

RiverSpring Health Plans

80 West 225th Street
Bronx, NY 10463

Do you need **HELP** with any of our services?



Please keep in mind that same day or next day transportation is not guaranteed due to availability and scheduling.

NON EMERGENCY MEDICAL TRANSPORTATION: HELP US HELP YOU (For MLTC Members only)

- Please remember to call us at least two business days in advance, however, if you have any urgent need for transportation please call us right away.
- Please have the doctor's name and phone number handy so we can process your transportation order.
- Please be ready 15 minutes prior to your pick up time and allow up to 1 HOUR when returning home from medical appointments.
- When ready to return home from your appointment, please contact your transportation vendor directly.

We appreciate your cooperation!

Live Well with RiverSpring Health Plans

MLTC 800-370-3600 ISNP 800-580-7000

24 hours / 7 days a week

RiverSpring Health Plans 800-771-0088 TTY-711

FALL IS HERE! Time to Get Your **FLU SHOT**

It's the beginning of autumn and we at RiverSpring Health want to remind you once again how to protect yourself against influenza (flu). First of all, NOW is the time to be vaccinated. The muscle aches, headache, cough and difficulty breathing are bad enough for anyone, but for the elderly, young children and people with impaired immunity, flu can be deadly. The flu virus is highly infectious. It spreads easily from person to person by coughing and even from contact with contaminated surfaces.

Yearly vaccination is necessary because the flu virus changes. This year it took longer to decide which strains of virus should be used to make the vaccine. This caused a slight delay in vaccine production. However, by the time you read this there should be adequate supplies of vaccine for everyone. You can be vaccinated at your doctor's office or at almost any drug store.

There are several different types of flu vaccine, all help protect you. Most flu vaccine is prepared in eggs and may have tiny traces of egg protein. Even most people with egg allergies can receive these vaccines, but for people with severe egg allergies and certain other people, recombinant flu vaccine, which is not made in eggs, may be preferable. Trivalent vaccines protect against three strains of virus, tetravalent vaccines add protection against a fourth, less common strain. High potency vaccine is recommended for people over 65 years old. This vaccine has more of the flu antigens and may produce a stronger protective response. A vaccine nasal spray is not recommended if you are over 45. If you have questions about flu vaccine ask your doctor or RiverSpring nurse.

There are other ways to protect against flu. Hand washing, avoiding

shared utensils and toilet items and proper coughing etiquette are important and effective ways to protect yourself and others from flu. Did you know that hand washing is one of the best protections against infections and that the proper way to cough is into your elbow and not your hand?

This is also a good time to be sure that you are up to date with other important vaccines. Make sure that you have received both pneumococcal pneumonia vaccines. You should also learn about Shingrix, the new Herpes zoster vaccine. It is now recommended as the most effective way to prevent shingles, a common skin rash, caused by the chicken pox virus, which can cause severe, debilitating pain. And while you're at it, why don't you review all of your immunizations with your doctor or nurse. We at RiverSpring Health want you to stay well.



*Wishing you
good health,*

Dr. Jon Gold
Chief Medical Director



EATING WELL

A Recipe from our RiverSpring Kitchen:

SQUASH

We like to recommend recipes to you that are nutritious, tasty, easy to prepare and use seasonal ingredients. Today it's a delicious and attractive vegetable with a funny name: squash. There are summer and winter varieties of squash. Both are delicious nutritional powerhouses with vitamins, minerals and fiber. In this issue we'll focus on summer squash, and we'll talk about winter squash in a later newsletter. Summer squash comes in a variety of shapes and colors. Summer squash is best when it's fresh. When shopping, look for shiny, small, unblemished firm specimens.

Summer squash can be part of a large variety of dishes—here are two to try!

DIRECTIONS

Just steamed or microwaved:

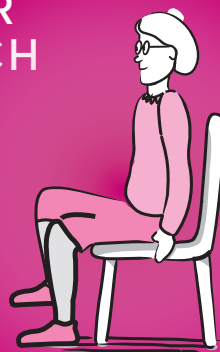
Take about a pound of zucchini or yellow squash, trim the stems and tips. Slice into rounds about inch thick. If cooking in a microwave, add a few tablespoons of water and microwave on high for about two to three minutes. You can drain or eat the cooking water. If using a stove, cover and boil gently for about five minutes in a little water. When ready to serve, you can add a little butter and a little salt, but it's not needed!

Or, as a simple main dish, cook some whole wheat pasta in water for about 9 minutes, drain, gently toss in the squash with the drained pasta and top with a teaspoon or two of grated parmesan cheese!

Enjoy!

Exercise Corner

CHAIR MARCH



- Hold the sides of the chair.
- Begin a marching action by raising your right foot and placing it down and then raising your left foot and placing it down.
- Find a rhythm that is comfortable for you.
- Continue for up to 60 seconds.
- Now rub up and down your thighs (and your knees if you can reach safely).

OSTEOPOROSIS

More than 50 million people are affected by osteoporosis, a disease that weakens your bones, and puts you at risk for breaking bones. Some studies suggest that 1 in 2 women and 1 in 4 men, age 50 and older, will break a bone because of osteoporosis. You are more likely to have osteoporosis if you:

- Are over age 50
- Are female and have gone through menopause
- Have already had a broken bone
- Have rheumatoid arthritis
- Have a parent who broke a hip
- Have low Vitamin D levels
- Take certain medications, such as steroids or proton pump inhibitors
- Use tobacco or alcohol (more than 2 drinks a day for women)

Talk with your doctor about your risks for osteoporosis and screening that may be right for you and recommendations on having a healthy diet filled with enough calcium and Vitamin D. Don't forget to add some daily exercise that is comfortable for you!

CALL US and we can work with you to develop meal and exercise plans and to review your medications—all of which can result in reducing the chance that you will break a bone!

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!**

MEMBER ADVISORY COMMITTEE MEETINGS
2019 REMAINING MEETINGS:

MLTC MEETING
(11:00AM - 1:00PM)
November 5th - Queens office

RIVERSPRING STAR (ISNP)
(2:00PM - 3:30PM)
November 6th - The Hebrew Home at Riverdale

Please call Member Services if you are interested in attending - we hope to see you at the next meeting!