



CHOICE
Health Plans

Member News

VNSNY CHOICE Total (HMO D-SNP) Member Newsletter

Winter 2019



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Falls Prevention – Stay Safe This Winter

Many things can cause you to fall, like numbness or pain in your feet from arthritis, diabetes, poor circulation or a sidewalk that's slippery from last night's frost.

Here are some ways to protect yourself against falling:

- Wear shoes and boots with rubber soles to prevent slips and falls.
- Keep anything you use to help you get around close by — cane, walker or wheelchair.
- Place night lights near the stairs and in hallways.
- Make sure to turn lights on near steps and staircases.
- If you have one, wear your Personal Emergency Response System (PERS) monitor or medical alert bracelet.
- Remove anything you could trip over, like:
 - Extension cords
 - Loose rugs
 - Shoes, boots or umbrellas near your front door or stairwell
- Get your eyes and hearing tested. Even small changes in sight and hearing can cause you to fall.
- Notice if any medicine you take makes you sleepy or dizzy. Tell your doctor or pharmacist.
- Get enough sleep.

Taking some time now to “fall-proof” your home will help you stay safe and steady this winter.

Are You Up To Date On Your Medical Tests and Screenings?

Now's a good time to check off tests and screenings you've gotten and schedule ones you've missed. There's still time! Cut this out and bring it to your next doctor's visit.

End-of-Year Medical Checklist

- Physical exam:** Checks your blood pressure, cholesterol, heart, lungs, weight and how you are feeling overall.
- Vaccinations:** People older than 65 should get pneumonia and flu shots. Also, one in 3 people over age 50 gets shingles (a painful rash of blisters). So talk to your doctor about whether the shingles vaccine is right for you.
- Colonoscopy:** Have a colonoscopy to test for colon cancer — every 10 years beginning at age 50, or as recommended by your doctor.
- Blood sugar test:** Have a fasting blood sugar test done every 3 years or more often if you have diabetes, high blood pressure, heart disease or are overweight.
- Eye exam:** Get screened for common eye ailments that can cause blindness.
- Hearing test:** Get a hearing test if you are having trouble hearing. At least 25% of people age 65 to 74 have hearing loss.
- Dental exam:** Go for dental check-ups to detect early signs of oral health problems and bone loss.
- Breast exam and mammogram:** For women, breast cancer risk increases with age. Get a mammogram every 1 or 2 years, usually beginning at age 50.
- Bone density exam:** Women 65 or older should have a bone density test for osteoporosis.
- Prostate health:** Men should have a yearly prostate exam to look for signs of cancer or an enlarged prostate, beginning at age 50, or as recommended by your doctor.

Be sure to check with your Primary Care Physician about the tests and screenings that are right for you.



Do This Every Day. It Could Save Your Life!

It's simple: If you have **Congestive Heart Failure (CHF)**, weigh yourself every day!

What is CHF?

CHF is when your heart can't pump enough blood to your other organs to push out extra fluid, causing weight gain.

Common symptoms of CHF

- Swelling in the legs and feet caused by a buildup of too much fluid.
- Shortness of breath, nausea and feeling tired.

You can gain up to 10 pounds from water before feeling bad or noticing anything. That's why it's important to weigh yourself every day. **Weight gain is the first sign that your CHF is getting worse.**

Important Guidelines

- Weigh yourself at the same time every morning, before eating or drinking and after going to the bathroom.
- Weigh yourself without clothing or wearing what you sleep in.
- Use the same scale on a flat, hard floor.



Make this part of your routine

- Write your weight in a notebook or log with the date.
- If you need help remembering to weigh yourself:
 - Set an alarm (clock or phone).
 - Ask your home health aide or family member for help.

If you gain more than **3 pounds in 1 day** or **5 pounds in 1 week**, tell your home health aide, or call your care manager or doctor.

Protect Yourself Against the Flu and Pneumonia

Get a flu shot every year. The flu shot is needed every year because flu viruses are always changing. And remember that it takes 2 weeks for the flu vaccine to offer full protection; so get yours today!

Get a pneumonia vaccine once and be protected for life. If you're at least 65, you should get a pneumonia vaccine. Talk to your doctor about the right one for you. And, it's OK to get both the flu and pneumonia shots at the same time.

Call Member Services for more information at 1-866-783-1444, 8 am – 8 pm, 7 days a week



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)。

VNSNY CHOICE Total is an HMO SNP plan with a Medicare contract. This plan is also a Medicaid Advantage Plus plan, with a contract with the New York State Department of Health. Enrollment in VNSNY CHOICE Total depends on contract renewal.



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VNSNY CHOICE

220 East 42nd Street, 3rd Floor
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www.vnsnychoice.org

Member Services:

1-866-783-1444

8 am – 8 pm, 7 days a week

TTY users please call 711

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, 8 am – 8 pm, Monday – Friday (TTY users call 711).



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Oven Roasted Parmesan Brussel Sprouts

Ingredients

- 1½ lbs brussel sprouts (trimmed & halved)
- 2 tablespoons olive oil
- ⅓ cup parmesan cheese
- 1 teaspoon garlic powder or two cloves fresh garlic
- ½ teaspoon salt
- ¼ teaspoon pepper

Instructions

- Pre-heat oven to 425 degrees. Very lightly spray a cookie sheet with cooking spray.
- Trim brussel sprouts and cut in half.
- In a bowl, combine brussel sprouts with olive oil, garlic, salt, pepper and parmesan cheese.
- Toss together to coat evenly.
- Spread onto the cookie sheet in an even layer.
- Cook for 16 – 18 minutes.
- Drizzle a bit more olive oil and add some more parmesan cheese.
- Serve immediately.

Inside...

Weighing yourself everyday could save your life.