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Staying Healthy If You Have Diabetes

“I have diabetes—now how do I manage it?” Having diabetes makes you more aware of how it affects your eyes, heart, kidneys and limbs. To lower your chances of getting complications like blindness, heart problems or limb loss, you must pay attention to your body.

First Things First

1. **Test! Don't Guess!** Never guess at what you think your blood sugar reading is. Use your testing meter to check as often as your doctor recommends.
2. **Write it down.** Record your blood sugar readings, noting the day and time in a log book. If you have a smart phone, use the Notes or Health app.
3. **See your doctor!** Share your blood sugar record with your primary care physician and endocrinologist. It helps them make adjustments to your care.

What else is important?

1. **Get an HbA1c test twice a year.** This measures your 3-month average blood sugar.
2. **Eat a diabetes-friendly diet.** Keep your blood sugar and weight in a healthy range to stay healthy physically and mentally.
3. **Move!** Try to walk in your home, move your arms and lift your legs, even if you're sitting or in a wheelchair. Visit go4life.nia.nih.gov/ for online exercise videos for all levels of fitness. Be sure to discuss any change in your exercise routine with your doctor first.

You can live well with diabetes if you pay attention to your body and follow your Care Plan.

COVID-19 Update

VNSNY CHOICE has been proactive in helping our members in the fight against COVID-19. As your trusted health plan, we reacted quickly and sent you information about what the coronavirus is, how to protect yourself from getting it and how to recognize symptoms. Please refer to these resources for more information on COVID-19.



1. New York State hotline: 1-888-364-3065
2. New York State Department of Health website: www.health.ny.gov/coronavirus
3. Centers for Disease Prevention and Control website: www.cdc.gov/coronavirus

Important Update on Wearing Masks

Q. What do I need to know about masks?

A. Health officials in the U.S. recommend people wear a face covering made of cloth when they are in public. This is mainly to prevent people who don't have symptoms (or don't have them yet) from spreading the virus. You can make your own mask from household items. The CDC has instructions on their website at www.cdc.gov/coronavirus. Medical masks like N95s must be saved for health care workers.

Q. What is a "face covering" and how do I use it?

A. A face covering can be anything that covers your nose and mouth, like a scarf or a bandana. If you use a cloth face covering, wash it after using it for one day and do not wear it again until it is dry. If you use a paper mask, throw it away at the end of the day. Even when you use a face covering, it is important to avoid close contact with people who are sick. When you are in public, try to stay at least 6 feet away from other people.

Health Partners You Can Trust

At VNSNY CHOICE, we partner with certain companies to provide you with specialized health information and services. If you are contacted by phone or mail by the companies listed below, know it is not a scam. These companies are working with us to be an important resource for you.



Arine may send you information to help you manage your medical conditions, understand which screenings you need, answer questions about your medicines and how to choose a healthy diet.



Accu Reference is a medical lab that can provide some in-home tests when medically necessary. They may come to your home to draw blood or provide you with a colorectal screening kit. Accu Reference provides results of these tests to your PCP.



Inovalon may send a nurse practitioner to your home (at a time that's convenient for you) to do a health assessment. You and your doctor will get a summary of the visit for follow-up.

If you have questions about the services these health partners provide, please call Member Services at 1-866-783-1444, Monday – Friday, 8 am – 8 pm (TTY users call 711).

Stay Connected To Your Primary Care Physician (PCP)

At VNSNY CHOICE Total, we want you to be well-informed about what it takes to stay healthy. At your next office visit be sure to:

- **Ask** what screenings and vaccines you need (breast, cervical and colorectal cancers and the flu, pneumonia and shingles vaccines).
- **Write** down questions you have about your medicines, especially asthma and statin therapy.
- **Bring** all your medicines (including over-the-counter medicine and vitamins/supplements) in a zip-lock bag to your next office visit. Discuss if they are still working well for you.
- **Review** the results of tests you've taken such as blood tests, diabetes screening (HA1c), hearing and blood pressure.



Talk to Your Doctor

Having an ongoing dialogue with your PCP helps you stay in-the-know and in charge of your health. Don't forget that your care manager is also there to help you prepare for an office visit and help you with any follow-up care you might need.

Be on the Lookout for an Important Member Survey



You may be asked to complete (by mail or telephone until early July) this survey:

Consumer Assessment of Healthcare Provider & Systems Survey (CAHPS)

The CAHPS measures your satisfaction with services from VNSNY CHOICE Total, your Medicare and prescription drug plan, and is completely anonymous. Please take this opportunity to help us help you better!

Please note that completing this survey will never impact your benefits.

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.

ATENCION: si habla español, tiene a su disposicion servicios gratuitos de asistencia linguistica. 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)。



CHOICE
Health Plans

VNSNY CHOICE

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

www.vnsnychoice.org

Member Services:

1-866-783-1444 (TTY: 711)
Monday – Friday, 8 am – 8 pm

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

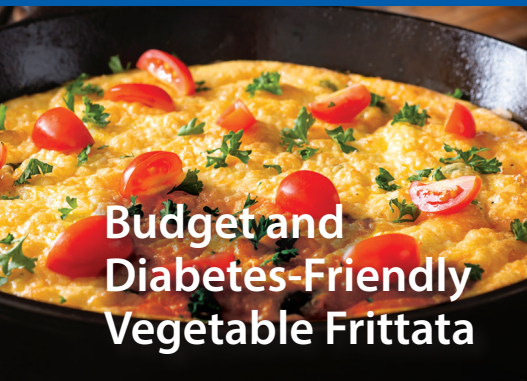
VNSNY CHOICE Compliance Hotline: 1-888-634-1558.
File an online report at: vnsny.ethicspoint.com.
Learn more at: vnsnychoice.org/for-our-members/member-rights/compliance-program.

Transportation Reminder

To schedule your transportation, please call Member Services at 1-866-783-1444 at least 48 hours in advance, Monday – Friday, 8 am – 8 pm (TTY users call 711).



CHOICE
Health Plans



Budget and Diabetes-Friendly Vegetable Frittata

Staying healthy with diabetes means paying attention to what you eat, especially carbohydrates, which affect your blood sugar the most. This is an easy, low-carbohydrate recipe.

Ingredients

- 1 tbsp oil (olive, canola or vegetable)
- 8 oz mushrooms (diced)
- 1 medium red bell pepper
- 1 small onion (diced)
- 3 cups fresh spinach (or 8 oz frozen)
- 4 eggs and ½ cup shredded cheddar cheese
- ¼ cup milk (skim, whole, 1% or 2%)
- ½ tsp black pepper
- ½ tsp salt (optional)
- ¼ tsp cayenne pepper (optional)
- 1 tbsp fresh basil (chopped)

Directions – Preheat the oven to 350 degrees F.

- Heat oil in an oven safe, non-stick frying pan over medium high heat.
- Add mushrooms, bell pepper, onion and spinach and sauté until vegetables are softened and liquid is absorbed.
- In a separate bowl, whisk eggs, milk, salt, pepper, cayenne pepper and basil.
- Pour egg mixture over vegetables – cook until the eggs start to set.
- Sprinkle the cheddar cheese over the eggs and bake for 20 minutes or until eggs are set.

Slice and enjoy!

Inside... Stay connected to your Primary Care Physician.