaid benefits and VNS Health MLTC will be required to disenroll you from the plan.

### Reminder

If you are new to Medicaid, or you have moved in the last 3 years, please make sure to update your contact information with your local Medicaid office.

## 4 Tips for Managing Chronic Pain

Many people who have arthritis or a related disease may be living with chronic pain. Pain is chronic when it lasts three to six months or longer.

Chronic pain can make it hard to perform simple activities. However, there are ways to effectively manage it. These tips can help you feel better.

- 1. Take Your Medications.** Prescription and over-the-counter drugs recommended by your doctor help control inflammation and pain.
- 2. Manage Your Weight.** Excess weight can cause more pressure on the weight-bearing joints and increase pain. Make sure you have a balanced diet of vegetables, fresh fruit, whole grains, and lean protein, such as beans, poultry, and fish.
- 3. Stay Active.** Activities like walking, water aerobics at your local gym, or yoga can help reduce joint pain and improve flexibility, balance, and strength. Cardiovascular exercise, like biking on a stationary bike, also helps keep your heart in shape.



- 4. Keep a Cheerful Outlook.** Many people with chronic pain find that a cheerful outlook can significantly boost their ability to cope with pain. Try to do the things you enjoy — like a hobby or spending time with family and friends — to keep your spirits high.

If you need additional support, ask your doctor about other options to help you ease your pain.

Source: [arthritis.org](http://arthritis.org),  
[mayoclinichealthsystem.com](http://mayoclinichealthsystem.com)

## Don't Forget to Mail Your Consumer Directed Personal Assistance MD Order Form

Every year, we will send you another CDPAS MD Order form by mail. Each time, you need to take this form to your provider and have them complete it, sign it, and return it to the health plan within **30 days of their appointment with you** or payment to your assistant(s) may be delayed.

It is **important** that your provider include:

- their license number
- the date of your exam
- the date they signed the form

Without that information, the form will be returned to your provider and your services may be delayed. **This could also delay payment to your assistant(s).**

## DME and Medical Supplies Require a Prescription

If you need a new prescription, or you need a prescription renewed for any Durable Medical Equipment (DME) or medical supplies, you must make an appointment to see your doctor.



Medicare and Medicaid require a prescription for these services. Please schedule an office visit before making your DME or medical supply request.



Any questions? Call us toll-free at:  
1-888-867-6555 (TTY: 711)

Monday – Friday, 9 am – 5 pm

[vnshealthplans.org](http://vnshealthplans.org)

### Transportation Reminder

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

### If Something Seems Wrong, Tell Us.

VNS Health Medicare is committed to finding and stopping fraud, waste or abuse in our health care plans.

### Anonymous Reporting

VNS Health Medicare Compliance Hotline: **1-888-634-1558**. File an online report at: [vnshealth.ethicsspoint.com](http://vnshealth.ethicsspoint.com).

Learn more at [vnshealthplans.org/compliance-program](http://vnshealthplans.org/compliance-program).



## Ingredients

- 8 cups of popped popcorn
- 2 teaspoons sugar
- ½ teaspoon ground cinnamon
- Butter flavored non-stick cooking spray

## Instructions

Preheat oven to 350 degrees F. Line a shallow roasting pan with foil, if desired. Spread popcorn in the shallow roasting pan. In a small bowl combine sugar and cinnamon.

Lightly coat popcorn with cooking spray, tossing to coat evenly. Sprinkle with cinnamon mixture, tossing again to coat evenly. Bake about 5 minutes or just until crisp.

*Source: Diabetic Living Magazine*

## Cinnamon Popcorn

Cinnamon is full of antioxidants and popcorn has a lot of fiber. Together, they make a quick and healthy snack.