

Live Well with RiverSpring Health Plans

MLTC 800-370-3600 FIDA 800-950-9000 ISNP 800-580-7000
24 hours / 7 days a week

Steps to a Healthier You

One out of every two adults has a chronic health condition such as asthma, diabetes or heart failure, according to the National Institute of Health. You might wonder if there is anything you can do to prevent the onset of a condition or manage an existing condition easier. The answer is yes, there is!

Incorporating the following habits into your lifestyle can slow or prevent the onset of many chronic conditions:

Exercise

Staying active isn't just good for your heart and body; it's also great for your brain and your mood. An exercise program does not have to be hard or complicated. Simple exercises like walking and weight bearing exercises, even while sitting, can help maintain flexibility

and strength and a healthy weight. Talk with your care team about movement and strength building exercises that are right for you!

Be Smart About Your Diet and Eat Healthy

Some foods can have a negative impact on your body and brain and affect your mood. Focus on foods that are nutritious. Try to limit alcohol, caffeine, processed foods and artificial sweeteners or foods that have high sugar content.

Take Your Medications

If your physician has prescribed medicines for your health conditions, take them as directed. For some conditions, you need to take your medicine even when you are feeling good. Talk to your doctor and care team if you cannot afford your medicines or experience uncomfortable side effects.

Manage Stress Levels

Reach out to family and friends during rough spells and consider regular meditation and awareness exercises including breathing and yoga. We can help you learn these exercises.

Sleep

Your brain does important stuff while you are sleeping like regenerating your body, so getting at least 7 hours of deep sleep a night is important.

Talk to Your Doctor and RiverSpring Care Team

Ask about activities that you can do to help reduce or prevent the onset of chronic conditions or make managing your condition easier. Your RiverSpring care team is here to help you every step of the way in your goals to a healthier you!

Do you need HELP with any of our services?



Transportation is important, so please don't leave it to the last minute! We make it easy for you to get to your medical appointments. We arrange and pay for your medical transportation—but we need to know 2 days in advance about your needs - however, if you have any urgent need for transportation please call us.

CALL US TOLL-FREE THE BEST WAY TO GET HELP WITH ANY OF OUR SERVICES IS TO CALL US DIRECTLY.

- Please contact us to report any changes in your health, address, telephone numbers or any concerns.
- Please don't forget to notify us when you are in the hospital or when you will be going out of town.
- Please contact us with any complaints or grievances, we are here to help!

We Moved!

Our corporate office has moved a few feet away, our new address is:

RiverSpring Health Plans
80 West 225th Street
Bronx, NY 10463

Dear Members,

We invite you to join our quarterly Member Advisory Meetings. Please call us if you are interested!

MEETINGS DATES FOR 2018:

MLTC and FIDA Meetings

February 28th, May 17th, August 7th and November 9th

ISNP Meetings

February 27th, May 16th, August 9th and November 6th

Recipe Corner

Cabbage and Apples



CABBAGE

Cabbage is nutritious, delicious and easy to prepare in many ways. Here is a cabbage dish that you can make in a few minutes in a microwave. This tastes even better the next day if it has been refrigerated.

DIRECTIONS

1. Use a microwave-proof bowl with a cover. If using butter, melt it in the microwave first, about 45 seconds at full power.
2. Add the lemon juice or cider vinegar, water, sugar, salt, and caraway seeds and mix.
3. Add the apple and cabbage and mix until they are coated.
4. Cover and microwave at full power for three to five minutes (less if you like the cabbage crunchy, more if you like it tender). Let stand for a few minutes and serve.

INGREDIENTS

- 2 tablespoons of oil
- 2 tablespoons of lemon juice
- 1 tablespoon of water
- 1 tablespoon of dark brown sugar
- 1/2 teaspoon caraway seeds, (optional, but delicious)
- Salt
- 1/2 small cabbage, shredded
- 1 apple, peeled and cut into small pieces

We Want to Know if Your Health Changes

Your home care aide is an important member of your care team, with you to help with the activities you can no longer do by yourself. Your aide helps you remain in your own home and looks out for your well-being. Aides can alert you and your RiverSpring nurse when things just don't seem right. Knowing about changes early sometimes means we can intervene and prevent a worsening health situation, so we are in the process of providing aides with a common-sense list of changes that, if they occur, both you and your health care team should know about.

Shingrix, a New and Improved Vaccine for Shingles

There's good news about shingles. A new vaccine called Shingrix has just become available which is an important advance over the previously available Zostavax. You may recall that shingles is an itching, burning, often painful rash which starts as a band or stripe of small blisters on one side of the body. It is caused by the same virus which causes chicken pox. Shingles can be very painful. The pain can last for months, can be very debilitating and may not respond well to pain medicine. Shingles on the face or neck can cause permanent eye damage. The virus is present in the blisters and has the potential to infect people who aren't immune. While many people are unaware of shingles it is very common. One third of people over sixty years old and half of people over 80 may develop shingles.

Shingrix, the new vaccine, is an important step forward. It is significantly more effective in preventing shingles (90% effective versus 50% effective for Zostavax). Unlike Zostavax, Shingrix is totally synthetic. It does not contain live viruses and cannot infect you.

Shingrix is given in two separate injections given two to six months apart. We urge you to discuss it with your doctor or RiverSpring nurse. We want you to stay well, and urge you to be immunized against shingles.

Wishing you good health,

Dr. Jon Gold
Medical Director



Exercise Corner

BOXER



- Place your fists at shoulder level beneath your chin



- Smoothly reach your right arm straight out and slowly bring it back to starting position



- Do up to 10 punches on each side
- Repeat punching to the side and then straight up toward the ceiling up to 60 seconds

We'll be checking in!

We care about your well-being so expect a call from us once a month. We will call you at home to find out how you're doing. Don't worry if we call and you are not home, we will call you back.

The care is all about YOU! Please call us to discuss YOUR care!