

Member News

VNS Health MLTC

Know Your Numbers: Understanding Your Blood Sugar

Knowing your blood sugar numbers can help you stay as healthy as possible, feel your best, and get the support that is right for you.

The A1C blood test shows your average blood sugar over the last 2–3 months, not just one day. This helps you and your provider decide what to do next.

Many people with prediabetes or diabetes feel fine at first. That's why testing matters. Checking your A1C can help find changes early and help lower your risk for heart, eye, or kidney conditions. Knowing your number does not mean you did something wrong. It is just information. You cannot pass or fail.



Taking care of your health is not always easy. Every step counts.

Your next step:

- Ask your provider: “What is my A1C number?”
- Write it down and ask what it means for you.

Source: *CDC; American Diabetes Association*

Get Help Finding Healthy Food

With the right support, finding and choosing healthy food is possible. We're here to help. If you have trouble getting enough to eat, we can assist you in several ways:

- Check if you qualify for benefits from the federal Supplemental Nutrition Assistance Program (SNAP) to help pay for food.
- Find a local food bank.
- Sign up for home-delivered meals, which may be covered by your health plan.
- Join a senior center or adult day care where lunch is provided if you meet the requirements.



Need help finding the right support? Connect with your Care Team through your online account vnshealthplans.org/account or call us at 1-888-867-6555 (TTY: 711).

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Understanding Depression: Know the Signs and Get Support

Depression is a common mood disorder that can affect anyone. It can change how you feel, think, and handle everyday activities. If this sounds familiar, know that help is available. Here's how to get support.

Talk openly with your Provider: Share how you're feeling with your primary care provider (PCP). They can help find the right treatment for you.

More tips to feel better:

- Talk to a professional who can help you understand your feelings.
- Spend time with friends, family, or groups who support you to feel less lonely.

Emergency Help: If you're in crisis, call the Suicide & Crisis Lifeline at 988. For TTY, dial 711 then 988. More information is available at 988lifeline.org

Source: *National Institute of Mental Health (NIMH)*



How Statins Help Your Heart

Statins lower bad cholesterol (low-density lipoproteins). This keeps arteries clear and reduces heart attack and stroke risk.

Who Needs Statins?

Doctors give statins to people with high cholesterol or other risk factors for heart disease. Ask your doctor if a statin is right for you.

Benefits of Statins:

Reduce Heart Attack and Stroke Risk: Statins lower your cholesterol. This helps lower your risk of heart attacks and strokes.

Improve Heart Health:

Statins help keep plaque stable and reduce swelling in blood vessels, which helps your heart.

Tips for Using Statins:

Take as Prescribed: Follow your provider's instructions and take your statin at the same time each day.

Monitor Your Health:

Schedule regular visits with your provider to check your cholesterol levels and tell them about any side effects.

Source: *Cleveland Clinic*



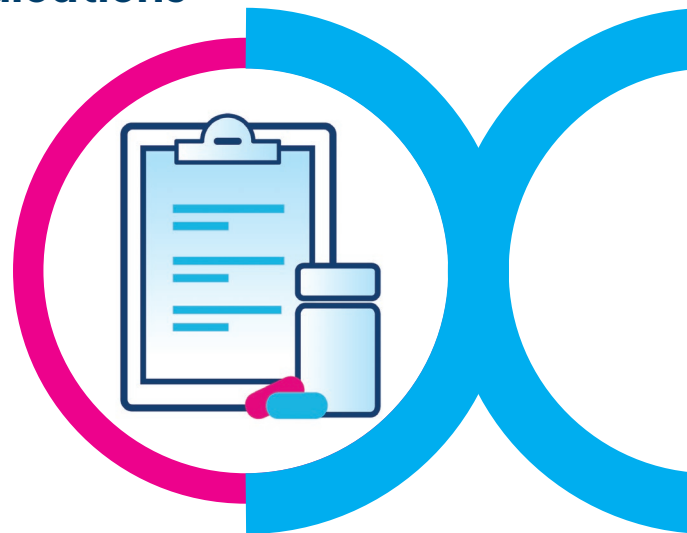
Meet Maria: Staying on Track with Medications

Do you sometimes forget to take your medicine? Maria* did too, and it worried her family. She told her Care Team, and they suggested using a pill organizer and putting it on her kitchen counter where she could see it.

Maria's caregiver played a big role in her success. They helped her set up the pill organizer and checked in regularly to make sure she was following her routine. Their support made a difference.

Now, Maria takes her medicine on time every day. You can use these tips to stay on track with your medicine too. Try them and see how they can help you.

**Posed by model. Name has been changed to protect privacy*



Join the Member Advisory Council

The VNS Health MLTC Member Advisory Council is your chance to help us make our plan better. Plus, you can earn rewards for going to meetings with our Member Rewards program. Want to join? Contact your Care Team through your online account at vnshealthplans.org/account or call us at 1-888-867-6555 (TTY: 711).

Are You Up to Date on Your Vaccines?

Vaccines protect you from serious diseases like flu, pneumonia, and shingles, which become more dangerous as we age.

Did you know?

Just 26.2% of seniors are fully vaccinated according to the Centers for Disease Control and Prevention (CDC).

Getting all your vaccines can greatly lower your risk of serious illnesses.

Vaccines can help:

- Prevent hospitalizations
- Lower the risk of death
- Improve quality of life

An **Annual Wellness Visit** is a good opportunity to check your immunization status. During this visit, your provider can review your health and make sure you're up to date with recommended vaccines.

Ask your primary care provider about scheduling an Annual Wellness Visit. Your Care Team can also help you understand your options and next steps. To schedule a wellness visit, call your Care Team at 1-888-867-6555 (TTY: 711).

Source: *Yale Medicine*





Any questions? Check your online account anytime at **vnshealthplans.org/account** or call us toll free at **1-888-867-6555 (TTY: 711)**.

Monday – Friday, 9 am – 5 pm

vnshealthplans.org

Health Plans
220 East 42nd Street, New York, NY 10017

If Something Seems Wrong, Tell Us.

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

Anonymous Reporting

VNS Health MLTC Compliance Hotline:

1-888-634-1558 (TTY: 711).

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

Learn more: vnshealthplans.org/compliance-program.



Tuna Tomato Pasta with Vegetables



Tuna adds protein and helps make this a heart-healthy meal. Protein helps keep you full longer. This recipe can be adapted using a microwave or hot plate.

Ingredients:

- 8 oz pasta
- 2 tbsp oil
- 2 cloves garlic, minced
- 1 can diced or crushed tomatoes
- 1 can tuna, drained
- 1–2 cups vegetables
- Salt and pepper

Instructions:

- Cook pasta and drain.
- Heat oil and cook garlic briefly.
- Add tomatoes, tuna, and vegetables; heat through.
- Stir in pasta, season, and serve.